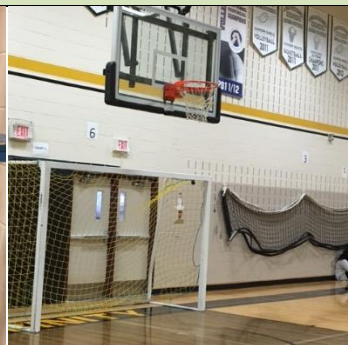


Facility: **Holy Trinity S.H.**

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

Address: **7007 28 Ave**
Contact/Caretaker: **Norm Abude**



Picture of the West wall

Posts in Northeast corner

Picture of baseline and nets

Badminton posts storage

General Information

Parking: Parking is available in the lot on the Northwest side of the school which can only be accessed via 28 Ave. You can park in this lot, it is shared with the Mill Woods Recreation Centre.

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

Gym Location: Once inside the school, take the first right inside the entrance. The gym is located on the first entrance to the right.

Changeroom/Washroom: Players can change in the washrooms that are located outside the gym before you walk down the hall towards the gym. The main changerooms in the gym will be locked to players.

Floor: The floors are hardwood with black lines for basketball, white for badminton, and pin-stripe blue 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 nets are located along the West wall and the posts are on the Northeast side. Badminton equipment and nets are stored on the second storage room along the Southwest wall. If playing basketball the hoops should be down, if not ask the caretaker to lower them.

Gym Set-up

Volleyball

Step 1: This is a three post setup, the posts with two cranks goes into the centre hole. For the posts with the top and bottom cranks, make sure they go on the court opposite of the centre post so each court has a top and bottom crank.

Step 2: The net height is adjustable on each post with a pin – **use the highest hole on each of the posts**

Step 3: Attach the top of the net to the posts, the side with the carabiner will hook into the metal ring on the post. The other side will attach to the hook on the crank rope.

Step 4: Repeat step 3 for the bottom of the net, the crank/ring will be on opposite sides.

Step 5: Tighten the top of each net using the cranks, then they bottoms. Please do not over tighten the net.

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.

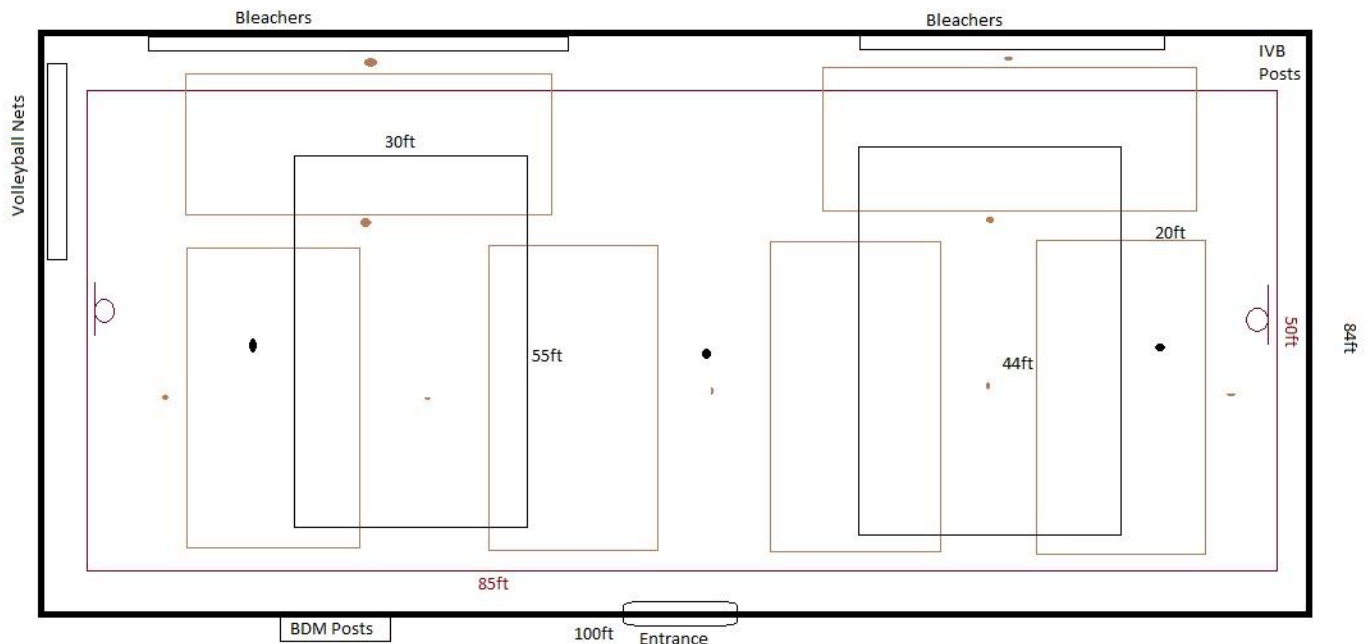
Basketball

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.