

**Facility:** West Hillhurst C.A. – Gym

Last Updated: Jan 21, 2025  
Who: JB

**Address:** 1940 6 Avenue NW

**Contact/Caretaker:**

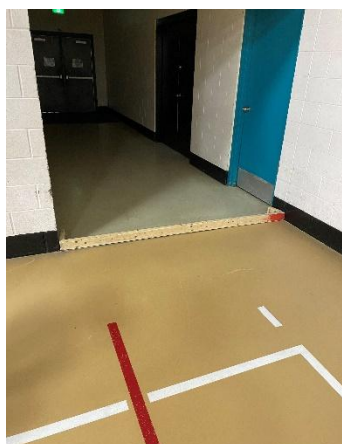


Photo #1



Photo #2 PB net storage and BH stick storage



Photo #3

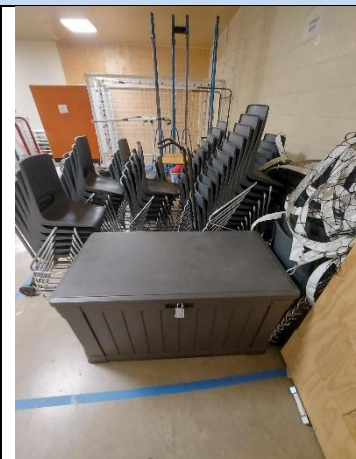


Photo #4 Pickleball Net storage unit.

## General Information

**Parking:** Players may **NOT** park in any reserved parking stall **AT ANY TIME**. Players can park in the lot on the East side of the building.

**Entrance:** Players should enter from the main entrance on the South side of the building. Players should leave outdoor footwear at the entrance.

**Gym Location:** Inside the entrance, the gym will be just to the left.

**Change room/Washroom:** Players may use the washrooms located at the Northwest side of the gym within the change rooms. The washroom at the Southwest end are reserved for the Go-Getters senior program.

## Equipment

### Sport Specific Equipment Location and details:

**Nets:** The CSSC owns 2 high school caliber volleyball nets (VN8080). They are labeled property of CSSC and are stored in the equipment room. They are kept in a plastic bin labelled "Property of CSSC" and the box is kept on top of our Ball Hockey cabinet. (when entering the equipment room, the cabinet will be at the back right corner of the room). **PLEASE KEEP OUR NETS IN THIS BIN AND PUT IT BACK ON TOP OF THE CABINET AT THE END OF THE NIGHT.**

**Posts:** There are 4 high school caliber posts located in the gym equipment room. Each post has a crank wheel and straps.

## Gym Set-up

### Pickleball:

There are four official Pickleball nets in the equipment room in the locked chest near the wooden cabinet. They are stored in black bags with the poles, nets, and instructions. When you open the bag, set up directions are laminated inside.

**The code to the lock is 1940**

**Please put all the bags back together and lock the chest at the end of the night.**



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## Volleyball

**Step 1:** Choose one post that cranks the bottom of the net and one that cranks the top of the net, from among the 4 posts.

**Step 2:** Adjust the metal sleeve and pin on each post to the 2<sup>nd</sup> hole from the top.

**Step 3:** Attach the loop on the net to the top loop on one post. Attach the loop on the other side of the net to the s-hook on the strap on the other post.

**Step 4:** Attach the bottom of the net in the same way, but the hooks and crank wheels are on the opposite sides.

**Step 5:** Tighten the net by cranking the rope on each post.

**Step 6:** Repeat for the other court using posts #3 and #4 and the other net.

## Ball Hockey:

**Nets:** Use the full-size 72" hockey nets in the storage room.

**Equipment:** Kept in the cabinet in the corner of the storage room. Combination for the lock is **31-9-34**

**Creases:** Please utilize the red creases that are in this gym.

**Corner Boards:** There are two PVC pipe boards at the facility that can be seen in photo 2 they are kept on the right side of the equipment cabinet in the storage room. There are custom wood boards for the NW/SW corners made by the facility. Please utilize the wood boards for the NW/SW corners as seen in photo 1. These boards can be found in the alcove near the storage room. GCs should play the NW and SW areas as corners.

**Obstructions:** There is a stage on the North-side of the gym. If a ball gets stuck up there, please allow the play to stop and have award the ball from the side of the gym to the team that did not touch the ball last.

## Gym Soccer:

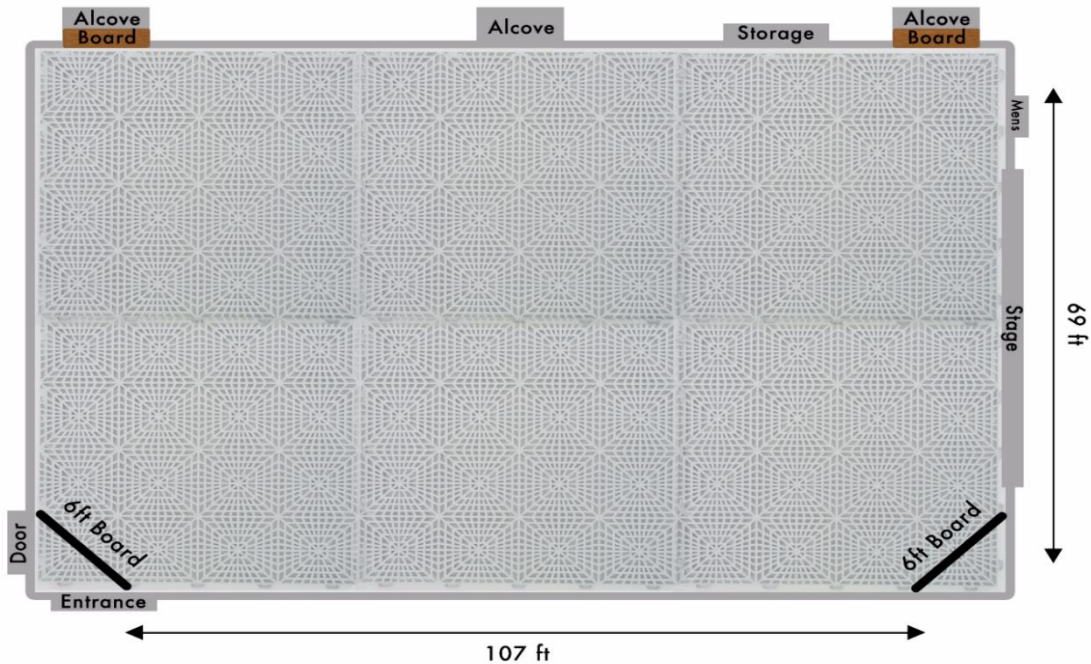
**Nets:** Use the large white nets located in the equipment room.

**Obstructions:** There is a stage on the North-side of the gym. If a ball gets stuck up there, please allow an indirect kick from the corner of the gym.

## Gym Diagram



# West Hillhurst



## Important Notes

- If you have any issues, please utilize the on-site call number (403-651-9678) for assistance.
- DO NOT put tape down on the floors.
- Please do not leave bags in front of the washrooms on the west side of the gym. There is a group that rents the rooms across from the washrooms and have a hard time getting in and out if bags are blocking the doors.
- There is a roller derby group that rents the gym before us. Please allow them to leave before letting anyone into the gym. If they are taking too long past the permit time, find the on-call person for assistance.
- No vaping within the premises.

