

Facility: **Our Lady of Mount Carmel J.H.**

Last Updated: **Nov 16, 2023**  
Who: **LC**

Address: **10524 - 76 Ave**

Contact/Caretaker: **Diane Bowers O'Neill**



Centre post net



West net setup



Net storage



Badminton Centre Post

## General Information

**Parking:** Players may **NOT** park in any reserved parking stall **AT ANY TIME**. Players can park in the school lot off 77<sup>th</sup> Ave.

**Entrance:** Players should enter from the parking lot entrance on the North side of the building. Players should leave outdoor footwear at the entrance.

**Gym Location:** Inside the entrance the gym is immediately to the left when you enter the school.

**Changeroom/Washroom:** Players can change in the washrooms that are located outside the gym, or change in the hallway outside of the gym doors.

**Floor:** There is a micro-fibre broom in the equipment room that can be used to clear dust and debris. This gym does have an older floor and will not have as much grip. Equipment room is on the left when facing the stage. Volleyball court lines are dark green, badminton court lines are pale yellow.

## Equipment

**Sport Specific Equipment Location and details:** The volleyball nets are located on the back wall of the gym. They will be labelled either East or West. The West side of the gym has the stage. The volleyball poles are stored under the stage. Badminton poles/nets are stored under the stage, 2<sup>nd</sup> drawer from the left.

## Gym Set-up

### Volleyball

**Step 1:** Place posts with pulleys in the East and West post holes. There is one centre post without pulleys on one side. The side without pulleys faces West. Ensure the centre post sleeve is in the hole.

**Step 2:** Set up the nets to the posts, ensure the West net on the stage says *West Side Court*. The bottom of the net will have a wire attached to reach the post.

**Step 3:** For the East net the net will have two wires that attach to the centre post.

**Step 4:** Once the nets are attached, crank the nets tight

## Badminton

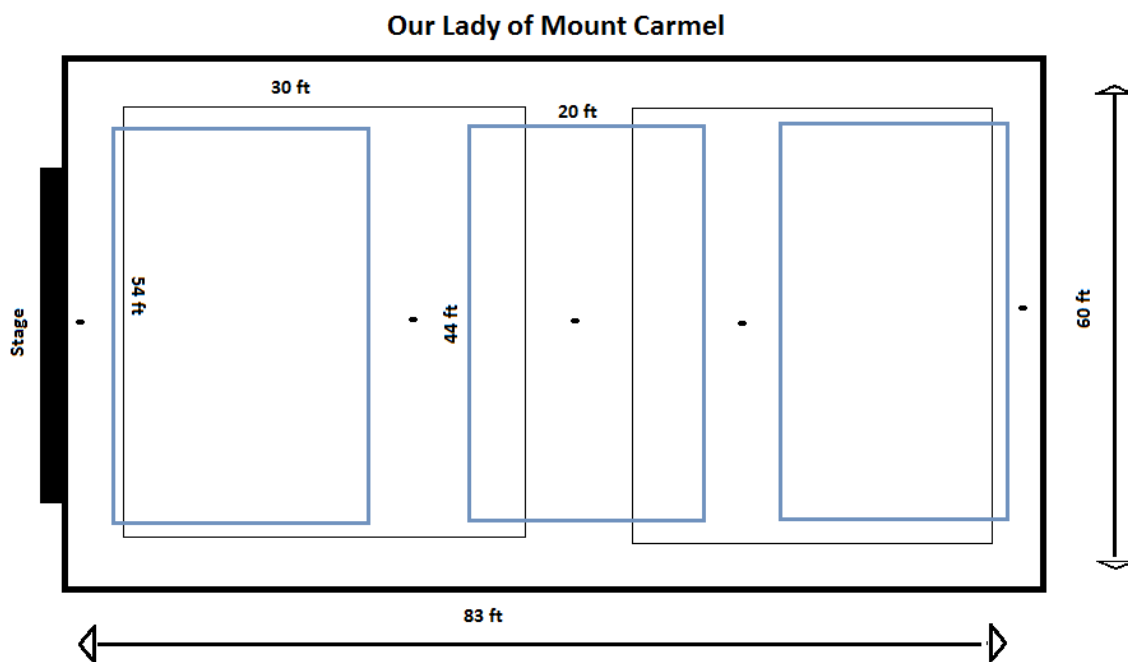
**Step 1:** Two red poles with cranks are placed at opposite ends of the gym.

**Step 2:** There are two black badminton posts which go in the centre of the gym and will only have loops.

**Step 3:** Attach the loops in the net over top of the black poles and the other end connects to the hooks on the red poles.

**Step 4:** To tighten the nets, use the cranks on the red poles.

## Set-up Diagram



## Important Notes

For both volleyball and badminton the basketball hoops should be raised. If you arrive and the nets are down, ask the custodian to raise them.