

FALLS CHURCH HIGH SCHOOL

**Weight & Athletic Training Rooms
Renovation Project**





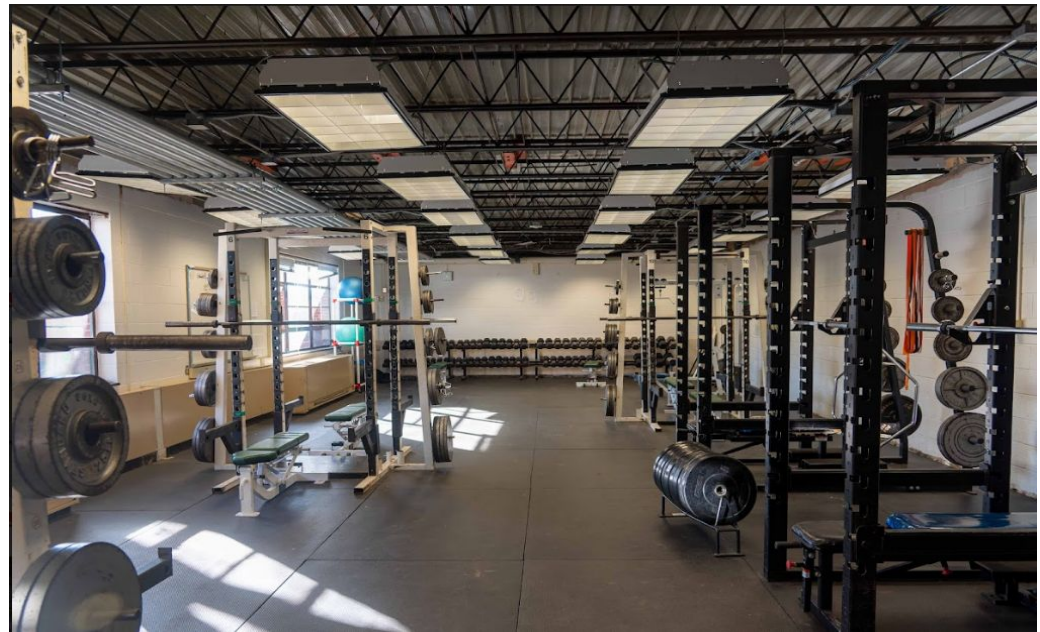
Bottom Line, Up Front

- ❖ Weight Room and Athletic Training Facility Renovation is part of the overall building renovation plan
- ❖ Fairfax County Public Schools (FCPS) renovation budget only covers a small percentage of expense for the weight room renovation and athletic training facility
- ❖ Total Estimated Budget for full weight room and athletic training facility renovation = \$150,000
 - Total Allocated Funding from overall renovation budget = \$TBD from Principal's Discretionary Budget after Phase 1 and Phase 2 of the Renovation Project is complete.
 - Target Athletic Boosters Fundraising amount = \$80,000 - \$100,000
- ❖ Weight Room is used by entire Falls Church High School community, including both athletes and students
- ❖ Weight Room and Athletic Training Facility renovation is part of Phase 3 and completion is expected mid-2025
- ❖ Dan Schaal is Committee Chair
(vicepresident@fchsathleticboosters.org)



Weight Room As-Is

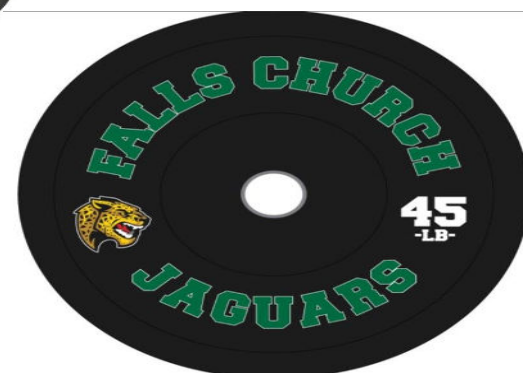
- ❖ 60'x42'; 2520 square feet
- ❖ Chipped, rusted, mismatched metal plates & dumbbells
- ❖ Not enough weights for a full class set
- ❖ old flooring





Weight Room To-Be

- ❖ 55'x55'; 3,025 square feet
- ❖ New weights and bumper plates
- ❖ Multiple Racks for various movements
- ❖ New Dumbbells and Barbell
- ❖ Additional equipment to supplement (medicine balls, TRX, etc.)
- ❖ High quality flooring





Weight Room As-Is vs. To-Be

Item	As Is	To Be
<i>Medicine Balls</i>	8+ years old, splitting seams, losing filling	New, various weights
<i>Mirrors</i>	Non-existent	Learn better technique
<i>Sound System</i>	Student provided	Creates inviting atmosphere
<i>Suspension Trainers (TRX)</i>	Non-existent	Accessibility for novice athletes, foundational



Weight Room As-Is vs. To-Be

Item	As Is	To Be
<i>Racks</i>	Old & Out of Date	Dual Rack Option
<i>Weight Plates</i>	Chipped, Rusted, Mismatched, Limited Quantity	Colored by Weight, Adequate Amounts for Class Instruction
<i>Dumbbells</i>	Rusted, Broken, Mismatched, Incomplete	New Racks Adequate Amounts
<i>Storage Units</i>	Old, Broken Vertical Storage System - unsafe	Better Organization, Safer, Decrease Setup & Cleanup, Help Bumpers Last Longer
<i>Power Bars</i>	Limited amounts	10 new 45lb bars 5 new 35lb bars



Athletic Training Room

- ❖ Treatment Tables
- ❖ Whirlpools





Fundraising Plan

- ❖ Targeted Fundraising Efforts
 - Reach out to community
 - Reach out to Alumni

- ❖ Targeted Fundraising Amount = \$80,000 - \$100,000

- ❖ <http://fchsathleticboosters.org/renovation>

- ❖ Falls Church Athletic Boosters
7521 Jaguar Trail, Falls Church, VA 22042

Consider donating & spread the word!!



Weight Room/Training Room Sponsorship

- ❖ Sponsor a Training Table/Treatment Cabinet - \$3,000 (Jaguar level)
- ❖ Sponsor a Weight Rack = \$1,500 (Jaguar level)
- ❖ Name on FCHS Jaguar Contribution Board-
 - White level - \$50 - \$250
 - Green level - \$250 and up

Consider donating & spread the word!!



Weight Room Renovation Contact Information

- ❖ **Gregory Weisbecker - Falls Church High School
Director of Student Activities**
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 - 571-279-7850

- ❖ **John Alexander/John Hoddinott - FCHS Boosters
Co-Presidents**
 - president@fchsathleticboosters.org
 - 703-231-4845 - John Alexander
 - 703-309-6600 - John Hoddinott

- ❖ **Dan Schaal - FCHS Boosters Vice President**
 - vicepresident@fchsathleticboosters.org
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