

**GLENBROOK HIGH SCHOOLS
District Business Office**

TO: Dr. Mike Riggle
FROM: Gary Freund
DATE: JULY 27, 2015
RE: Approval of Capital Outlay Request GBS Weight Room Equipment

Recommendation

It is recommended that the Board of Education award the following capital outlay request in the amount of \$58,384 for weight equipment at GBS.

Background

The Glenbrook South Physical Education and Athletic departments are committed to strength development, cardio vascular endurance, and flexibility for our students and athletes. The number of sections of Weight Training and Conditioning classes has increased from 9 per semester three years ago to 12 per semester for the 2015-2016 school year. This increase in Weight Training classes locks other PE classes out of the benefits provided by the core strength options within the fitness center, which are now incorporated into every block within the new schedule.

Our student population is also using the weight room during after school hours. This is forcing athletic teams to use the facilities at a later time or not at all. Steve Rockrohr and the head coaches have consistently identified the lack of space for weight training after school.

It is time to develop another strength training space for both our physical education and our athletic programs. We feel we can do this without building another structure; instead we have developed a creative plan to move facilities around to assist in the process.

Due to the size of our wrestling program, the team now practices in our current wrestling room *and* on the track in the field house. At the same time we have other sports using the field house. In order to solve both of these challenges, we would like to move wrestling to the East Gym and create a second core strength area within the current wrestling room.

The weights will be paid for by building budget funds that were allocated for the purchase of the Electronic Theatre Control Board that was approved by the board on the Capital Outlay Requests. We will try to purchase the light board fiscal year 2017.

Weight Equipment Includes:

- 96 45lbs- (bumper plates)
- 32 35lbs- (bumper plates)
- 32 25lbs- (bumper plates)
- 64 10lbs- (bumper plates)
- 32 5lbs - (cast iron plates)
- 32 2.5lbs- (cast iron plates)

16 7' Olympic Bars 45 lbs

20 Heavy Duty Adjustable Flat to Incline Bench with Wheels

48 Olympic Spring Collars

8 Hammer strength (GBN has these now) double side racks with platforms

3 Sets of Cast Iron Hex Dumbbells (5lbs-75lbs) (3 pair in 5 pound increments)

3 Three tier Cast Iron Dumbbell Racks

2 Sets of Cast Iron Kettleballs (20lbs-70lbs) (2 of each 20, 25, 30, 35 40, 45, 50, 60, 70lbs)

2 Kettleball Studio Racks (54"L 25"D 36"H)

2 PowerMax Glute / Ham station (2" square 11 gauge steel) (67"Lx38"Wx45"H)

1 Commercial quality 45 degree linear bearing leg press.