

Saber Strength Center

Donate online at

www.franklineducationalfoundation.org

History

Existing weight room space was previously used as a classroom.

Each weight room space is roughly 30' x 40' (total: 2400 sq. ft. of usable strength training space)



Current State

Last major equipment update was early 2000's

Used during school hours by all PE courses

Used before and after school by teams and individual students

Average school day - 300+ students



Current State

Machines:

- single use
- single function
- Consume sq. ft.

Racks

- Rust/chip paint
- Oversized
- Lack of storage

Bars/Dumbbells/Plates

- Rust
- Broken/chipped
- Inconsistent products/vendors

General Facility

- Small; inefficient layout
- Low ceiling in front portion
- Storage issues



Current State

Limitations of Project

- Cannot expand space, or move walls
- Second floor of school - mindful of noise levels and excessive weight on floor
- 1200 sq. ft. of space has a 9' ceiling
- No room for cardio equipment
- Equipment selected for maximal use now while planning ahead for future expansion in square footage



Comparables

Muskego High School



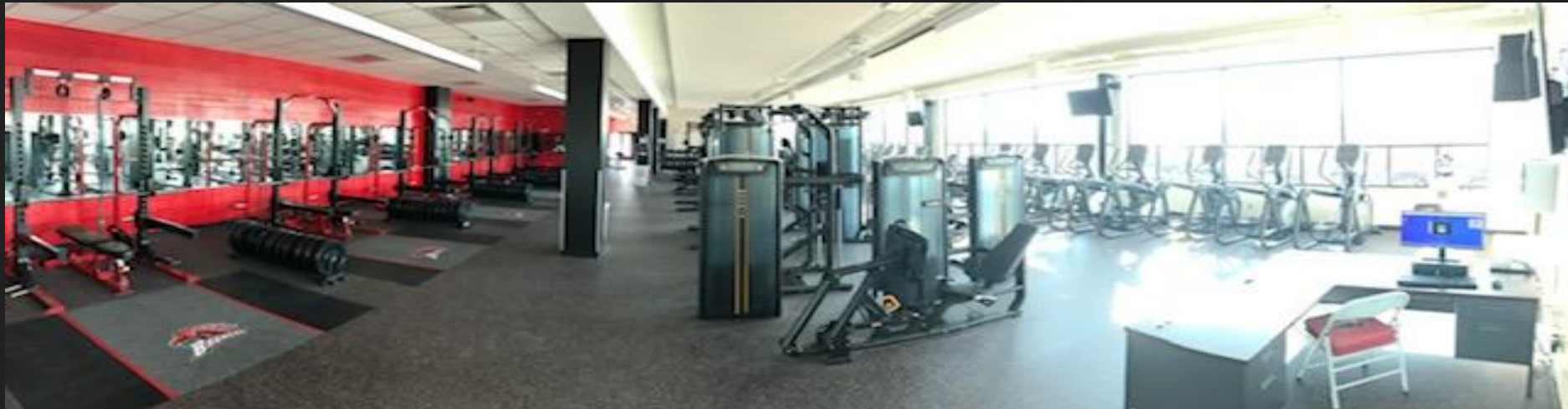
Comparables

Racine Horlick High
School



Comparables

Union Grove High School



Goals

Remove broken/rusted equipment

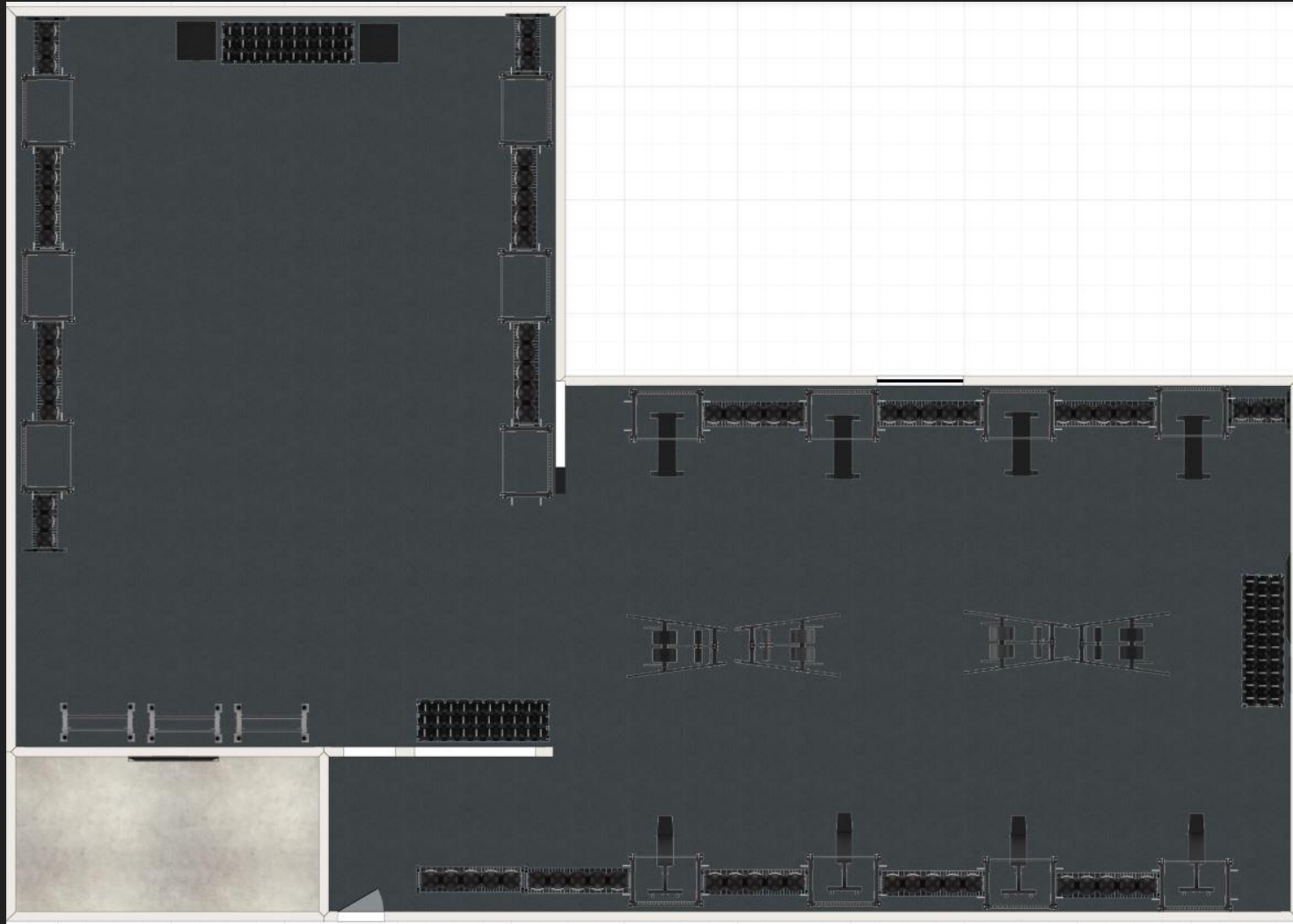
Remove single function machines

Replace racks with space efficient, safe rack system

Dedicated storage

New barbells, plates, dumbbells, accessories

Maximal use of space



Goals - Phase 1

New racks, benches, plates, weight bars, storage, multi-function machines



Phase #1

Donor

FHS Athletics/Activities
Fundraisers (2010-2018)

Item

Racks and Storage

Cost

\$32,000

Franklin Education Foundation

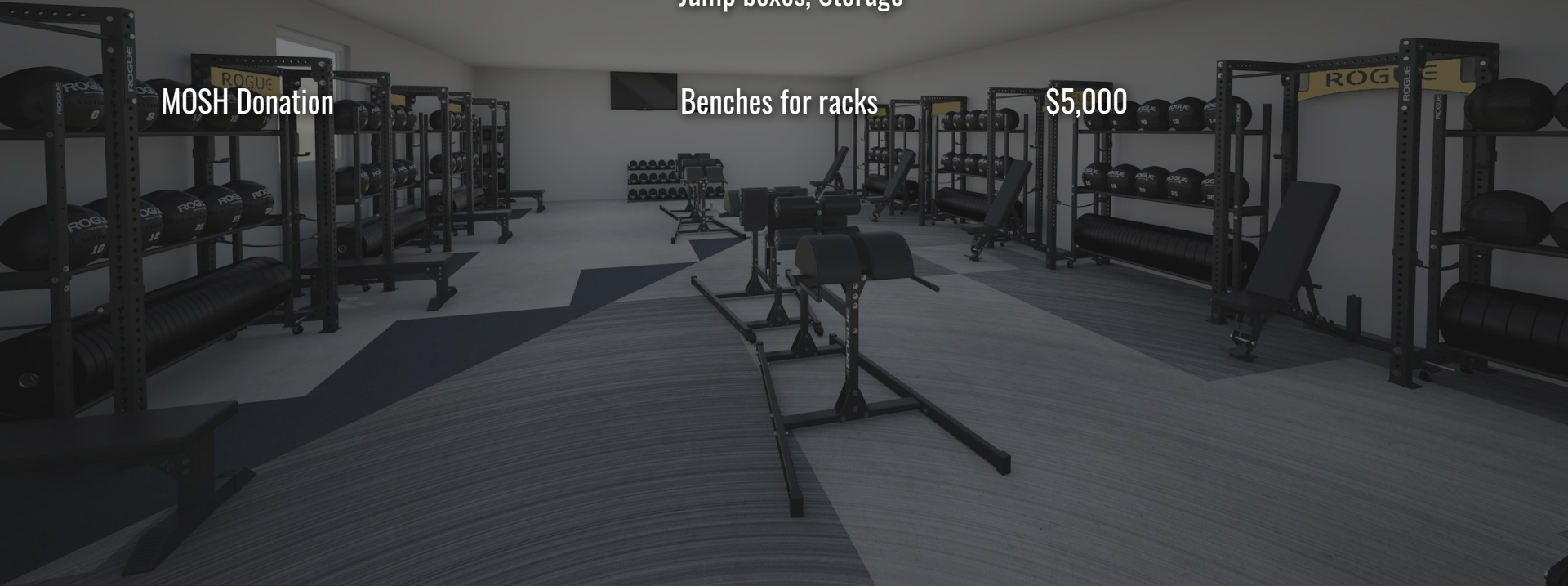
Functional Trainers (3)
Jump boxes, Storage

\$15,000

MOSH Donation

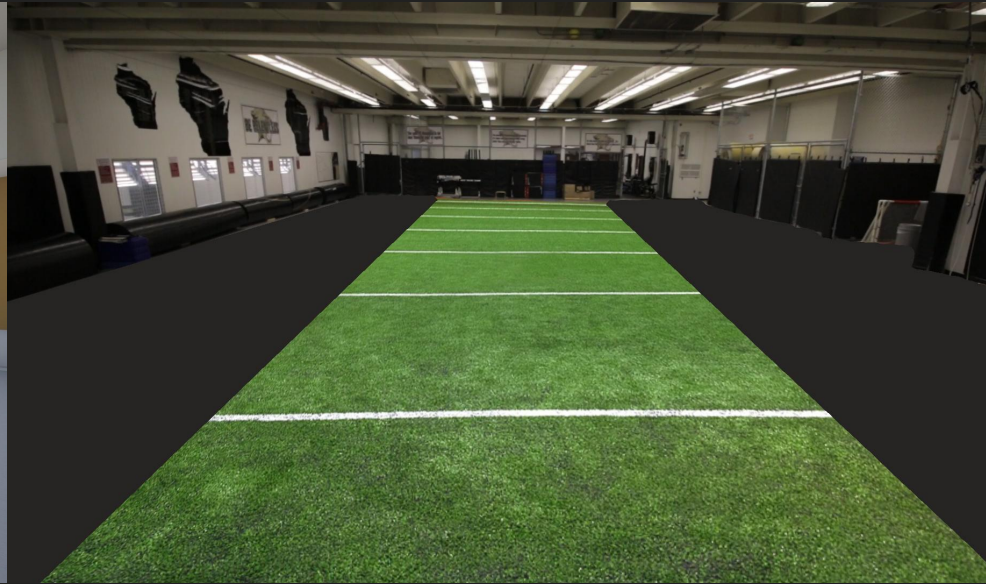
Benches for racks

\$5,000



Goals - Phase 2

New dumbbells, exercise bands, speed/agility accessories, storage, medicine balls, pull up/TRX stations in MPR, additional group exercise equipment in MPR. Add artwork/architectural design enhancements. Install rubber flooring and turf in wrestling room/baseball cage room to add 4,000 sf of useable training space



Phase #2

Donors Needed

Item
Dumbbells

Cost
\$8,500

Bands/Balls/Accessories

\$8,000

Multi-Purpose Room
Pull Up/TRX/Group Training

\$4,500

Technology (TVs/Displays)

\$1,000*

*installation of transplanted/existing TV display

Artwork/Mural/Accessories

\$5,000

Turf/Rubber Flooring

\$30,000 - \$50,000

Wrestling Room/Batting Cage/Upper Gym
Adds 4,000 sq. ft. of usable space

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