

FOOTBALL PERFORMANCE COMPLEX

WEIGHT ROOM

By Tom Schott



LOCATION

Level 1

BY THE NUMBERS

- » 20,900 square feet
- » 24 custom inlaid wood Olympic platforms with athlete tracking technology
- » 24 custom Sorinex strength-training racks

BELLS AND WHISTLES

- » Top-of-the-line equipment throughout
- » Center-hung sound system and four 70-inch video boards
- » Twenty-two additional video boards, including a 165-inch video wall
- » Nutrition station with prep kitchen
- » Direct access to Schleicher Field in Mollenkopf Athletic Center
- » Adjacent outdoor FieldTurf training area
- » CuVerro copper touchpoints on dumbbell grip handles that have shown to kill more than 99 percent of bacteria and germs

PLAYER REACTION: BRYCEN HOPKINS

"IT IS SO BIG. IT IS REALLY NICE AND IS GOING TO BENEFIT US SO MUCH. WE HAVE EVERYTHING WE NEED, AND EVERYTHING IS NEW. AND WE HAVE AN AWESOME STEREO SYSTEM IN THE MIDDLE, WHICH IS REALLY COOL. WE ARE GRATEFUL AND THANKFUL FOR ALL THE DONORS."



DIRECTOR OF FOOTBALL STRENGTH & CONDITIONING

JUSTIN LOVETT SAYS

"OUR WEIGHT ROOM TAKES A BACK SEAT TO NOBODY IN COLLEGE OR PROFESSIONAL FOOTBALL. IT SETS A NEW STANDARD BY WHICH ALL OTHERS WILL BE COMPARED. ON BEHALF OF OUR PLAYERS AND THE FOOTBALL STRENGTH STAFF, WE THANK THE MANY INDIVIDUALS WHO DONATED THEIR TIME, MONEY, INSIGHT AS WELL AS BLOOD, SWEAT AND TEARS TO MAKE THIS FACILITY A REALITY FOR OUR CURRENT AND FUTURE TEAMS."

"THE ABILITY TO TRAIN OUR PLAYERS IN THE NEW WEIGHT ROOM ALREADY HAS PROVIDED INCREDIBLE ADVANTAGES WITH THE INCREASED VERSATILITY OF STRENGTH AND POWER PROGRAMMING, THE IMPROVED EFFICIENCY WITHIN LARGE LIFT GROUPS THANKS TO THE 20,000 SQUARE FEET OF SPACE, AND THE ENHANCED POSITIONAL SPECIALIZATION WE CAN OFFER BECAUSE OF CUTTING-EDGE AND NEXT-GENERATION EQUIPMENT INFUSED WITH THE LATEST TECHNOLOGIES."