

Facility: **Archbishop MacDonald S.H.**

Last Updated: **Nov 6, 2023**
Who: **LC**

Address: **14219 109 Ave.**

Contact/Caretaker: **Lez Tokarew**



Taken from one corner



Taken from centre



Volleyball equipment

General Information

Parking: Parking is available in the lot on the North side of the school which can only be accessed via 109 Ave.

Entrance: The entrance is connected to the North parking lot on the North side of the school. Players should leave outdoor footwear at the entrance.

Gym Location: Once inside the school, the gym is straight ahead and the entrance is on both the left and right.

Changeroom/Washroom: Players can change in the washrooms that are located outside the gym before you walk down the hall towards the gym. They are to your first left.

Floor: The floors are hardwood with black lines for basketball, white for badminton, and pin-stripe red for volleyball. If the floors are slippery when in the gym please ask the custodian to sweep them.

Equipment

Sport Specific Equipment Location and details: The volleyball and badminton nets and posts are located along the West. If playing basketball the hoops should be down, if not ask the caretaker to lower them.

Gym Set-up

Volleyball

Step 1: Set up the posts in the appropriate holes. The holes have a silver cover. Ensure there is a post sleeve in each hole before putting posts in.

Step 2: Hook up the top of the nets first. Clips on the nets hook up to the ends on the posts with no clips. Clips on the posts hook up to the ends on the nets with no clips.

Step 3: Crank the tops of the nets first. Do not overtighten

Step 4: Crank the bottom of the nets. Do not overtighten.

Step 5: Repeat steps 2-4 for the opposite court.

Badminton

Step 1: Remove post hole covers and insert the poles into the post holes. There are 9 posts total.

Step 2: Thread the string on the top of the net through the hole on the top of the pole, then wrap the string onto the hook on the middle of the pole.

Step 3: Thread the string on the bottom of the net through the hole on the center of the pole, then wrap the string around the pole and tie the string onto the hook slightly above this hole.

Step 4: Turn the poles to tighten the nets.



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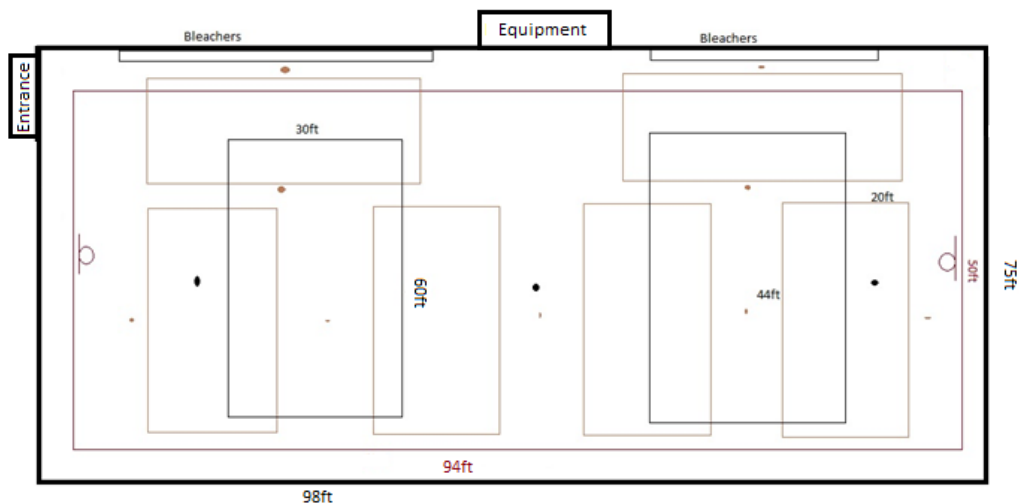
Basketball

The basketball hoops should be down when you arrive. If they are not down, please ask the custodian to lower them. The backboards are regulation size glass with break-away rims.

Court Lines: The court lines for this gym are black. The gym does have a three point line.

Player Benches: Players can sit on any bench on the side on the gym outside the court area. Please do not pull out the bleachers.

Set-up Diagram



Important Notes

Please do not wander the hallways during games. Ensure you always exit through the main doors.