

Facility: Midsun School

Last Updated: April 8, 2026
Who: JA

Address: 660 Sunmills Drive SE

Contact/Caretaker: 403-777-6430

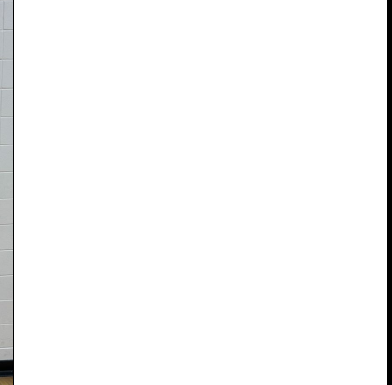


Photo #1

Photo #2

Photo #3

Photo #4

General Information

Parking: Players may use the school parking lot located on the east side of the school.

Entrance: Players should enter the school through the main entrance located at the east side of the school (next to the parking lot).

Gym Location: After entering through the main entrance, the gym is located immediately to the right. Please do not wander the hallways.

Change room/Washroom: There are washrooms located in the main hallway close to the gym. Please use these to change if necessary.

Equipment

Sport Specific Equipment Location and details:

Postholes: Use the postholes closest to the court lines.

Posts: The Posts we use should be located in the Auxiliary room. As you enter the gym, it's the 2nd door on the left hand side beside the phys ed office.

Use the 4 best posts – they have wheels on the base and an extra triangular support. They are completely rigged with crank wheels, ropes, chains and hooks. The posts may be labeled 1, 2, 3, and 4.

There are 2 other posts that are not meant to be used on the large courts, they do not have supports on the bottom and may not have the proper ropes and hooks.

Nets: There are 2 TVN200 nets owned by the CSSC. They are both labelled "Property of the Calgary Sport & Social Club". The nets are kept in a plastic bin labelled CSSC. The bin is located in the Auxiliary room with the volleyball posts.

Please ensure that you are using the CSSC nets and not the school's.

Court lines: White all around.

Gym Set-up

Volleyball

Step 1: Choose one post that cranks the top of the net and one that cranks the bottom, for each court.

Step 2: The net height is adjustable on each post – set it to the 2nd hole from the top.



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Step 3: Each net has a loop on all 4 corners. Attach the top of one corner of the net to the S-hook on the top of the post (or to the chain if extra length is needed) and the other top corner to the S-hook on the rope.

Step 4: Repeat for the bottom of the net, but the rope and crank will be on the opposite side

Step 5: Tighten the net on the top and bottom using the crank wheel. **DO NOT** over-tighten.

Important Notes

- Please wheel the volleyball posts to the door of the equipment room at the far side of the gym. We do not have permission to go inside the room, but are asked to leave them near the door.
- Please take the nets down, and put them into the brown bin labeled CSSC at the end of the night.

