PATRIOTS
WEIGHT ROOM

Renovation Project

Red Land High School

Sponsorship Information

RED LAND
ALL-SPORTS BOOSTERS

Training gives us an outlet for suppressed energies created by stress and thus tones the spirit just as exercise conditions the body. ~ Arnold Schwarzenegger

Red Land High School has plans for an extensive renovation of the current weight room facility.

The weight room has been relocated a total of three times and the last new equipment the facility received was in 2002 when the weight room was moved to its current location. Our objective is to modify our facility into a modern, energetic arena that inspires and captures the passion of students in an effort to enhance the overall wellness experience.

Project Goals

- Create a new weight room that will benefit all students
- Establish a more welcoming environment
- Redesign the current space
- Construct a weight room that meets the needs of the 21st Century student-athlete
- Improve safety measures

Project Highlights

- Design by Webster Fitness Products, Inc.
- Complete overhaul of aesthetics- new floor, paint, mirrors, etc.
- Matrix Double Half Racks, Magnum Configurable Multi-Station Towers, Multi Adjustable Benches, Calf Machines, Chest Press, Leg Extension, Leg Curl, Leg Press, Multi-Hip, Preacher Curl-Seated, Weight Trees, and Bars
- York Rubberized Olympic Plates
- Matrix Treadmills, Elliptical, and Upright Bike
- Jump Ropes, Speed Rope, and Yoga mats
- Ziva Kettleballs, Spri Pro Plus Xercise Balls, and Soft Plyo Boxes

Funds Raised To-Date

- $12,500

Cost Estimate

- $125,000
- Figure includes design, materials, construction, and equipment

Timeline

- Funds raised by May 15, 2017
- Renovation begins in June 2017
- Completion of project by August 2017

OUR THANKS

for **YOUR SUPPORT**

The following sponsorship levels and benefits are available.

BLUE: $10,000 and above

Name or logo in COLOR on sign (30" X 48") inside school containing donors of this level, separate from donors at levels below. Recognized on plaque with other donors of this level. Logo on floor. Full page advertisement in Varsity Athletic Programs for one (1) year. Four (4) free passes to all District events for one (1) year.

RED: $5,000 to $9,999

Name or logo in COLOR on sign (20" x 24") inside school. Recognized on plaque with other donors of this level. Half page advertisement in Varsity Athletic Programs for one (1) year. Two (2) free passes to all District events for one (1) year.

WHITE: $2,500 to $4,999

Name on plaque inside school with other donors of this level. Quarter page advertisement in Varsity Athletic Programs for one (1) year. Two (2) free passes to all District events for one (1) year.

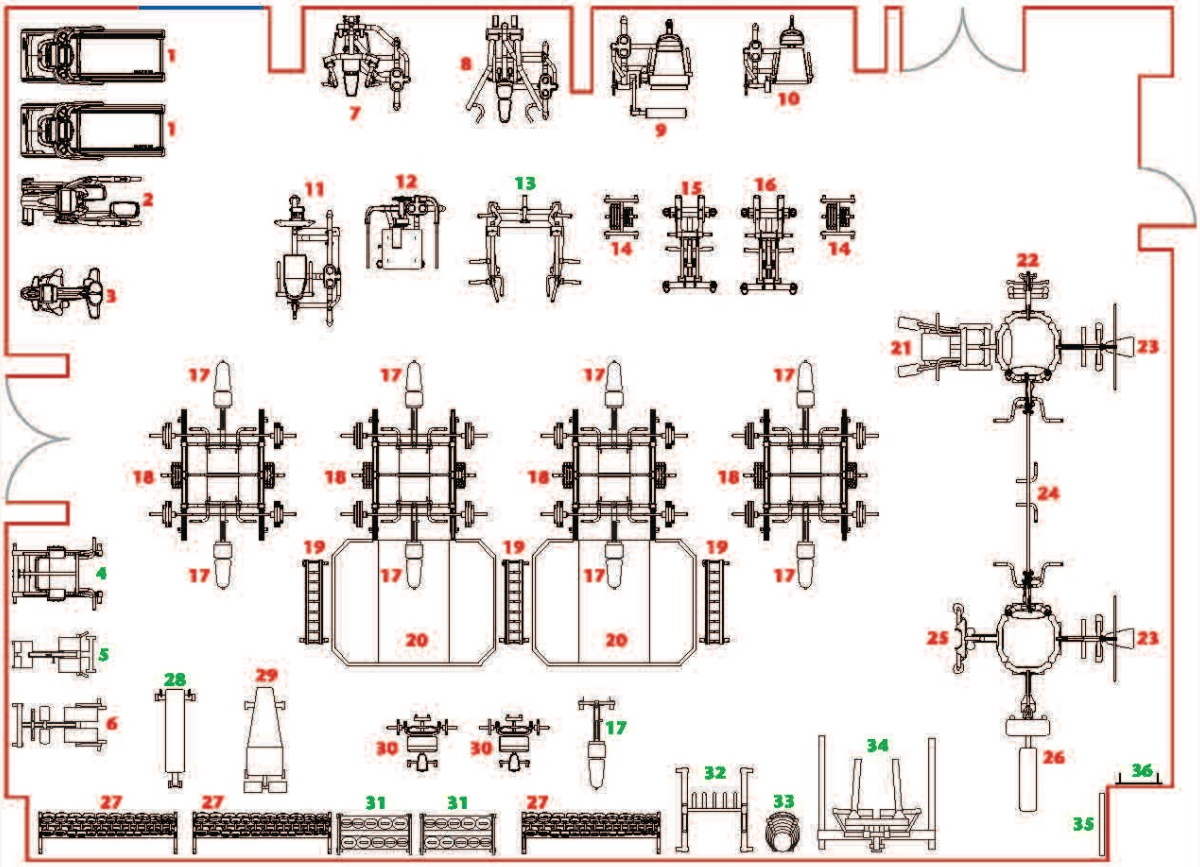
BABY BLUE: $100 to $2,499

Name on plaque inside school with other donors of this level.

FLOOR PLAN

Sample Floor Plan *for*

RED LAND HIGH SCHOOL FITNESS ROOM



New Existing

1. Treadmills
2. Elliptical
3. Upright Bike
4. Vertical Knee Raise
5. Back Extension Bench
6. Glute/Ham
7. Converging Chest Press
8. Converging Shoulder Press
9. Seated Leg Curl
10. Leg Extension
11. Leg Press/Seated Calf
12. Multi Hip
13. Squat/Lunge
14. Weight Trees
15. Seated Calf Raise
16. Standing Calf Raise
17. Multi-Adjust Benches
18. Combo Half Racks
19. Bumper Plate Racks
20. 6x8 Platforms
21. Weight-Assist Dip/Chin
22. Biceps/Triceps
23. Lat Pulldowns
24. Cable Crossover
25. Pec Deck
26. Low Row
27. Dumbbells/Racks
28. Flat Bench
29. Decline Bench
30. Preacher Curls
31. Kettlebells/Racks
32. Accessory Rack
33. Medicine Balls/Rack
34. Jammer
35. Rope Rack
36. Mat Rack

Webster's Fitness Products Inc.
1.877.890.4512
www.websterfitness.com

SPONSORHIP FORM

This form details the agreement and understanding between Red Land All-Sports Boosters Association and sponsor.

Please contact us with your questions

Jeff Strine

Red Land All-Sports Booster Association President

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Holly Sayre

Red Land High School Principal

(717) 938-6561

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@RLweightroom

Company/Person's Name:

_____

Address:

_____

_____

Contact E-mail:

_____

Contact Phone:

_____

Sponsorship Level (*check one*):

_____**Blue** _____**Red**

_____White _____**Baby Blue**

Checks payable to: Red Land All-Sports Boosters Association

Mailing Address: Red Land High School, 560 Fishing Creek, Lewisberry, PA 17339

OR VISIT:

www.gofundme.com/rlweightroomred-land-highschool

to make your donation.