

# **Priest River Lamanna High School**

## **Weight Room Upgrade & Football Program Requests**

**Presented by:** Alex Zepeda  
**Athletic Director / Head Football Coach**

### **Weight Room Modernization Update**

#### **Current Situation**

- Much of the high school weight room equipment dates back to the late 1990s and early 2000s.
- Equipment shows significant wear and is no longer aligned with modern strength training standards.
- Limited equipment options for beginner lifters creates progression and safety challenges.

#### **Professional Evaluation**

Prior to entering education, I worked for 24 Hour Fitness, where I advanced from Personal Trainer to Master Trainer and entered the General Manager Trainee Program. I was also recognized as 2018 Trainer of the Year for the Las Vegas District.

Through that experience I worked with:

- Training program design
- Equipment layout and lifecycle

- Safety and supervision standards in fitness facilities

From a professional standpoint, much of our current equipment has exceeded normal replacement timelines and limits our ability to provide safe and progressive strength training opportunities for students.

### **Phase One: Immediate Action**

Beginning Spring Break, we plan to:

- Move newer Junior High weight room equipment to the high school
- Increase training capacity
- Improve equipment availability for students

This allows us to upgrade the weight room using existing district assets without new district spending.

However, this does not fully modernize the facility.

### **Phase Two: Weight Room Fundraising**

To continue improving the facility, we are requesting approval to fundraise for additional equipment.

#### **Strength & Progression Equipment**

- 25 lb and 35 lb barbells
- New dumbbell sets
- EZ curl bar

- Kettlebells

### **Functional Training & Injury Prevention**

- TRX straps
- Olympic rings
- Foam rollers
- PVC pipes
- Training mats

### **Safety & Organization**

- New benches
- Mirrors for technique feedback
- Medicine ball and yoga ball racks
- Storage cabinets

### **Important:**

No district funds are being requested. All equipment would be purchased through approved fundraising channels.

### **Long-Term Planning Question**

As upgrades begin, we must determine how to handle existing high school weight room equipment.

## **Potential Options**

- Repurpose usable equipment
- Surplus or dispose of unusable equipment
- Relocate equipment for alternative use

## **Facility Idea to Explore**

- Expand the high school weight room footprint
- Move wrestling into two dedicated rooms in the Junior High basement

## **Goal**

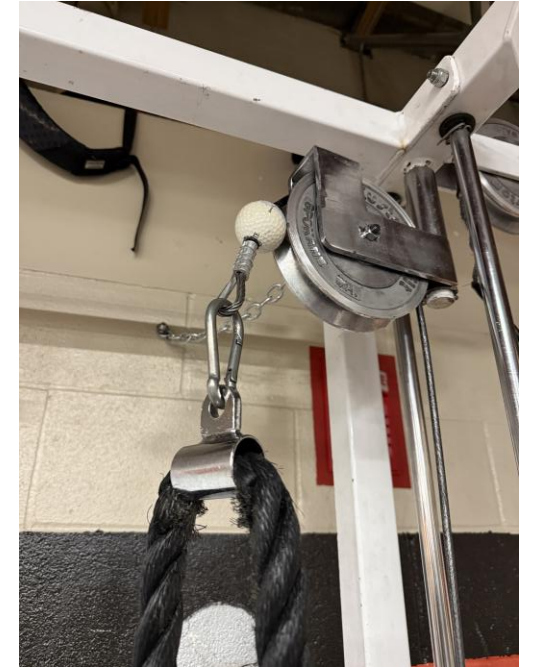
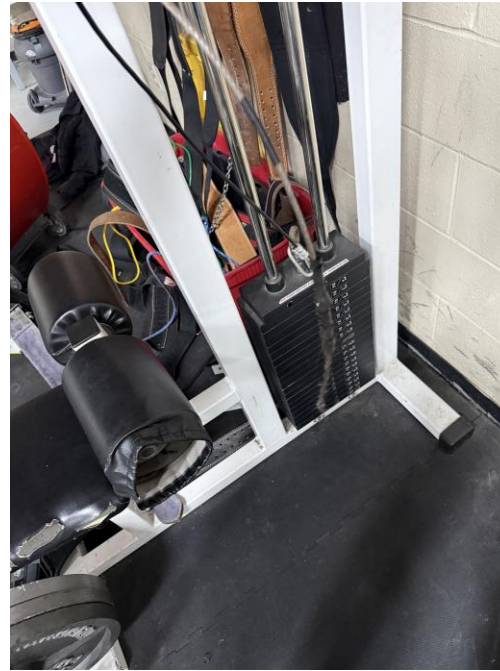
- More functional training space
- Better facilities for both strength training and wrestling programs



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## PROFESSIONAL EXPERIENCE & VISION

- **Professional Background**
- Former Personal Trainer – 24 Hour Fitness
- Promoted to Master Trainer
- General Manager Trainee Program
- 2018 Trainer of the Year – Las Vegas District
- **Experience Managing**
- Training programs
- Equipment layout & lifespan
- Safety standards
- **Professional Assessment of PRLHS**
- Equipment exceeds normal replacement timeline
- Limited Equipment for beginners
- No Pride



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**CURRENT WEIGHT ROOM REALITY**



# PRIEST RIVER LAMANNA WEIGHT ROOM UPGRADE

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# PHASE ONE: IMMEDIATE ACTION

- Relocating newer Junior High equipment to HS
- Responsible use of district-owned assets
- Improves capacity without new district spending
- Still leaves key gaps in modernization



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# PHASE TWO: FUNDRAISING

## **STRENGTH & PROGRESSION**

25 LB & 35 LB BARBELLS

NEW DUMBBELL SETS

EZ CURL BAR

KETTLEBELLS

## **Safety & Organization**

NEW BENCHES

MIRRORS

MEDICINE BALL & YOGA BALL

RACKS

STORAGE CABINETS

## **Functional Training & Injury Prevention**

TRX STRAPS

OLYMPIC RINGS

FOAM ROLLERS

PVC PIPES

MATS

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# WHY THIS MATTERS FOR STUDENTS

- Supports all PE students, not just athletes
- Improves injury prevention and proper technique development
- Creates scalable progression for beginners
- Supports mental health and confidence
- Reflects pride and professionalism in our facilities
- Aligns with long-term athletic program growth

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# PLANNING FOR EXISTING EQUIPMENT & SPACE USE

## **Question for Consideration**

- What should we do with the current high school weight room equipment?

## **Current Situation**

- Much of the equipment is outdated and worn
- Some items may still have limited usable value

## **Potential Options**

- Repurpose usable equipment
- Surplus or dispose of unusable equipment
- Relocate equipment for alternative use

## **Facility Idea to Explore**

- Expand the high school weight room footprint
- Move wrestling to two dedicated rooms in the Junior High basement

## **Goal**

- Better use of space
  - Improved training environment for both programs
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