

Era Weight Room Upgrade Proposal

5/20/2024



Benefits of the Weight Room

- Backbone of all good programs
 - Boys & Girls
 - Injury Prevention
- Benefits All Programs
 - Boys & Girls
 - JH & HS
 - Pre-Athletics
- Better facilities correlates with more participation
 - Sense of Pride
 - Kids want to be in the weight room
- Most used facility for the athletic program

Projected Population Impact

- Current HS Boys - 58 (9 Seniors still on attendance roster)
- Current HS Girls - 28 (3 Seniors still on attendance roster)
- Current JH Boys - 35
- Current JH Girls - 31
- Current 6th Graders - 37
- Current 5th Graders (Pre-Athletic Purposes 24-25 Year) 44

Projected Total for 24-25 Year- 221

Current Setup

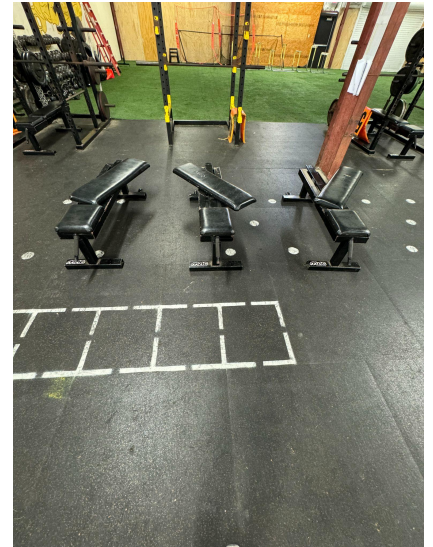


Concerns

- Outdated & Mismatched
- Some of the current setup is unusable
 - Leg Extensions/Curls
 - Lat Machines
 - Broken Dumbbells
- Not enough weights
- Keep up with competition's facilities
- Risk Management concerns with current setup
 - Benches
 - Dumbbells
 - Bumper Plates
 - Warped Bars
 - Square Tubing Boxes

Areas of Concern

- Warped Bars
- Benches
 - Broken (3)
 - Upholstery (12 out of 14)
 - Incline is broke on several (4)
- Dumbbells
 - Bent/Broken
 - Chipped
 - Metal Shavings
 - Not enough Dumbbells (Boys have gotten stronger)
- Boxes
 - Outdated square tubing
 - Injury risk
 - Only get one use out them
 - Essentially only 3 are usable for JH and Girls Athletics



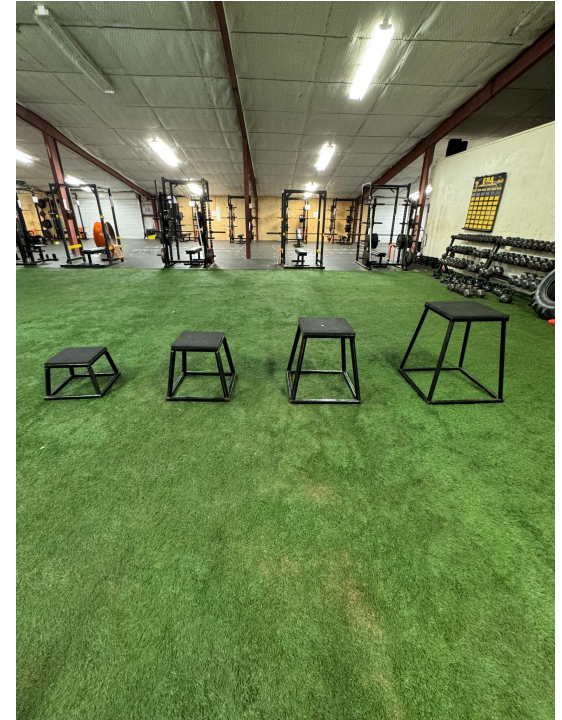
Areas of Concern Cont.



Chipped Dumbbells

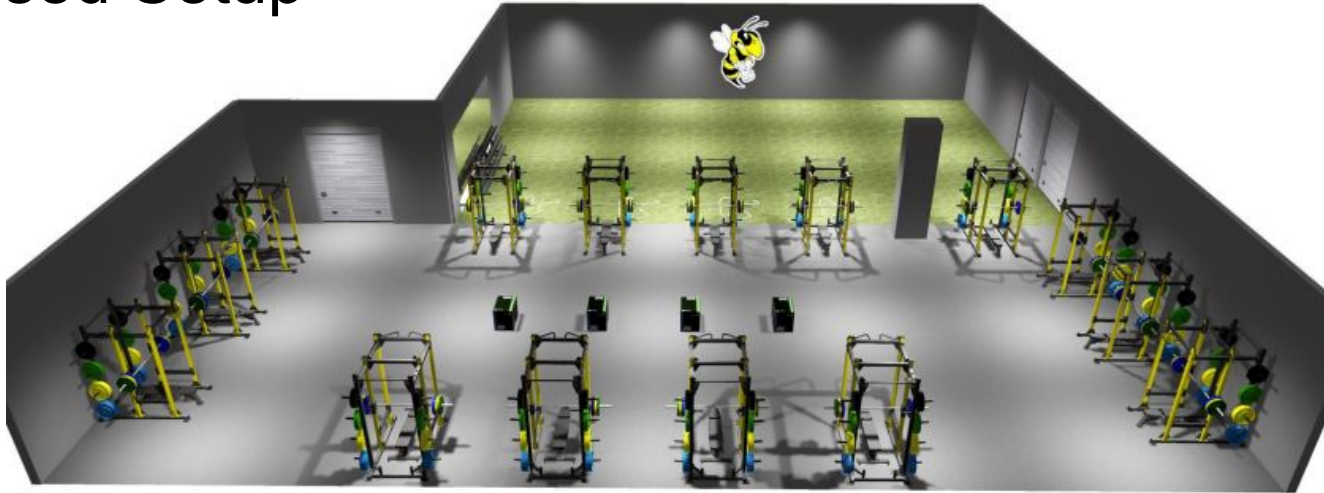


Bent Dumbbells



Square Tubing Boxes

Proposed Setup



- Multi use from Power Racks
- Ability to add auxiliary attachments
- Ability to fit more athletes
- Provides safer equipment/setup