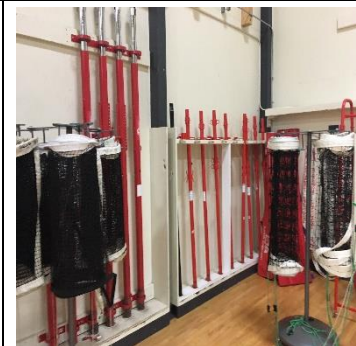
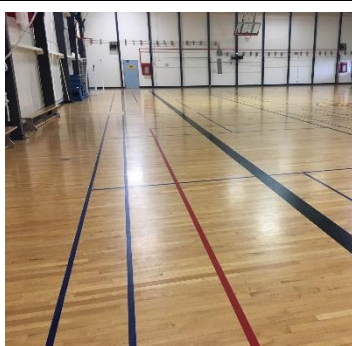
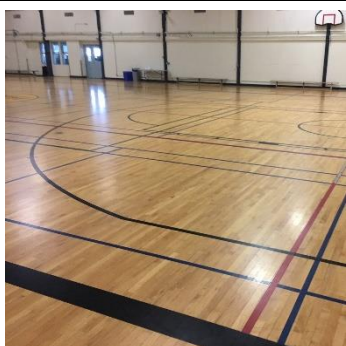


Facility: **Garrison Main Gym**

Last Updated: **Oct 19, 2018**  
Who: **SR**

Address: **185 Range Rd 244**

Contact/Caretaker: **Breanne Lambert**



Gym from sideline

Gym from baseline

Nets correctly wrapped

Post and net storage

## General Information

**Parking:** Players can park on the East side of the building in the main parking lot. This lot is just off Range Rd 244.

**Entrance:** Players should enter from the main entrance on the South side of the building. Players should leave outdoor footwear at the entrance.

**Gym Location:** Inside the entrance continue straight down the hallway, through the double doors, and up the yellow stairs into the gym.

**Change room/Washroom:** Players can change in the washrooms that are located outside of the gym. From the entrance walk straight instead of turning left. The washrooms will be on the right.

**Floor:** The floor is hardwood with red lines for volleyball and black for basketball. If the floor is dusty, please ask the front desk attendant for a micro-fibre broom.

## Equipment

**Sport Specific Equipment Location and details:** The basketball hoops will be down when you arrive. If playing volleyball, the nets, posts, and socket tool to lower/raise the posts are in the far opposite corner from the entrance to the gym.

## Gym Set-up

### Volleyball

**Step 1:** These posts only have top cables and use hooks and string tie downs to keep the nets tight. Make sure you have one post with a crank and one post with a crank and hook for each court.

**Step 2:** Place the posts in the ground and then run the cable over the pulley and hook on one side. On the other side, put the net cable over the pulley and attach to the crank.

**Step 3:** Adjust the height of the posts to ensure they are at the appropriate height (use the highest setting). You will need to use a socket tool that inserts into the side of the poles and turns to do this.

**Step 4:** Attach the bottom of the nets to the posts using the ropes.

**Step 5:** Crank the cables tight and then use the green strings to pull the bottom of the nets tight.

**Step 6:** Repeat steps 2-5 for the opposite court.

### Basketball

The basketball hoops are a glass with break-away rims. There is a 3pt line.

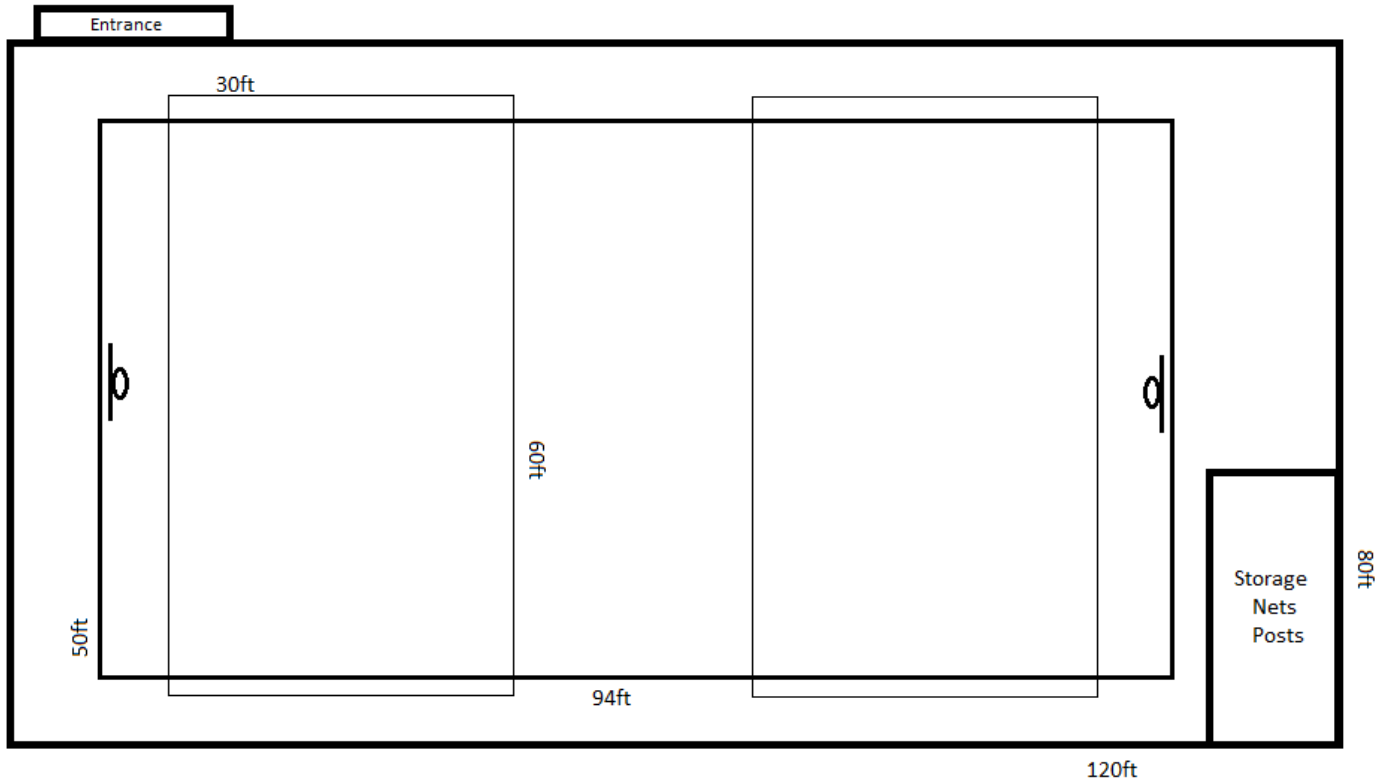
**Court Lines:** Black basketball court lines easily identifiable in this gym.

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



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

## Set-up Diagram



## Important Notes

Please make sure to exit the facility by 10:00pm as they close and lockup then.