

Facility: **JH Picard H.S. - North**

Last Updated: **Jan 16, 2018**
Who: **MB**

Address: **7055 99 St.**
Contact/Caretaker: **Michelle Dupuis**



Full gym from baseline



Volleyball sideline



Post storage



Net setup

General Information

Parking: Parking is available in the lot on the Northeast side of the school.

Entrance: Please use the Northeast entrance which is on the far East side of the parking lot. **Do Not** use the main entrance, it will be locked. Players should leave outdoor footwear at the entrance.

Gym Location: Once inside the school, continue walking straight ahead, the first entrances on your left will be for access to the gym.

Change room/Washroom: The male washrooms are located outside the gym doors. Just before the gym entrance and will be on your right. The female washrooms are on your right as soon as you enter the school, you will walk up the stairs and they are on the left.

Floor: If the floor is dusty, please ask the custodian to sweep. For volleyball, use the light green and white badminton lines. For badminton, use the white lines and basketball black lines.

Equipment

Sport Specific Equipment Location and details: If playing basketball, the nets should be down when you arrive. The volleyball nets are in the third drawer when facing the stage from left to right. The nets will be in the back of the drawer, hidden behind the volleyballs. The nets are labelled $\frac{1}{2}$ and $\frac{3}{4}$ this corresponds with labels on the posts. The posts are stored in the drawer under the stag farthest on the right when facing the stage.

Gym Set-up

Volleyball

Step 1: Taking the posts from under the stage, put one post with a crank and cable for the bottom of the net post ($\frac{1}{3}$) and one post with a crank and cable for the top of the net post ($\frac{2}{4}$) and set them into the post holes. Ensure the posts are set to the highest height.

Step 2: Using the net with numbers $\frac{1}{2}$ or $\frac{3}{4}$, align the net with the number labelled on the post.

Step 3: Clip the net onto the posts using the carabiners, the clip without the cables will clip to the posts with chain.

Step 4: Once the nets are clipped on, crank each post so the nets are tight and taught.

Step 5: Repeat steps 1-4 with the opposite court.

Badminton

Step 1: This is a 4 court setup using 5 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.



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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.

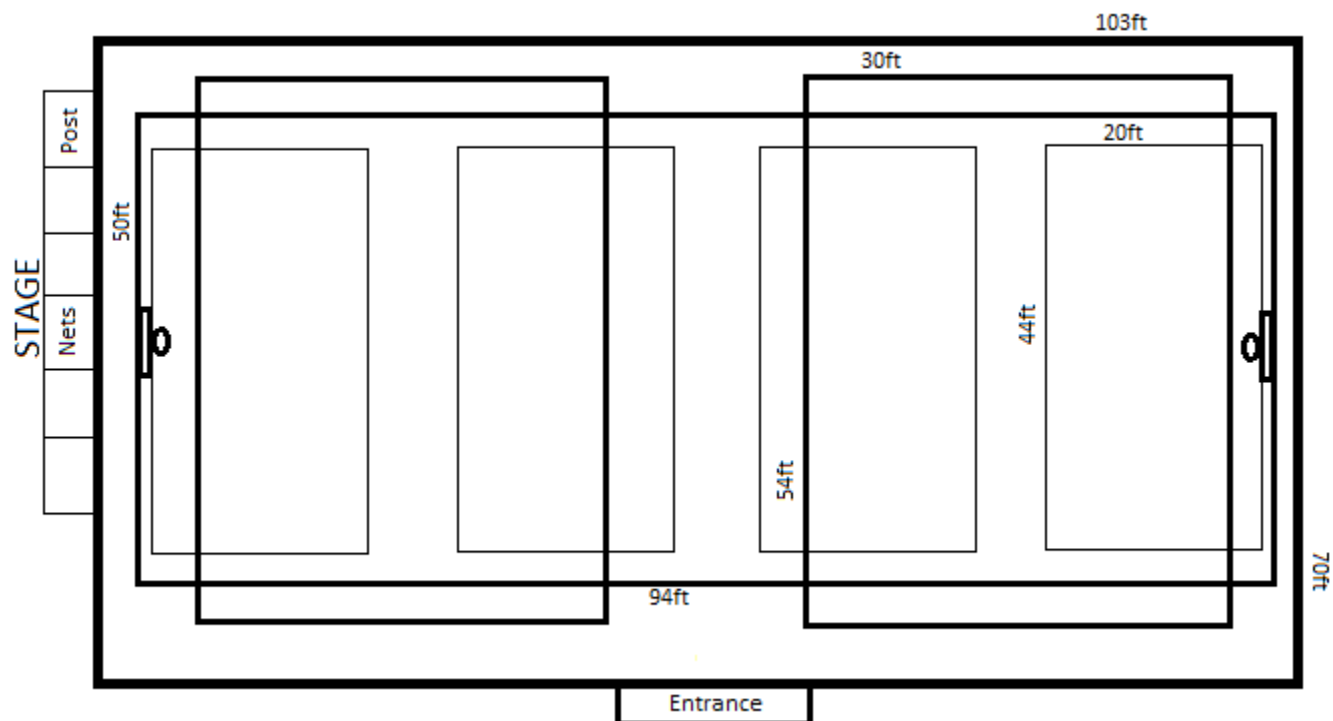
Step 5: Turn the poles to tighten the nets.

Basketball

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

Player Benches: Players can sit on the large benches against any wall, outside of the area of play. This gym has regulation glass backboards with a break-away rim. There is a 3pt line.

Set-up Diagram



Important Notes

Please do not wander the hallways during your games.