

Facility: James Fowler - Main (H.S.)

Last Updated: Sep 15 2023
Who: JB

Address: 4004 4 Street NW

Contact/Caretaker: 403-230-4743

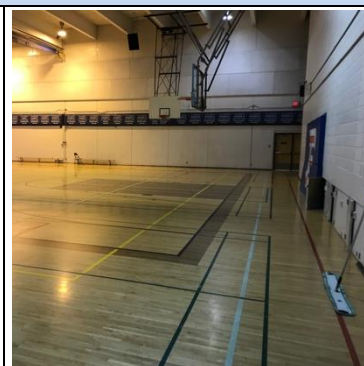
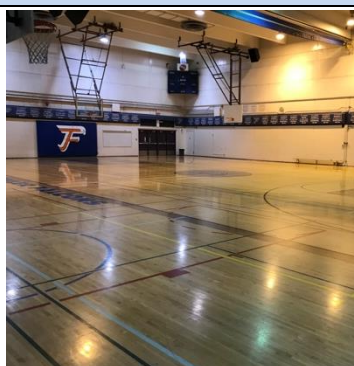
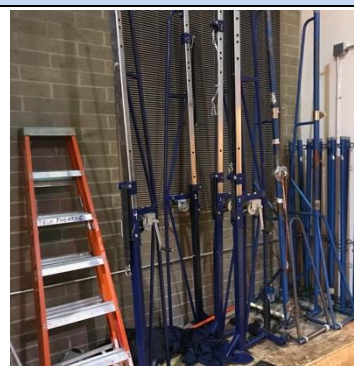


Photo #1

Photo #2

Photo #3

Photo #4

General Information

Parking: Players may **NOT** park in any reserved parking stall **AT ANY TIME**. Players can park in the South parking lot off of 4 Street and 36 Avenue.

Entrance: Players should enter through the South entrance. Please do not enter / exit through the main doors. Players should leave outdoor footwear at the entrance.

Gym Location: Inside the South entrance, continue down the hall towards the front entrance. The gym will be on the right before the main foyer.

Change room/Washroom:

Equipment

Sport Specific Equipment Location and details: Posts are standing at south end of gym. Nets are hung up in storage room at north end of gym behind bleachers, you will need caretaker to access them.

Gym Set-up

Volleyball

Step 1: Put posts in holes 1 through 4. Post #1 goes closest to the storage spot, post 4 goes at the far wall of the gym. This should make pairs of posts where one cranks high, and the other cranks low.

Step 2: The net height is adjustable on each post – set it to the 2nd hole from the top.

Step 3: Each net has a cable loop on all 4 corners. Attach the top of one corner of the net to the s-hook on the top of the post and the other top corner to the s-hook on the rope.

Step 4: Repeat for the bottom of the net, but the rope and crank will be on the opposite side.

Step 5: Tighten the net on the top and bottom using the crank wheel. Do NOT over-tighten.

Important Notes

- Bleachers need to be retracted to clear the surface to play.
- Basketball hoops will also need to be raised. This should be done by the caretaker.
- If you need a caretaker and cannot find one, there is an office down the hallway, across from the main doors of the gym.



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