

Facility: W.O. Mitchell School

Last Updated: Jan 7 2024
Who: JB

Address: 511 Silvergrove Drive NW, Calgary, AB

Contact/Caretaker:

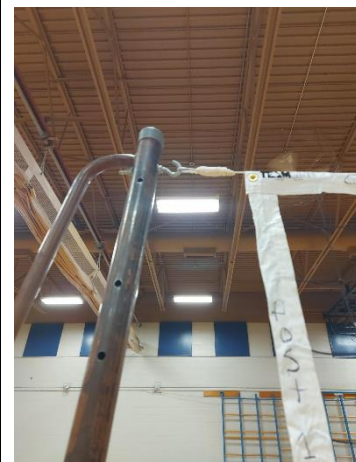
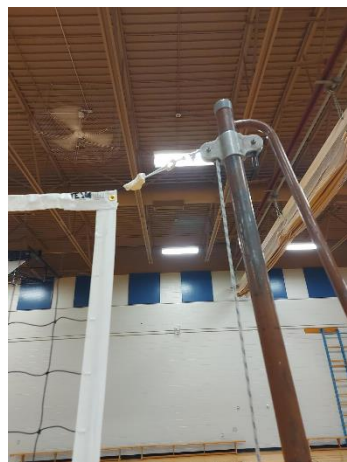


Photo #1

Photo #2

Photo #3

Photo #4

General Information

Parking: Players may **NOT** park in any reserved parking stall **AT ANY TIME**. Players may park in the parking lot on the southeast side of the school. There is also street parking along Silvergrove Drive. Players should

Entrance: Players may enter the school through the main entrance on the east side of the school.

Gym Location: The gym is located in the southwest corner of the school. Head down the hallway and to the left after entering through the main doors.

Change room/Washroom:

Equipment

Sport Specific Equipment Location and details:

Volleyball:

Posts: The posts are kept in the same equipment room as the nets. We use the four posts labeled "CSSC #1,2,3,4" in WHITE HOCKEY TAPE. Each post that we use has a crank wheel with a rope to



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tighten the net. Each post that we use has one s-hook on the post and one s-hook on the rope to attach the net. The pins on the posts slide to adjust the height of the nets. PLEASE SECURE THE POSTS AT THE END OF THE NIGHT USING THE SAFETY ROPE AND CARABINER.

Postholes: Use the holes that are closest to the court lines.

Court Lines: The lines are yellow all around. The courts are regulation size (30' x 60').

Nets: The CSSC owns the nets. They are kept in a box marked "CSSC" in the gym equipment room. The nets have cables across the top and bottom and have been custom fit for this gym. They are labeled "SCORE VN8080-32" and "Property of CSSC". They have cable loops on the top corners and s-hooks connected to the bottom. PLEASE PUT THESE NETS BACK AT THE END OF THE NIGHT. DO NOT LEAVE ON THE FLOOR!

Badminton:

Posts: The posts are the same as the volleyball nets, and are kept in the same equipment room as the nets. There are 8 in total. Each post has a number written on red tape. IGNORE THE NUMBERS ON THE WHITE TAPE. The clamps are set on the 2nd hole from the bottom (5 feet tall). **2 posts will need to be placed along another wall (you will see a wooden base on the floor with slots on the wall; PLEASE SECURE THE POSTS AT THE END OF THE NIGHT USING THE SAFETY ROPE AND CARABINER. It does not matter which 2 posts go here.**

Postholes: Use the holes that are closest to the court lines. They are 2 feet outside each badminton court.

Court Lines: The lines are green all around. The courts are regulation size (20' x 44').

Nets: The CSSC owns the nets (6). They are kept in a beige plastic bin labeled CSSC and are stored in the equipment room (either on the floor or on the shelf to your right as you enter the equipment room). Please note: there are 2 rooms for equipment, all of our equipment is in the same room (nets + posts) and are located in the room on the right side if you are standing in the gym looking at the equipment room.

Gym Set-up

Volleyball

Step 1: Use the 4 poles that each have a crank wheel and rope on them – these are numbered 1,2,3,4 (labeled on WHITE TAPE). Posts #2 and 4 have a metal s-hook screwed into the top of the post to attach the net.

Step 2: #1 and 2 go together and #3 and 4 go together. One post tightens the top of the net and the other tightens the bottom.

Step 3: On posts #1 and 3, adjust the height of the upper metal sleeve and pin to the highest position. On posts #2 and 4, adjust the lower sleeve to the lowest hole possible above the crank.

Step 4: Tighten the top of the net by attaching the loop on the cable to the s-hook screwed onto the top of the post and on the other side, attach the cable loop to the s-hook on the rope and then crank it tight.

Step 5: For the bottom of the net, attach one side to the chain that has an s-hook (on posts #1 and 3 below the crank wheel) and on the other side, attach the s-hook on the net to the s-hook on the rope, and then crank it tight.



Badminton

Step 1: Place post #1 (red tape) into the closest hole on your left hand side as you walk out of the storage room. The crank should be facing inside the court. Place post 2 at the same court with the D-clamp facing the stage. Place post 3 in the next hole for the middle court with the D-clamp facing the stage. Place post 4 in the final hole for the far court with the crank facing into the court.

Step 2: Place post 5 in the hole closest to the stage and hallway with the crank facing into the court. Place post 6 in the next hole for that court with the D-clamp facing the stage. Place post 7 in the next hole for the middle court with the D-clamp facing the stage. Place post 8 in the hole closest to the climbing apparatus with the crank facing into the court.

Step 3: Loosen all cranks to allow approximately 3 to 4 feet of slack. Each net is labeled on the top corners of the nets with a number. The net labeled 1, 2 goes with posts 1 and 2. The net labeled 2, 3 goes with posts 2 and 3 and so on. Loop net 1, 2 over the D-clamp of post 2. Clip the other side of the net to the crank on post 1 and tighten. Nets 2, 3 and 3, 4 are tied together. Hook net 2, 3 to the clamp on post 2 first, then hang the connected nets over post 3, then click net 3, 4 to post 4 and crank to tighten both nets.

Step 4: Do the same for nets 5-8: First attach net 5, 6 to post 6 over the clamp. Then attach the other side of net 5, 6 to post 5. Crank to tighten. Nets 6, 7 and 7, 8 are tied together. First attach net 6, 7 to post 6, then hang both nets over post 7's clamp, then attach net 7, 8 to post 8 and crank to tighten both nets.

Step 5: After each net is attached and tightened, you may have to pull the mesh one way to center it over the courts.

Basketball

Court Lines: Lines are black all around.

Player Benches: Players can sit on the large benches against any wall, outside of the area of play.

Important Notes

- Do not leave badminton nets on the floor of the storage room.
- Please secure posts with the safety rope at the end of the night.
- **PLEASE TAKE OFF SHOES.** We have received complaints about leaving puddles and wet floors. Ensure you are wearing indoor shoes inside please.

Please Note:

- Be sure to choose the right posts and place them correctly onto the courts.
- We **MUST** be out of the school by the end of permit time, **NO EXCEPTIONS! DO NOT** forget to put away the nets and secure the posts with the safety rope!

