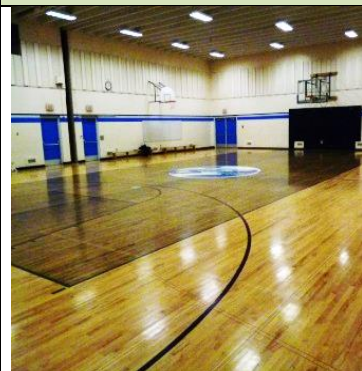


Facility: **St. Thomas More J.H.S**

Last Updated: **Feb 5, 2020**
Who: **SR**

Address: **9610 165 St**

Contact/Caretaker: **Robert Vetoshin (Head Custodian)**



Take from corner of gym

Volleyball nets storage

Post storage

Badminton net storage

General Information

Parking: Parking can be found in the school lot on the Southeast side of the building, as well as along 165 Street.

Entrance: Enter through the doors on the North side of the parking lot. Please leave footwear at the door.

Gym Location: Inside the entrance the gym will be directly in front of you.

Changeroom/Washroom: Both men's and women's change rooms as well as the water fountain will be in the hallway to your left before you enter the gym doors.

Floor: The floor is a newer hardwood, if dirty, please ask the custodian to sweep with a micro fibre broom. Use the black lines for basketball, white for badminton, and pin-stripe blue if playing volleyball.

Equipment

Sport Specific Equipment Location and details: Use the badminton nets stored in the back of the storage room. The caretaker may put them out for you. Badminton posts are stored under the stage in the left two drawers (you may need to remove the velcro mat). There are extra chains and carabiners in the storage room if needed for badminton setup. For volleyball, the posts are stored under the stage with the badminton equipment. The nets are stored in the storage room. If you need to raise the Basketball Hoops, If the basketball hoops on the East side of the gym need to be moved, please ask the custodian for assistance in pulling it out of the way. The basketball hoop on the West side of the gym can be moved with a manual tool. The tool is hanging on the South wall of the gym.

Gym Set-up

Volleyball

Step 1: Insert poles into holes with the shared post at centre court. Put the main post with pulley for the top opposite of the shared post with the pulley on the bottom. Repeat with opposite cranks for the other court.

Step 2: Take the nets and clip them onto the top loops of the posts.

Step 3: Take the bottom of the nets and clip them to the bottom loops.

Step 4: Once the nets are clipped onto the posts and pulleys, crank them to tighten the nets. Do not over tighten

Step 5: Repeat steps 2-4 on the opposite court.

Badminton

Step 1: Remove post hole covers and insert the poles into the post holes. 4 posts in 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.

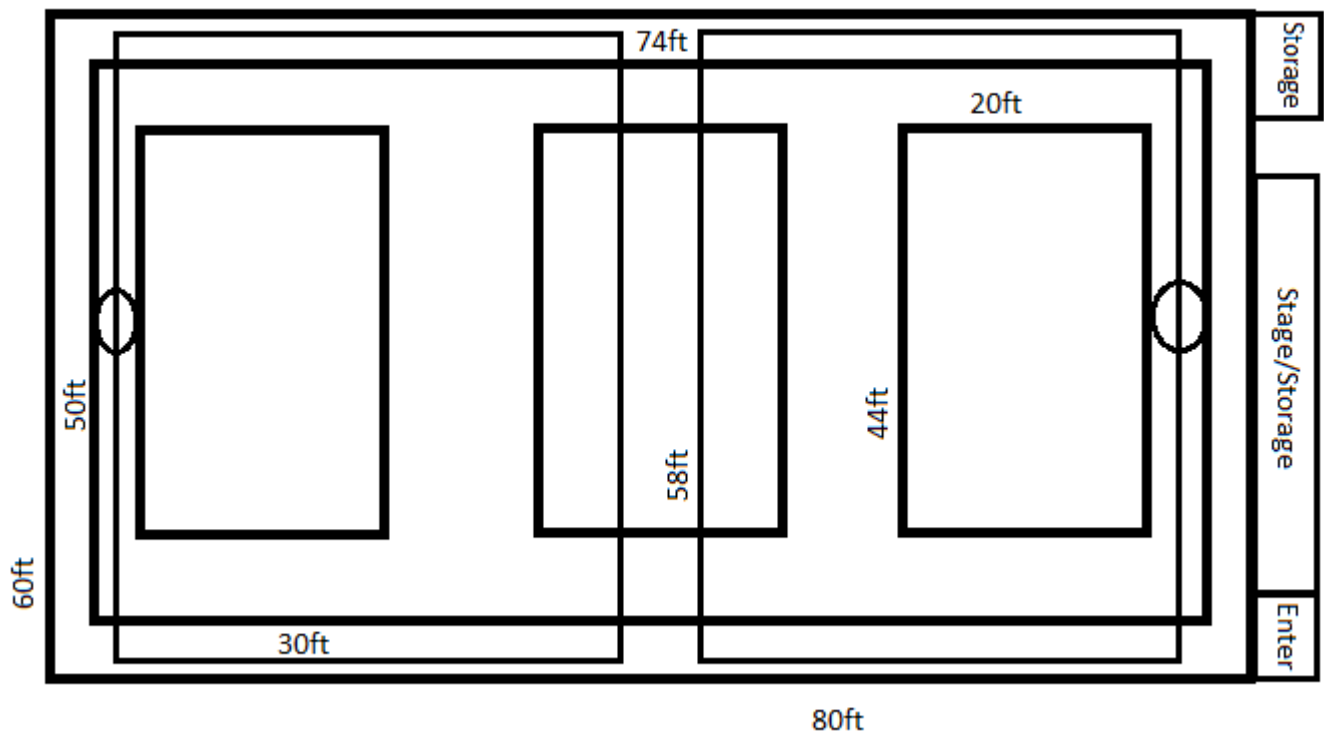
Step 4: Turn the poles to tighten the nets.

Basketball

Court Lines: Solid black basketball court lines easily identifiable in this gym. This gym has a 3 point line.

Player Benches: Players can sit on the large benches against any wall, outside of the area of play.

Set-up Diagram



Important Notes

Please ensure to put the equipment and mats back under the stage.