

Simsbury High School

Strength & Conditioning Room Upgrade Proposal



Project Design Date: January 2014
Project Completion Date Goal: June 1, 2014

Project Lead:
Evan Gross
evangross20@gmail.com

Project Participants and Backers:
Simsbury Gridiron Club
Simsbury Athletic Department
Simsbury Physical Education Department



Simsbury Gridiron Club
PO Box 324, Simsbury, CT 06070
www.simsburygridiron.org

"The achievements of an organization are the results of the combined effort of each individual", V. Lombardi.

Dear Friends, Patrons, and Families,

The fall sports seasons have come to a conclusion, but the hard work continues for Simsbury High School student-athletes and coaches. Year round conditioning, so important for a successful season in any sport, is in full swing. As supporters of Simsbury athletics, our attention is focused on this area.

We are writing to ask for your support for a Special Capital Project designed to upgrade and equip the existing strength and fitness area at Simsbury High School.

The current weight racks, furnished and funded by Simsbury Gridiron over 10 years ago, are worn out, bent, and generally insufficient for the needs of a successful athletics program. An updated strength facility is an essential component of personal improvement, team-building and pride for all student athletes. This unique effort is being undertaken with the full knowledge and cooperation of Athletic Director Dane Street and the Physical Education staff.

The Simsbury Gridiron Club, in a partnership with Simsbury High School and the Simsbury High School Athletic Department, has set an ambitious, but reasonable fund raising goal of \$35,000. This amount will ensure that our student-athletes have the strength and fitness training equipment needed for success in their various sports. Your donation, of any amount, will help us achieve this goal, and will be deeply appreciated by past, current and future students participating in many of the various sports offered at Simsbury High. Meeting our goal will allow us to consolidate our strength program under Assistant Coach and Certified Fitness Trainer, Evan Gross, and will minimize the need for students to train in costly outside locations. All gifts will be recognized when the facility is completed. Gifts are tax deductible as Simsbury Gridiron is a 501(c)3 organization (Federal I.D. number 06-1613244). Please consider a donation via our website, www.simsburygridiron.org, or by mail to Simsbury Gridiron, PO Box 324, Simsbury, CT, 06070 (please see attached donation form available with this letter). Our fundraising campaign concludes on April 15, 2014. Our goal for completing the new strength and conditioning facility is June 15, 2014.

Thank you for your consideration.

Sincerely,

Daniel Gerardi, *President*

John Helmkamp, *Immediate Past-President*

Kevin Swan, *Vice-President*

Alan Bradford, *Membership*

Kelli-Ann Hermsen, *Treasurer*

Bill Feldman, *Golf Tournament*

Carmelo Mangiafico, *Treasurer*

Richard Craine, *Special Programs*

Peter Finken, *Secretary, Webmaster, Fundraising*

Sheila Gschwind, *At-Large*

Strength & Conditioning Upgrade - Project Executive Summary

The strength and conditioning facilities at Simsbury High School, last updated in the early 2000's, are now out of date. Not only do they limit the number of student-athletes that can be effectively trained at one time, but the aesthetic look and design is one that does not inspire student-athletes to spend time to improve in their various sports.

With the help of the Simsbury Gridiron Club and Simsbury Athletic Director Dane Street, we have been given an opportunity to change the face of athletics at Simsbury High School and create one of the finest strength and conditioning facilities in the state of Connecticut for the benefit of all Simsbury High School students.

Our improvements would consist of top of the line strength training equipment (such as new racks, benches, barbells and additional weights) along with a variety of organizational and aesthetic improvements to help the student-athletes feel a sense of ownership in the facility. Included in the proposed project are organizational training planning boards, pictures of past SHS sports teams to the walls, and strength and speed record board (so student-athletes can see the top performers not only in weight lifting but for speed and agility tests as well).

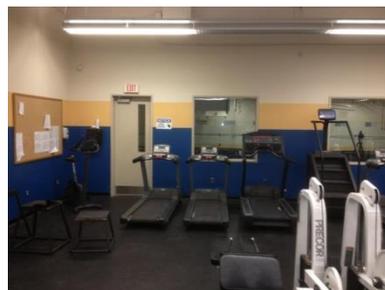
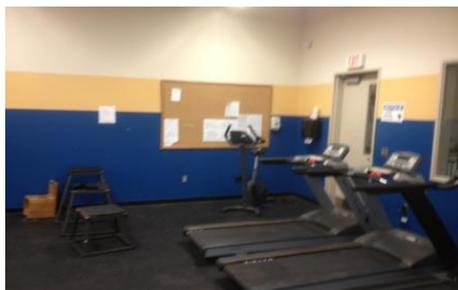
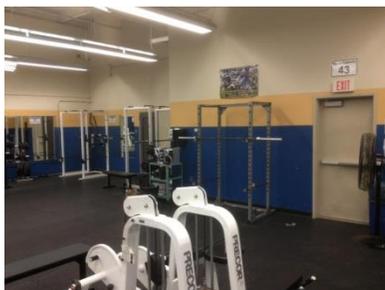
We estimate that the funds needed to properly redesign and equip this new "Strength and Conditioning Room" to be approximately \$35,000. These funds will be raised through efforts lead by the Simsbury Gridiron Club and including all of the sports support groups within the SHS community. Fundraising for this project is already underway. The goal is to have all of the \$35,000 raised by April 15, 2014; the project completion date is June 15, 2014. This timeline will have the new strength and conditioning facility completed and ready to use for the 2014 summer lifting programs.

This project is of utmost importance for the continued development of the athletic programs here at Simsbury High School. For years Simsbury has experienced significant success in the area of athletics, and our student-athletes have thrived because of that success. In recent years, however, many of the competing schools around the state have made an enormous push to revamp their athletic facilities and improve sports programs. In this regard, the fact remains that we have fallen behind the new age of high school athletics. In this new, highly competitive environment, student-athletes must train on a year round basis to improve in the areas of strength, agility, quickness, mobility and conditioning. Additionally, this "year round" training approach teaches our student-athletes healthy life habits that will aid them significantly beyond their high school years.

I thank you for your consideration of this project and am available for any questions regarding this proposal.

Evan Gross C.S.C.S.
Simsbury High School
Strength and Conditioning Coach/Offensive Coordinator
860-882-8792
evangross20@gmail.com

The Existing Weight Training Facility



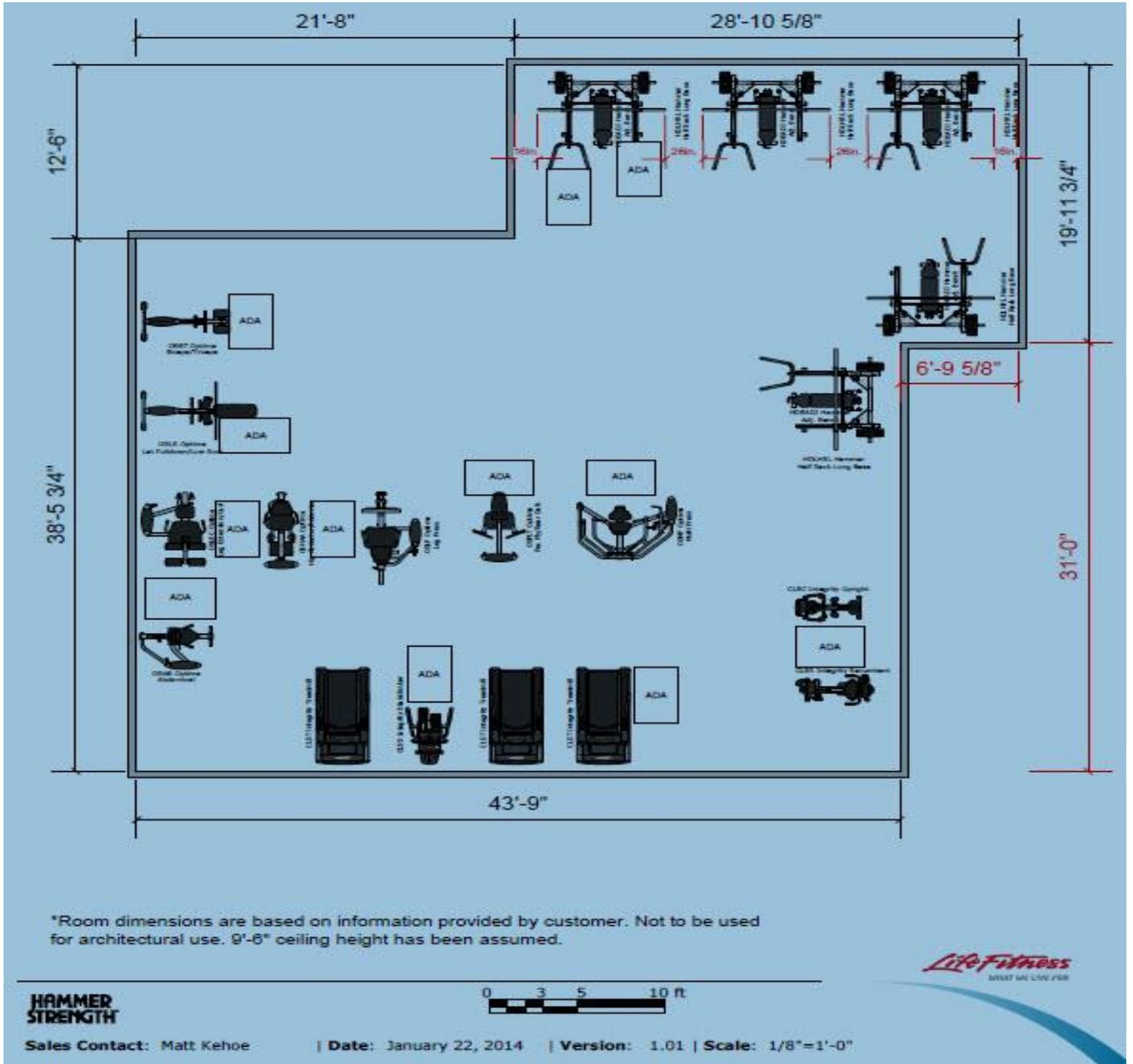
The Current Equipment

The current equipment, shown above, was installed and funded through joint efforts by the Simsbury School System and the Simsbury Gridiron Club. The white weight racks pictured came from a previous weight room and are about ten years old. These racks are in need of replacement. They are relatively light and move without much resistance. In addition the crash bars, designed to hold up a barbell with weight on it and keep that same barbell off the lifter are now bent. The cardio (treadmills, bikes, etc.) equipment is aged as well, also in the 8-12 years old range.

The machines in the center of the room consisting of a leg curl, a leg extension, a chest press, an incline press, and a shoulder press, are in good shape but there is need to redesign the space. This recommendation comes not only from Amy Muska the Simsbury Physical Education department head, but also Dr. Brian Thompson, a Simsbury resident, and the Director of Strength and Conditioning at Springfield College. (Dr. Thompson has acted as an informal consultant to the design phase of this project).

The walls of the room are in decent shape and will not need any major repair work. The blue and gold paint job was done in 2007 by Coach Osborne and Coach Masters and would be redone as part of the project. There are several random posters and team pictures on the walls. There has been no central coordination to the aesthetics of the walls in the room. There is one small bulletin board that is used to some degree by the trainers to coordinate the athletes. It is not an effective means of communication, and does not inspire and excite our athletes, who are accustomed to much livelier graphics.

New Strength & Conditioning Room Suggested Layout



Commentary Regarding the New Layout

As you (and our student-athletes) enter the new weight room through the main entrance, you will immediately notice a more open and inviting space to train. Repositioned cardio machines and the removal of one of the chest presses from the center will create wider aisles so that it will be easier to walk through the rooms. As we move toward the back, our new Hammer Strength™ racks will be the highlight and envy of high schools in the state of Connecticut, which in turn, will excite and inspire our student-athletes. At over 500 lbs. each the HD Elite Half Rack is literally an enormous upgrade over

the current product that is there. Each rack comes with its own weight storage so no longer will we see weight plates sitting on the floor creating an unsightly and unsafe scene.

All weights will be up off the floor, making the whole room safer and more appealing. Instead of a barren, white wall, above the racks there will now be the Strength and Conditioning facility name that the student athlete's select, and under that will be the new weight room record board and a customized dry erase organization board (see examples on page 8) for all student-athletes. **In addition to that, there will be plaques on the wall acknowledging all donors who've helped make this project possible.** On all the surrounding walls will be team photos from current and past teams. Our student-athletes will also see individual photos of former student-athletes who have gone on to compete at the college level. This will help to create a sense of ownership and continuity for all, fostering a sense of pride and inspiration and creating a more inclusive and exciting space for all.

Summary of Suggested Changes/Additions to the Weight Room Equipment

We are proposing additions of:

- 1.) **5 Hammerstrength Elite Half - Rack Stations.** These racks (pictured to the left) will allow for all student-athlete's to train on a much stronger safer piece of equipment. The half rack with its open design in the front will allow for uninhibited access and movement of the student-athlete. These racks also allow for a large variety of equipment to be used thus so student-athletes can perform an entire workout without ever having to leave the rack. The rack also has its own self storage eliminating the need for weight trees and opening up a large amount of floor space. This will eliminate a large amount of clutter and allow for safer movement and easier cleaning. (See picture at left).



- 2.) **5 Elite Hammerstrength Pull up Bars.** The pull up is one of the best movements for the development of upper body and core strength. These new bars in conjunction with the new racks will allow people to do pull ups without the fear that the rack may fall.
- 3.) **5 Texas Power Bars.** The Texas Power bar is one of the best on the market. With rotating heads they make Olympic lifting not only easier but safer since they will allow the elbows, wrists and shoulders to get into position more easily helping to lessen the strain on those joints.
- 4.) **Ten 45 pound bumper plates and 20 ten pound bumpers.** Bumper plates are incredibly important for any weight room to function at a high level. They are designed to dissipate vibrations caused when the weight hits the ground thus lessening the wear on the barbells. That same trait also helps to minimize the noise, so that activities going on around are not bombarded by the noise of the weight room. Lighter bumpers like the ten's also allow for student-athletes who may not be as experienced or as strong to get in proper position for lifts that occur from the ground. (Not pictured)

- 5.) **5 Hammerstrength Elite HD Dip Handles.** The dip is probably second behind the chin up in terms of best exercises to develop the upper body. These new handles easily attach to the front of each rack so they are also easily removed and stored away



to save additional space. (Pictured at left).

6.) **5 Hammerstrength HD Elite Adjustable Benches.** These new benches will go in each of the new HD Elite Half Racks. Adjustable benches allow for more exercises to be done, and in addition these new benches will come with "Dock N Lock" bars that will hold them in place preventing the possibility of the bench moving while being used along with keeping it centered. (Pictured at left).



All Pictures of Equipment Courtesy of HammerStrength™

Team Related Aesthetic Upgrades

Each Simsbury High School team that wishes to participate will be give wall space to create mini team spirit areas. Suggested inclusions are historical team pictures, conference championship pictures, student-athlete action pictures , pictures of SHS student-athletes that went on to play their sport in college, See examples of these items below.

Examples of SHS Team Pictures that could be mounted on the wall each year:



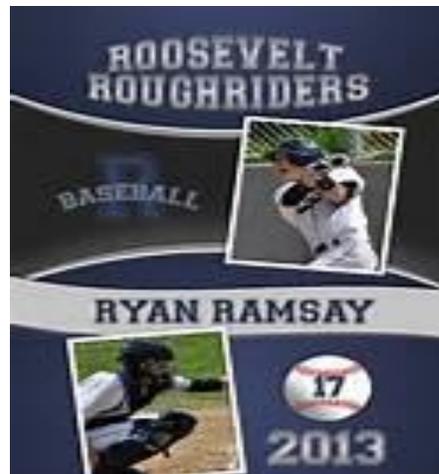
Team Picture Examples (Continued):



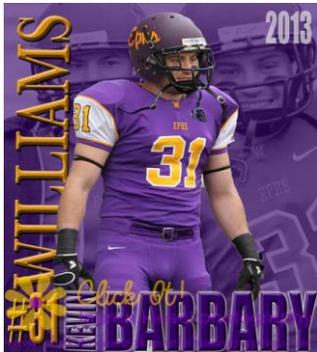
Pictures of SHS Athletes Who Have Played At Next Level (College, Olympics, etc):



Track College Athlete Poster Example



Baseball College Athlete Poster Example



Football College Athlete Poster Example



Wrestling College Athlete Example

Speed/Conditioning/Weight Training Record Board/Dry Erase Tracking Board

To maximize the effect of the new strength and training facility, there will be wall space, with dry erase planning boards and record tracking boards used by the strength and conditioning trainers to track the progress made by the SHS student-athletes. The examples above show S&C boards that are used to that effect. Most importantly, current student-athletes can use a board like the top example to track ongoing progress in strength and speed. The program can also track historical S&C records using something like the second example.

While records and numbers are not the be all end all of strength training, they are great for creating a more competitive environment and helping student-athlete's to set goals and work towards them. Constantly seeing the records of past student-athlete's allow future ones to aspire towards something, and in the process they improve their health and athleticism and thus improve performance on the field.

Examples:

CHARTIERS VALLEY FOOTBALL															
CURRENT LEADERS															
WEIGHT CLASS	BENCH			SQUAT			CLEAN			PULL-UPS					
0-175	NAME	LEGS	YEAR	NAME	LEGS	YEAR	NAME	LEGS	YEAR	NAME	LEGS	YEAR			
175-225	NAME	LEGS	YEAR	NAME	LEGS	YEAR	NAME	LEGS	YEAR	NAME	LEGS	YEAR			
225+	NAME	LEGS	YEAR	NAME	LEGS	YEAR	NAME	LEGS	YEAR	NAME	LEGS	YEAR			
ALL-TIME LEADERS															
WEIGHT CLASS	BENCH			SQUAT			CLEAN			PULL-UPS					
0-175	NAME	LEGS	YEAR	NAME	LEGS	YEAR	NAME	LEGS	YEAR	NAME	LEGS	YEAR			
175-225	NAME	LEGS	YEAR	NAME	LEGS	YEAR	NAME	LEGS	YEAR	NAME	LEGS	YEAR			
225+	NAME	LEGS	YEAR	NAME	LEGS	YEAR	NAME	LEGS	YEAR	NAME	LEGS	YEAR			



General

Room will be repainted and renamed. Perhaps a contest will be run to find a name for the facility. "THE FORGE" has been suggested as a possibility.

Conclusion

We are requesting your assistance in developing a modern, well equipped, safe and inspiring weight room for our Simsbury High School student-athletes. We will be happy to meet with you to describe our vision in more detail.



Simsbury Strength & Conditioning Project Donation Form

Note: Donations can either be made by check (with the form below, or by Credit Card at our website www.simsburygridiron.org)

<i>Sponsorship Levels</i>	
<i>Level Name</i>	<i>Contribution Amount</i>
All-American	\$5,000 and above
All-State	\$1,000 to \$4,999
All - Conference	\$250 to \$999
Varsity	\$249 and Under
<i>All levels will be given thanks and representation on a board to be displayed in the new facility</i>	

Name:	
Address:	
Phone Number:	
Email:	
Additional Comments or name to appear on plaque:	

Check Should be made out to "Simsbury Gridiron Club". Please mail completed form and check to: PO Box 324, Simsbury CT, 06070

The Simsbury Gridiron Club will acknowledge your donation with a written thank you letter and receipt. The Simsbury Gridiron Club is a 501(c) 3 organization (Tax I.D. Number 06-1613244). 100% of your donation is tax deductible.

For questions regarding this project, donations etc, please contact Dan Gerardi, President of the Simsbury Gridiron Club at ddgerardi@comcast.net

Thank you for your help with this project!