

**Facility:** St. Brigid School

Last Updated: Jan 6 2023  
Who: JB

**Address:** 730 Citadel Way NW, Calgary, AB  
**Contact/Caretaker:** 403-500-2113



Photo #1

Photo #2

Photo #3

Photo #4

## General Information

**Parking:** Players may park in the staff parking lot on the west side of the school.

**Entrance:** May enter the school through the main doors on the northwest corner of the school.

**Gym Location:** The gym is located on the main floor, straight ahead from the main entrance.

**Change room/Washroom:** Straight ahead after coming through the main doors

## Equipment

### Sport Specific Equipment Location and details:

**Posts:** They have 4 blue posts that are high school caliber standing up in their equipment room. All 4 have white ropes, one of which has an S- hook connected to the end and all four have crank wheels. The height of the nets is adjustable by sliding the metal sleeves up or down.

**Postholes:** Use the holes closest to the court lines. They are 3 feet from edge of the court.

**Court Lines:** Lines are red all around.

**Nets:** The CSSC owns the nets. They have cables on the top and bottom with loops on all four corners. They are in a box labeled 'CSSC Volleyball' and are kept in the gym storage room. Do not use the school's nets.

## Gym Set-up

### Volleyball

**Step 1:** Put one post that cranks on the top and one that cranks on the bottom on each court.

**Step 2:** If the protective blue pads are attached to each post then leave them on, otherwise don't use them.

**Step 3:** The net height is adjustable on each post – set it to the 2<sup>nd</sup> from the top.



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**Step 4:** Each net has a loop on all 4 corners. One net will have a carabiner attached on the top loop. Attach the top of one corner of the net without the carabiner to the s-hook on the top of the post and the other top corner to the s-hook on the rope. For the other court, attach the top of one corner of the net with the carabiner to the s-hook on the top of the post and the other top corner with the carabiner to the rope. There are clasps that tighten on each strap. There is no need to tighten these clasps as they struggle to get undone.

**Step 5:** Repeat for the bottom of the net, but the strap and crank will be on the opposite side.

**Step 6:** Tighten the net on the top and bottom using the crank wheel. Do NOT over-tighten the nets.

## Important Notes

- Proper gym shoes must be worn inside the school
- Carabiners do not need to be tightened. They can be attached to the net without tightening.

