



Weight Room Strategic Plan

McCutcheon Weight Room - 2023/24 Flyover

Yellow Highlight = Accomplished/Purchased

Phase 1 - Accomplished 2022

- Hiring two certified Sports Performance Coaches
- Purchase approximately \$25,000 of equipment/signage
- Promote Sports Performance Opportunities
- Increased the number of students in the weight room:
 - 2021-22 = Approximately 240 per day
 - 2022-23 = Approximately 510 per day
- Purchase of PLT4M Training Software
- Implementation of a Nutritional Sufficiency Program
- Purchase Vertical Jumpmats - Reactive Speed Index & Vertical Assessment Tools
- Creation of Intern Program - Partnership with Purdue

Phase 2 - Accomplished Spring 2023

- Purchase 8 Racks - \$77,718.95
 - Drastically increase our functional capacity
 - Increase movements, better movements, more effective opportunities for growth
 - Multiple groups on 1 rack (these racks double the capacity 16 to 32) due to multiple workstations
 - Includes needed storage
 - Phase 2 only outfits (weights) half of the racks.

Phase 3 - Goal Summer/Fall 2023

- Fully stock (bumper weights/bars) the racks purchased in Phase 2 = \$12,000 Partially completed with Phase 2
- Speed Timing System/Assessment = \$4,200
- New Sound Equipment & Speakers = \$8,000
- 8 Fully Stocked Racks = \$72,000 (Purchased 2 = \$17,000)
 - These racks will have different functionality than our first 8 racks (PH 2) but will have a lot more functionality than our current (older set) of 8 racks that we plan to replace in this phase.

- Multiple groups on 1 rack (these racks double the capacity 16 to 32) due to multiple workstations
- #5, #10, #25, #45 bumper weights = \$12,000 (Purchased \$5,000)
- Jammer Arms for All Racks - \$22,000 (Purchased \$11,000)
- Functional Cable Column for Base Camp (8) = \$17,592 (Purchased 4 = \$8,800)
- Barbells 12 - \$4,800 (Purchased 8 = \$3,000)
- Collars 21 Pairs - \$706
- Iron Side Storage Racks - \$7600

Phase 4 - Goal Spring/Summer/Fall 2024

- Stall Bar Racks = \$7,000 (Purchased 4 = \$2500)
- 8 Vertimax Platforms = \$25,000
- 4 Vertimax Raptor System & Raptor Kits = \$8,000 (Purchased 4 = \$4,000)
- Vertimax Certified Coaches = \$1200
- Additional Dumbbells = \$10,000 (Purchased \$4,000)
- Medicine Balls = \$3,000
- Bands = \$2,000
- Clean Bumper Racks = \$1,800
- Plyo Box Sets = \$5,000 (Purchased \$2,600)
- Kettlebells = \$3,000 (Purchased \$1,010)
- Hex Bars = \$2,400
- Bar Storage = \$1,000
- 8 Root Hog Sleds = \$5,000 (Purchased 4 = \$2,504.00)
- Dumbbell Racks = \$5,000 (Purchased 2 = \$3,000)
- Bulldog Pad (8) = \$2,392
- Triphasic Bars (16) = \$6,384 (Purchased 8 = \$3,200)
- The Difference Striking Machine Attachment (8) = \$7,960
- Rollers & Massage Guns (Purchased \$1,100)

Phase 5 - Forever

- Fundraising for proper care & maintenance of equipment
- Explore latest technology/upgrades/areas of improvement

Purchased = \$196,939.00

Original Goal = \$359,752

Remaining = \$162,813

