

# Staples High School Fitness Center Renovation



# Fitness Center Renovation Overview

- ▶ Fundraising Goal: \$110,000
- ▶ Source of Funds:
  - ▶ Individual and institutional donations
  - ▶ Team booster clubs
- ▶ Equipment Upgrade: Replace and expand capacity of weight and strength training equipment
- ▶ Rationale:
  - ▶ Increase Staples teams and students engaged in strength training
  - ▶ Improve function and safety
  - ▶ Train larger groups
  - ▶ School and team pride
- ▶ Existing Equipment: Donate to Bridgeport Central which has room but no equipment
- ▶ Timing: Installation 10 weeks from order. Complete renovation Fall 2019



# Fitness Center: The Impact on Staples Athletes

- ▶ EVERY athlete will realize injury risk mitigation by utilizing a strength and conditioning program
- ▶ EVERY athlete will realize an improvement in his/her athletic ability by utilizing a strength and conditioning program
- ▶ Strength and conditioning training is standard across all sports at top colleges and some high schools



# Fitness Center: Current Situation

- ▶ Strength equipment and flooring is dated (10+ years old)
- ▶ Not enough strength equipment to properly train large groups
  - ▶ Four squat racks
  - ▶ Two bench presses
- ▶ Lack of advance equipment (e.g. squat racks) limits team strength training
- ▶ Lack of modern safety equipment (e.g. hex bars) limits beginner strength training (Freshman take Phys. Ed. in Fitness Center)
- ▶ Too few Staples teams currently utilize Fitness Center strength equipment
  - ▶ Football, Lacrosse, Baseball, Wrestling, Track and Field
- ▶ Cardio equipment: treadmills, elliptical, rowing; mostly replaced 3 yrs. ago



# Goals of Fitness Center Renovation

1. Create a multi-purpose strength facility suitable for a broad range of sports
2. Increase efficiency for strength training large groups
3. Increase the number of teams and athletes engaged in strength training.
4. Increase strength training access and safety for all Staples students
5. No impact to cardio equipment access and capacity



# Proposed Fitness Center Renovation

- ▶ Replace all weight and strength training equipment
- ▶ Replace flooring
- ▶ New sound system
- ▶ Repaint room and add wall art
- ▶ Existing equipment and flooring donated to Bridgeport Central
- ▶ Cardio equipment remains in existing footprint



# Sorinex: The Equipment Vendor of Choice

- ▶ American made, custom installed Staples branded equipment
- ▶ Industry leading reputation for quality and ongoing support
- ▶ Leading supplier from high school to college to pros to military  
[www.sorinex.com](http://www.sorinex.com)
  - ▶ Pro customers include:
    - ▶ Yankees and Mets, Rugby Canada, LA Lakers, N. E. Patriots, Philadelphia Flyers, Real Salt Lake (Soccer)
  - ▶ College customers includes:
    - ▶ Penn State Wrestling and Hockey, U of Miami Baseball, Duke Basketball, U. of Texas Tennis, Kansas Track and Field, Cal Football



# Proposed Renovation: Equipment Detail

- ▶ Sorinex designed multi-sport training facility
- ▶ Squat Racks: 14
- ▶ Olympic Bars: 14, Hex Bars: 4, Safety Bars: 4
- ▶ Adjustable Benches: 14
- ▶ Dumbbells: 14 sets of 5-90 lbs.
- ▶ Hamstring Rollers, Bands, Landmine Attachments, Kettle Bells, New Bumper Plates
- ▶ Equipment storage systems





# Equipment Detail (cont.)

- ▶ Efficiency:
  - ▶ Eight platforms and stations fully outfitted with a training accessory bundle per rack
  - ▶ Fourteen Power Block sets of dumbbells from 5lb – 90 lb.
- ▶ Adaptability:
  - ▶ Wider range of training equipment suitable for many sports ( Safety bars, Hex bars, Olympic bars, landmine attachments, resistance bands, speed ladders...)
- ▶ Safety:
  - ▶ Safety bars, Hex bars, color coded bumper plates, and easy to use spotter arms.
  - ▶ Dated mats will wear out long before new equipment – new flooring required
- ▶ School Pride:
  - ▶ Staples branded equipment throughout the fitness center.
- ▶ Energy:
  - ▶ Teenagers work better with music blasting! New sound system increases room "energy level"



# Equipment Example: Power Racks



- ▶ Bolted into the floor for stability & safety
- ▶ Included:
  - ▶ J-Cups
  - ▶ Safety Pipes "Spotters"
  - ▶ Pull Up Bar
  - ▶ Resistance Band Pegs



# Equipment Example: Safety and Hex Bars



- ▶ **Safety Bars help new lifters** maintain balance and an upright torso while squatting
- ▶ **...help lifters with shoulder impairment or injury** to continue squatting



- ▶ **Hex bars help new lifters** maintain safe form when doing lifts from the floor



# Capital Campaign Details

- ▶ Goal: \$110,000
- ▶ Funding Targets:
  - ▶ Booster clubs and parent of Staples teams currently using strength equipment (Football, Baseball, Wrestling, Lacrosse, Track and Field)
  - ▶ Booster clubs and parent of Staples teams **NOT** currently using strength equipment (Rugby, Soccer, Basketball...there are near 25 in total!)
  - ▶ Westport businesses and institutions that support Staples Sports (e.g. PAL, Staples Phys. Ed.)
- ▶ Donor Recognition Program
- ▶ Timing: Campaign launch 9/3. Equipment order requires substantial deposit so timing matters; targeting Fall 2019 project completion



# Donor Recognition Plan

- ▶ Donors: Up to \$250
  - ▶ Acknowledgement and tax deductibility email
- ▶ Spotters: \$250 to \$999
  - ▶ Above plus invitation to Fitness Center opening event
- ▶ Trainers: \$1000 to \$2499
  - ▶ Above plus recognition on Fitness Center donor plaque
- ▶ Lifters: Over \$2500
  - ▶ Above plus Fitness Center tour with Coach Zames



# Project Timeline

- ▶ 9/3: Capital Campaign launch:
- ▶ 9/16: Raise \$30,000 to enable Sorinex equipment order:
- ▶ 10/1: Raise \$90,000 to fully fund Sorinex order
- ▶ 10/15: Complete Capital Campaign
- ▶ December 2019: Fitness Center renovation and equipment installation



# Fundraising Logistics

- ▶ Donations are tax deductible
- ▶ Staples Gridiron Club will collect funds
- ▶ Gridiron hosts web page for credit card donations  
<http://www.wreckersfootball.com/Fundraising/Fitness-Center.aspx>
- ▶ Make checks payable to Staples Gridiron Club, sent to:
  - ▶ Staples Gridiron Club  
606 Post Road East, Suite # 619  
Westport, CT 06880
- ▶ Note team affiliation with donation
- ▶ Timing is critical to serve winter sports teams and incoming Freshman

