



Concept to Completion

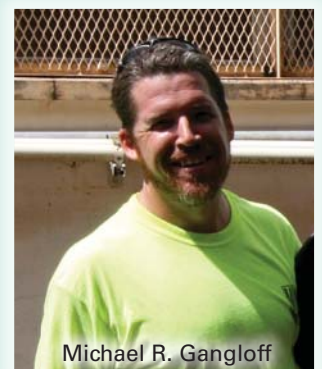
Farrington High School

This Hawaiian school knows how to treat its athletes

Concept



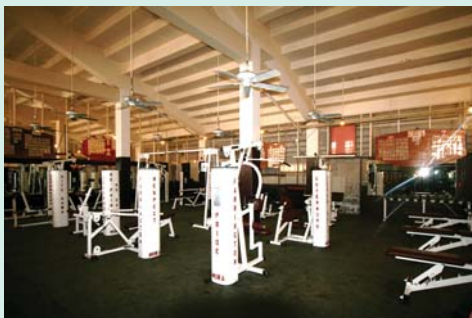
Michael R. Gangloff was a tight end at Farrington High School in Honolulu, Hawaii. He graduated in 1991 and went on to become president of MIRA Image Construction. The following year Randall Okimoto, who'd played running back at Farrington, graduated; he went on to become the head coach for the Farrington Governors. This year Gangloff decided to team up again with Okimoto.



Michael R. Gangloff

"Without sports I would not have developed the discipline to achieve the success that I enjoy today, and I thought it was time for me to give back to my

Completion



alma mater,” says Gangloff. The way he would do that was to give \$200,000 to the school to build a new weightroom, a gift that would cover all the equipment, flooring and labor. “When I came back to the school to visit, the weightroom was exactly the same as it was when I went to school, and the weights that I had used had been there at least 15 years before me, so it’s been a good 30 to 35 years.”

Coach Okimoto said that he had been thinking that his former teammate

was just going to get a few new pieces of equipment, such as a machine to replace their 30-year-old jungle gym, so he was amazed at what Gangloff had in mind. In fact, the completed project consists of two new weightrooms with BFS equipment, one filled primarily with machines and the other with free weights. Gangloff took care of all the details, including providing school logos on the platforms and stencils with the Governors name on many pieces of equipment.

In addition to the workers from MIRI Image Construction, more than a hundred volunteers, including coaches and students, helped with the labor. The football team, for example, helped by painting the walls. Gangloff says that he hopes his example will inspire others to help out their alma maters. “I hope this weightroom will inspire others to step up and support their schools.”

This photo essay shows in dramatic fashion how this great project transpired, from *Concept to Completion!* **BFS**

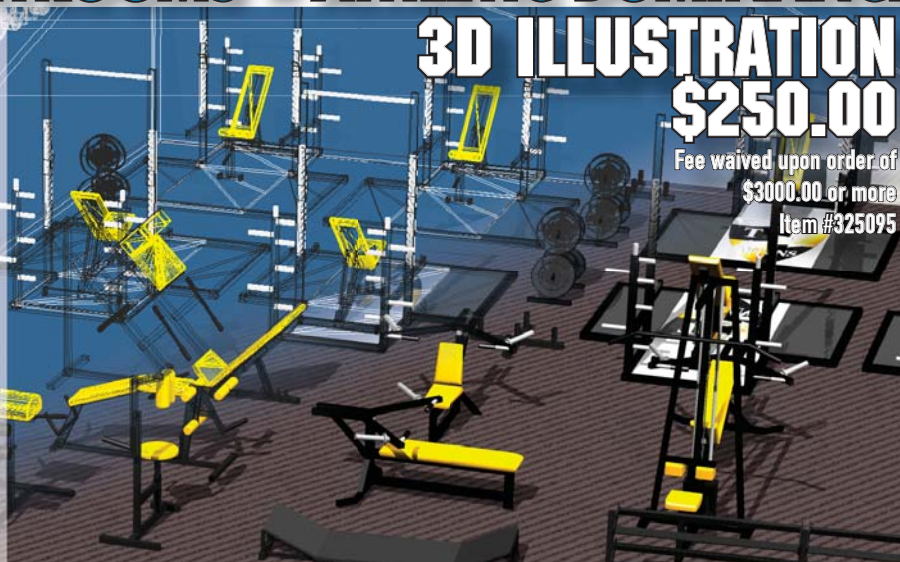
WEIGHTROOM DESIGN FROM CONCEPT TO COMPLETION™

SUPERIOR WEIGHTROOMS = ATHLETIC DOMINANCE

By using the latest in 3-D image rendering technology, BFS is able to provide state-of-the-art layouts of new weightroom concepts.

This tool is an invaluable when promoting your ideal weightroom plan to administrators, boosters and the community.

With our many custom options the look of your facility is limited only by your imagination!



3D ILLUSTRATION
\$250.00

Fee waived upon order of
\$3000.00 or more
Item #325095

A new or updated weightroom is a source of pride and motivation for any program and can help build strength and character in all athletes. BFS will help you see your project through from planning to implementation. Call to learn about our weight room evaluation and design consultation.



At BFS the installation of your equipment is not the final step. BFS provides unmatched, ongoing support. With instructional clinics in safety and technique as well as coaches' certification courses, BFS provides all the tools for raising your program to **THE NEXT LEVEL!**



CLINICS CERTIFICATIONS SUCCESS!

BIGGER FASTER STRONGER

BFS

CALL BFS AND TALK TO ONE OF OUR SALES STAFF TO GET STARTED NOW!

DEDICATED TO HELPING ATHLETES SUCCEED SINCE 1976

BEGIN TO WIN TODAY - CALL 1-800-628-9737

online at www.biggerfasterstronger.com • email us at info@bfsmail.com

843 West 2400 South, Salt Lake City, UT 84119 • Fax (801) 975-1159