

# HOLY FAMILY STRENGTH & FITNESS FACILITY IMPROVEMENT PLAN

## STRONGER. TOGETHER.



### PHASE 1 - GOAL 2018-19: \$93,706

Transform our current outdated weight room into a safe, effective, modern training space to better support our students as they strive to reach their health, fitness, and athletic performance goals.

#### PAINT & MIRRORS \$ 9,205

Remove existing outdated equipment and replace broken mirrors with new professionally installed ones. Clean and paint all walls.

#### ENCORE FLOORING \$21,684

Remove existing rubber flooring, and install Everlast Encore Sports Flooring. Achieve improved safety, performance, and flexibility in this custom flooring with built-in zero clearance olympic platforms.

#### CUSTOM GRAPHICS \$2,550

Amplify our identity, and enhance the WOW factor for our students, with branded HF wall and floor graphics.

#### NEW EQUIPMENT \$53,667

Outfit the weight room with world-class strength equipment. Purchase Legend Strength equipment to give our students, teachers, and coaches the tools they need to help our students achieve their goals. Purchase equipment custom-designed to best serve the needs of Holy Family students, based on research into best practices and contemporary strength training methods.

#### TECHNOLOGY \$6,600

Install a hard-wired sound system, with laptop integration, into a ceiling-mounted projector.

### FUTURE VISION 2022+

#### COMPREHENSIVE TRAINING INTEGRATION \$54,998

Purchase fitness-grade cardio, core strength, and advanced training equipment to transform the MPR into a variable training space.

#### GARAGE DOOR \$46,173

Integrate the strength training room and the multi-purpose room into one larger strength, fitness, wellness, and advanced training space.





The Holy Family Fire Booster Club supports the growth and development of Holy Family activities.

Fire Boosters are passionate about increasing engagement, participation, and excitement within our students' co-curricular offerings.

## WAYS TO GIVE TO THIS PROJECT

- Join the booster club, and consider leveling up! Join at <http://www.hfchs.org/fireboosterclub/>
- Make a gift online at <https://myschool.hfchs.org/onlinedonation.php>
- Check payable to HF Booster Club, mailed or dropped off in the school office, memo Project Strength
- Participate in the Langdon Donation Drive! Donate cool, unused home items during the month of August and drop them off at the Langdon in Mound. 100% of proceeds go toward our project with the goal of raising \$10,000. Learn more: <http://www.hfchs.org/events/Langdon/>

## RENOVATION COMPLETION GOAL: OCTOBER 2018

### Contact Information:

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[hfchs.org/fire](http://hfchs.org/fire)