

Facility: **Gabrielle Roy H.S.**

Last Updated: **Nov 6, 2017**
Who: **MD**

Address: **8728 93 Ave NW**
Contact/Caretaker: **Nathalie Viens**



Gym from SE corner

Gym from E wall

Volleyball nets and posts

Badminton equipment

General Information

Parking: Parking can be found in the school lot on the North side of the school, or on the street. Entrance to the parking lot is off 89 St.

Entrance: Please use the entrance on the East side of the parking lot to enter the gym. Please leave dirty footwear at the entrance.

Gym Location: The gym will be directly on your left if you entered through the parking lot doors.

Changeroom/Washroom: Locker rooms are located in the gym along the East wall.

Floor: Rubber vinyl "sports floor", good grip very clean. If the floors are dusty, please ask the custodian for a mirco-fibre broom.

Equipment

Sport Specific Equipment Location and details: The volleyball nets are located on the wall in the equipment room. There are wire loops on the top and ratchet straps for the bottoms of both nets. The badminton nets are stored folded neatly in a box inside the equipment room. They are too long to simply hook on the poles and play, but it works well to twist both poles until they are tight. There are four red posts in the equipment room at the back.

Gym Set-up

Volleyball

Step 1: Volleyball Court lines are Green on the sides; use the back of the thick black line on one side and red on the other. Use the post holes closest to the court lines. About 3' from edge of court.

Step 2: Choose one post with a crank and one without. Place into opposite sides of the court.

Step 3: The net height is adjustable on each post – set it to Sr. Boys height (243').

Step 4: Clip the top of the nets into the hooks.

Step 5: Clip one side of the net into the bottom of the post with no crank then clip the other part of the net to the other side

Step 6: Tighten the nets using the crank wheel. Do NOT over-tighten.



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Badminton

Step 1: This is a 4 court setup using 8 posts.

Step 2: Insert the posts into each court and place a net at each court.

Step 3: 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 4: 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.

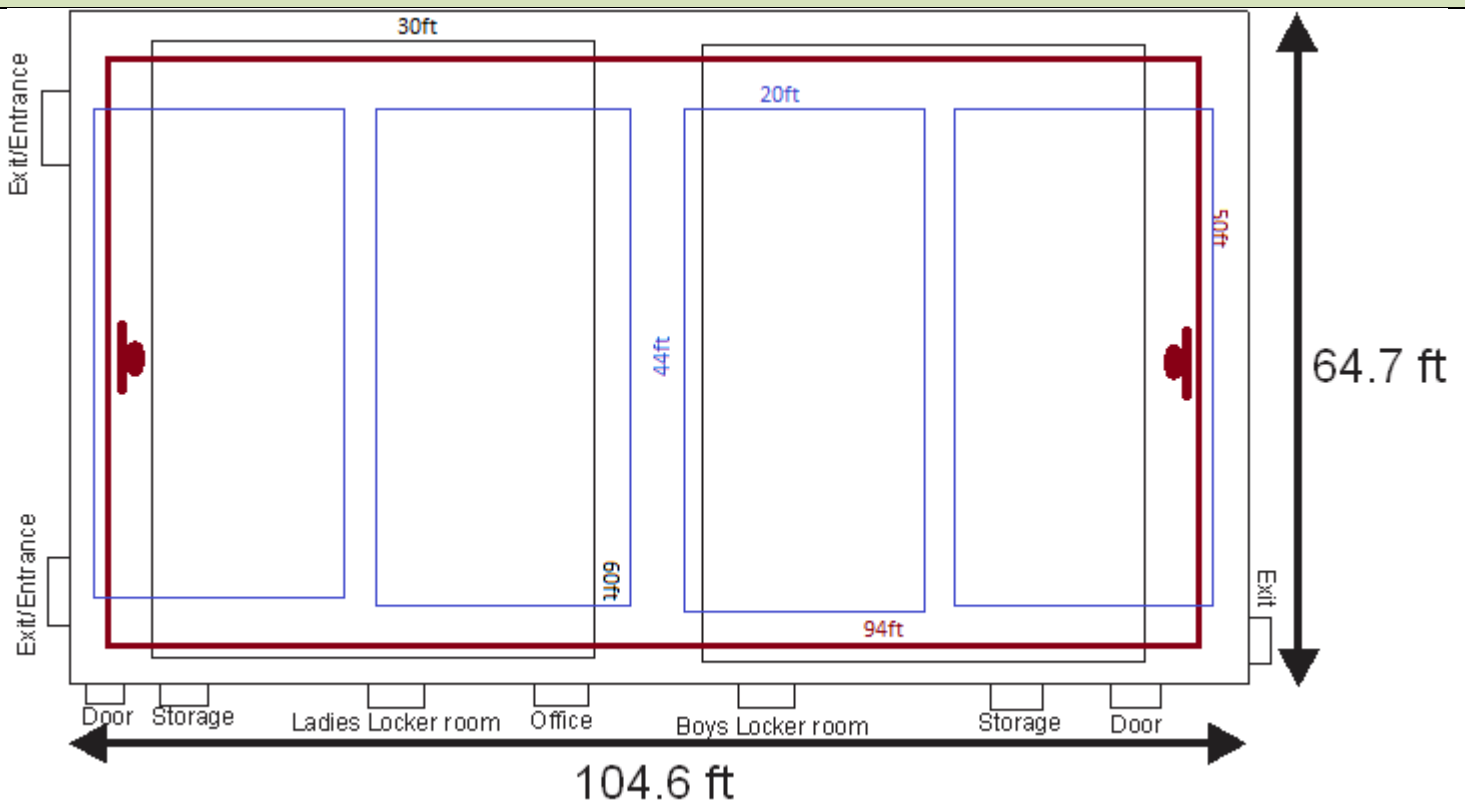
Step 5: Turn the poles to tighten the nets.

Basketball

Court Lines: Solid black line with black border around it. Center line and circle. This gym does have a 3pt line.

Player Benches: Benches on sides for players to use. This gym has full size regulation backboards and break-away rims.

Set-up Diagram (Volleyball + Basketball)



Important Notes

Please remove all outdoor footwear before entering the gym and please refrain from warming up in the halls.

