

Facility: **Cardinal Leger J.H.**

Last Updated: **Nov 21, 2017**  
Who: **MB**

Address: **8808 144 Ave**

Contact/Caretaker: **Mr. M. Wondimagenehu**



Taken from NE corner

Taken from E wall

Nets along W wall

## General Information

**Parking:** Parking is available South of the school in the teacher's parking lot off of 144 Ave.

**Entrance:** Players should enter through the main doors facing 144 Ave. Please remove footwear at the entrance.

**Gym Location:** The gym is on your left when you enter the school through the main doors.

**Changeroom/Washroom:** There are change rooms located inside the gym entrance along the East wall. If locked, there are washrooms directly down the main hall when you enter the facility.

**Floor:** The floor is an older hardwood and has not been recently varnished. If dusty, please ask the custodian to sweep with a micro-fibre broom. For volleyball use the light green court lines and for basketball use the black lines.

## Equipment

**Sport Specific Equipment Location and details:** The equipment room is located in the South-East corner of the gym. Use the post holes closest to the court lines. About 1' from edge of court. The nets are located on the wall of the gymnasium. The nets to use are marked A + B, and C + D. If the nets are not on the wall they will be in the equipment room, but they should be kept on the gym wall so when you are done hang them here rather than the equipment room. Red posts with a yellow sleeve are located in the equipment room. Use the posts with black straps rather than the rope ones. The nets use a shared middle post. The middle post is labelled on the bottom B + C, ensure B goes with the A labelled post, and C goes with the D labelled post.

## Gym Set-up

### Volleyball

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

**Step 2:** The net height is adjustable on each post – set it to the highest height.

**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.



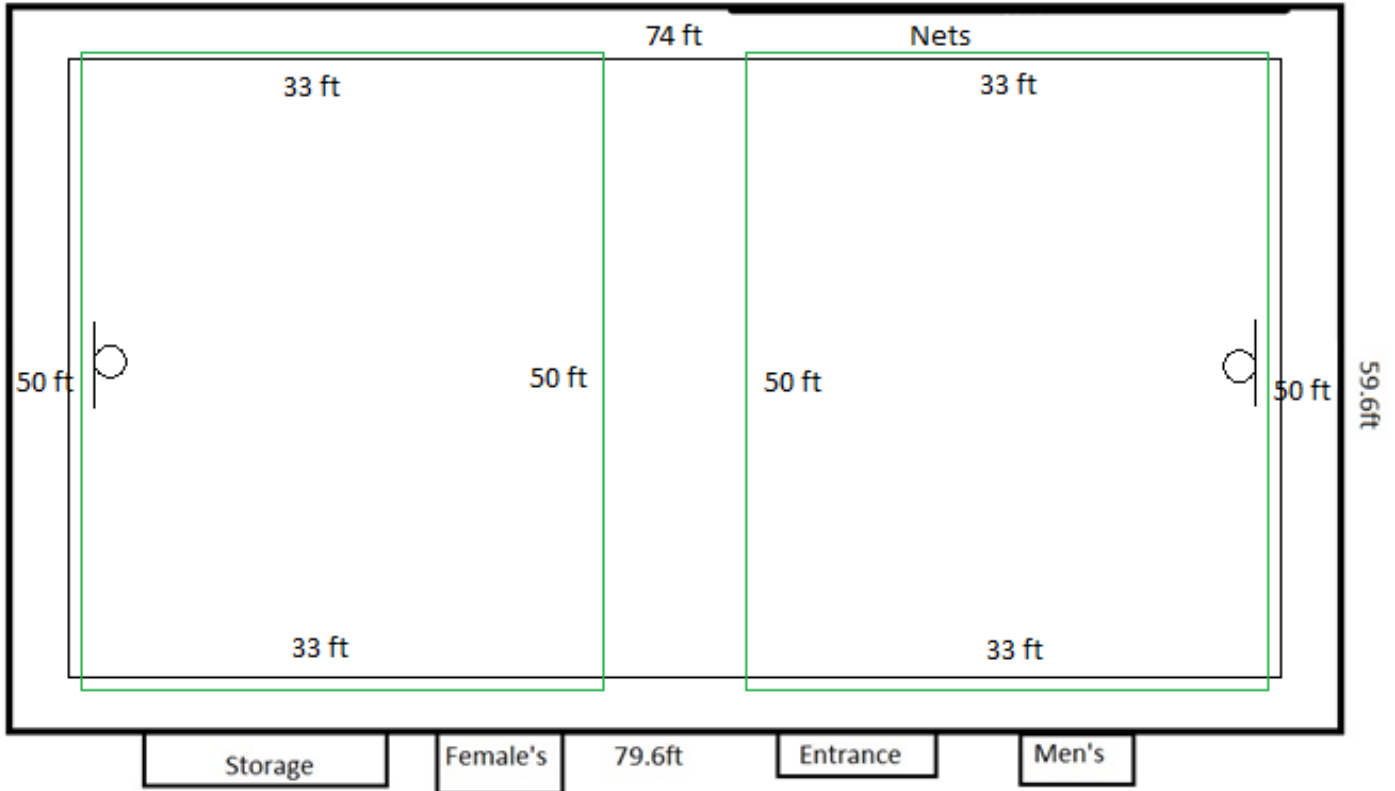
[www.EdmontonSportsClub.com](http://www.EdmontonSportsClub.com)  
17406 106a Ave, Edmonton, AB, T5S 1E6  
780.429.GAME(4263)

## Basketball

**Court Lines:** This gym has regulation size glass back boards with break-away rims. They also have a three point line. Use the black court lines.

**Player Benches:** For player benches use the benches along the wall.

## Set-up Diagram



## Important Notes

Please do not over tighten the nets. Be careful when putting in the posts, they are snug and will get stuck if too much force is used or if they are not in the correct holes (see instruction above). Please call the school the following day if anything is left at the gym.

There is a zero tolerance policy regarding equipment left out at this gym. If struggling putting items away, find the caretaker.