

Priest River Lamanna High School

Weight Room Renovation and Equipment Upgrade Plan

Overview

Beginning over **Spring Break and continuing through the summer**, Priest River Lamanna High School will begin the first phase of upgrading the high school weight room. This process will begin by **relocating newer strength equipment from the Junior High weight room into the High School facility**.

This is the **first step toward modernizing a severely outdated weight training facility** and improving training opportunities for student-athletes and physical education students.

Junior High Equipment Being Relocated

The Junior High currently houses several machines that are newer and in better condition than many pieces currently located in the High School weight room. These machines will be relocated to the High School facility to improve equipment availability and training variety.

Equipment being moved includes:

- Row Machine
- Lat Pulldown Machine
- Chest Press Machine
- Bicep Curl Machine
- Shoulder Press Machine
- Oblique Twist Machine
- Leg Extension Machine
- Additional accessory machines

This equipment will provide **immediate upgrades and improved training options** for students.

Additional Equipment Needs

While the relocation of Junior High equipment is a significant improvement, additional equipment is still needed to fully modernize the weight room and support a wider range of student training needs.

Items that are still needed include:

- Adjustable workout benches
- Kettlebells
- Foam rollers for recovery and mobility
- New floor mats
- Yoga balls / stability balls
- Wall mirrors to support lifting form and technique
- Lighter barbells (below 45 lbs) to allow younger athletes and beginners to safely learn proper lifting technique
- Additional accessory equipment to support mobility, rehabilitation, and general fitness training

These additions would allow the facility to better support **students of all experience levels**, including beginners, younger athletes, and students in physical education classes.

Donor Support

The **Athletic Director is currently working with a potential donor who has expressed interest in helping fund the purchase of additional equipment** needed to modernize the facility.

This partnership may allow the school to significantly improve the weight room while minimizing the financial burden on the district.

Existing Equipment Considerations

As new equipment is added, the district will need to determine **what should be done with the older equipment currently in the High School weight room.**

Possible options include:

- Removing equipment that is outdated or no longer safe to use
- Repurposing usable equipment elsewhere in the district
- Retaining select items that may still serve a purpose

Addressing this issue will help ensure that the facility remains **safe, organized, and functional**.

Facility Layout Considerations

Currently, the High School weight facility is divided into two separate spaces:

- The **Weight Room**
- The **Wrestling Room**

As improvements are considered, the district may want to discuss whether the **Junior High weight room should remain in use** or whether the space could be repurposed to support athletics more effectively.

One option would be to **relocate wrestling permanently to the Junior High space**, which would allow the High School weight room to expand into a larger and more efficient training facility.

Potential Expanded Layout

If the space were expanded, the facility could be organized in a more functional layout such as:

- **Free weights and racks on one side**
- **Strength machines on the opposite side**
- **A turf training strip in the middle**

Schools such as **Grangeville** have implemented similar layouts.

A turf strip would allow athletes to train:

- Speed and acceleration
- Agility

- Plyometrics
- Sled pushes
- Athletic movement drills

This would allow Priest River athletes to **train speed and movement year-round indoors**, which is currently not possible with the existing facility layout.

Long-Term Goal

The long-term goal is to gradually develop a **modern strength and conditioning facility** that supports:

- All PRLHS athletic programs
- Physical education classes
- Injury prevention and safe training practices
- Year-round athletic development

Improving the weight room is an investment in **student health, safety, and athletic development**, and will benefit a large number of students across multiple programs.