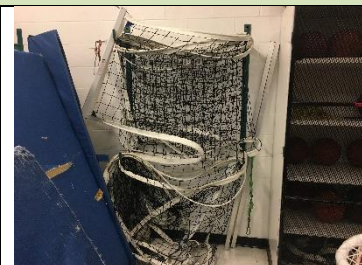


Facility: **St. Elizabeth Seton J.H. - Large**

Last Updated: **Jan 31, 2020**  
Who: **JG**

Address: **3711 135 Ave NW**

Contact/Caretaker: **Reynaldo**



Picture of gym from South

Picture of East wall of gym

Volleyball Poles

Hanging of nets (Please be more tidy than this)

## General Information

**Parking:** Players can park on the North side parking lot just off 135<sup>th</sup> Ave.

**Entrance:** Players should enter from the North entrance which is connected to the parking lot.

**Gym Location:** Once inside the entrance, walk straight down the hall and the gym is straight ahead.

**Changeroom/Washroom:** There are washrooms located on the South side of the gym. If locked, there are washrooms outside the Southwest gym exit.

**Floor:** Floor is dark hardwood. With dark green side lines and red back lines for volleyball and off-white for badminton. If playing basketball use the black court lines.

## Equipment

**Sport Specific Equipment Location and details:** All equipment can be found in the Northeast corner of the gym. The nets are hanging on the wall and the poles are behind the door. The door automatically locks so make sure to keep it open to grab equipment with the custodian. For badminton, the poles are color coordinated with the nets. The nets can be found in a cage in the equipment room that is locked and needs to be opened by the caretaker.

## Gym Set-up

### Volleyball

**Step 1:** Insert poles into holes according to markings indicating correct order (black pole is center pole, blue poles are side poles). The pink and red pole/net go together and the green/blue court go together.

**Step 2:** If the center post height needs to be raised/lowered, **pull the pin at the top straight outwards**, it is spring loaded so it might be hard to pull out. Do not turn or twist it as that won't do anything!

**Step 3:** Take the nets and clip them onto the top loops of the posts. Crank to tighten.

**Step 4:** Take the bottom of the nets and clip them to the bottom loops. Crank to tighten.

**Step 5:** Do NOT over tighten the nets.

**Step 6:** Repeat on the opposite court.

### Badminton

**Set Up:** The poles are colored either red, orange, white, or yellow. Color coordinate the nets with the corresponding poles.

**Step 1:** Remove post hole covers and insert the poles into the post holes. There are 4 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.



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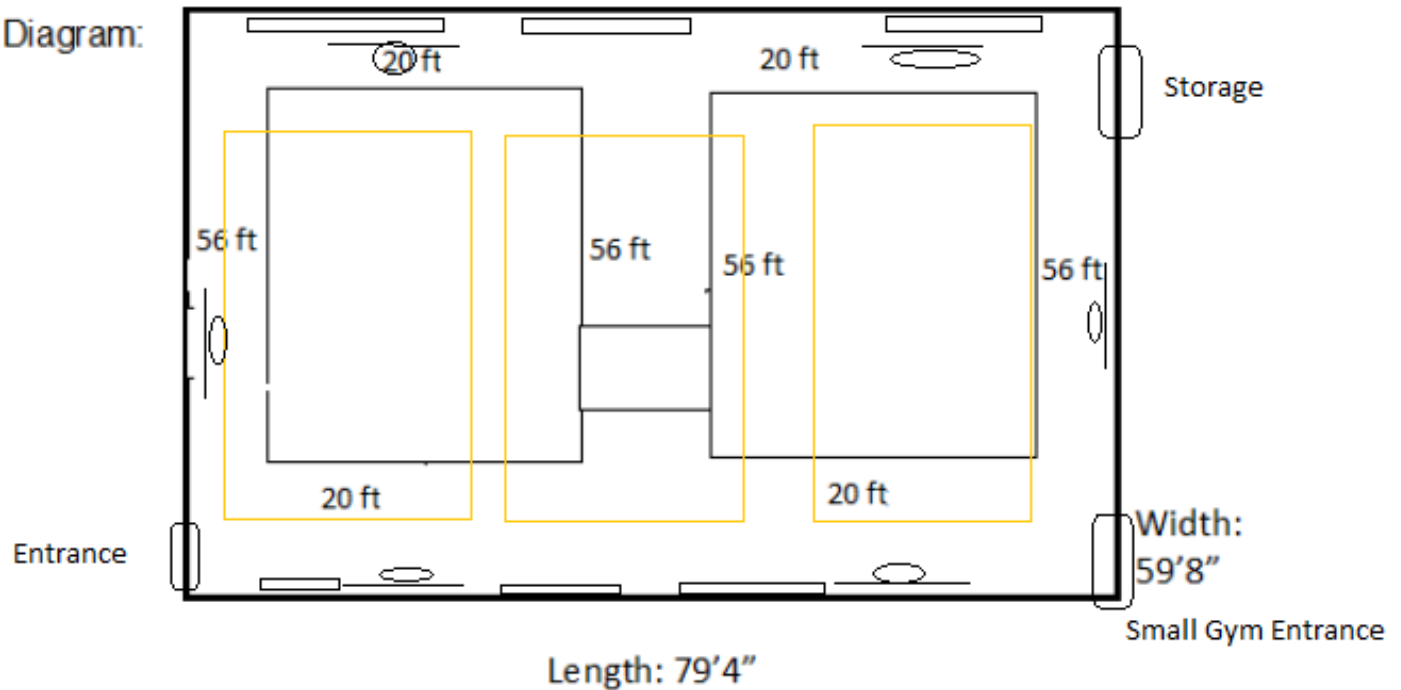
**Step 4:** Turn the poles to tighten the nets.

### Basketball

This gym had full size glass backboards and break-way rims. If the nets are not down when you arrive please ask the custodian to lower them. There is no 3pt line.

## Set-up Diagram

Diagram:



## Important Notes

Please do not wander the halls. This gym has a divider in the ceiling.