



Andrew Rutledge

Photo: Julie Shipman, jshipman@csolutions.net

Concept to *Completion*

A closer look at the weightroom at Roland Hall-St. Mark's School

Although private schools are not generally known for outstanding weight training facilities – some are little more than glorified jungle gyms near the locker room – this is not the case with Rowland Hall-St. Mark's School in Salt Lake City. The faculty, students and administrators at the school, which has always been known for its strong academic programs, wanted a weightroom they would be proud to show off. They got it.

Rowland Hall was founded in 1880, and in 1964 it merged with St. Mark's to become one of the nation's premier college preparatory schools. With a 10:1 student-teacher ratio, students receive considerable one-on-one attention that prepares them to achieve continual success in all aspects of their lives. In athletics, RHSM is noted for its Ski Academy, which was created in 1982 and has sent athletes to compete in four Olympics, including Olympic champion Picabo Street. The ski program was profiled in our July/August 2008 issue.



Sandrine Couldwell

To provide the best training facilities for its athletes, nonathletes and physical education classes, strength coach Thomas Eckfeldt worked with BFS to give the school an entirely new weightroom, from concept to comple-

tion. This past spring BFS installed six elite half racks with platforms that enable athletes to perform multiple exercises in a limited space. Originally, the room was filled with single-station equipment, which limited the number

of athletes who could train on core lifts such as squats and cleans. In addition, Eckfeldt ordered five glute-ham benches, as he believes strong glutes and hamstrings are key to athletic success.

To fulfill the special requirements



Taylor Vest-Burton

Photo: Julie Shipman, jshipman@csolutions.net



Katie Coleman



Head strength coach and women's ski coach Thomas Eckfeldt



Andrew Kircher

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of the fitness classes, Eckfeldt selected the BFS Duals Line. Having machines that allow athletes to perform multiple exercises saves space and enables more students to work out safely. Says

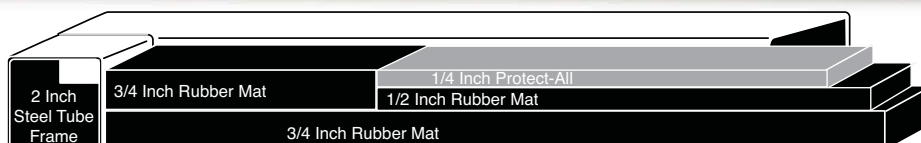
Eckfeldt, "Our faculty love the Duals Line because it gives them an easier, more effective way of teaching personal fitness to those who are not interested in the free-weight exercises."

These pages show the 3D Concept to Completion vision of Rowland Hall-St. Mark's impressive new weightroom and photos of the facility in use. BFS



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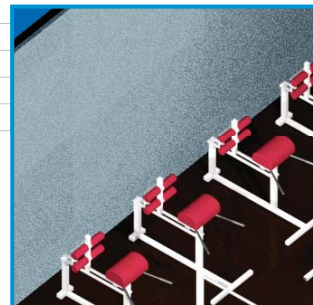
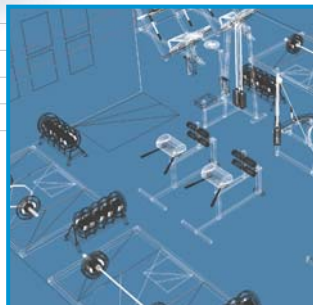
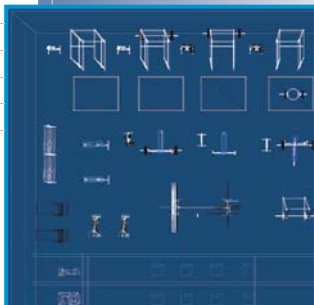
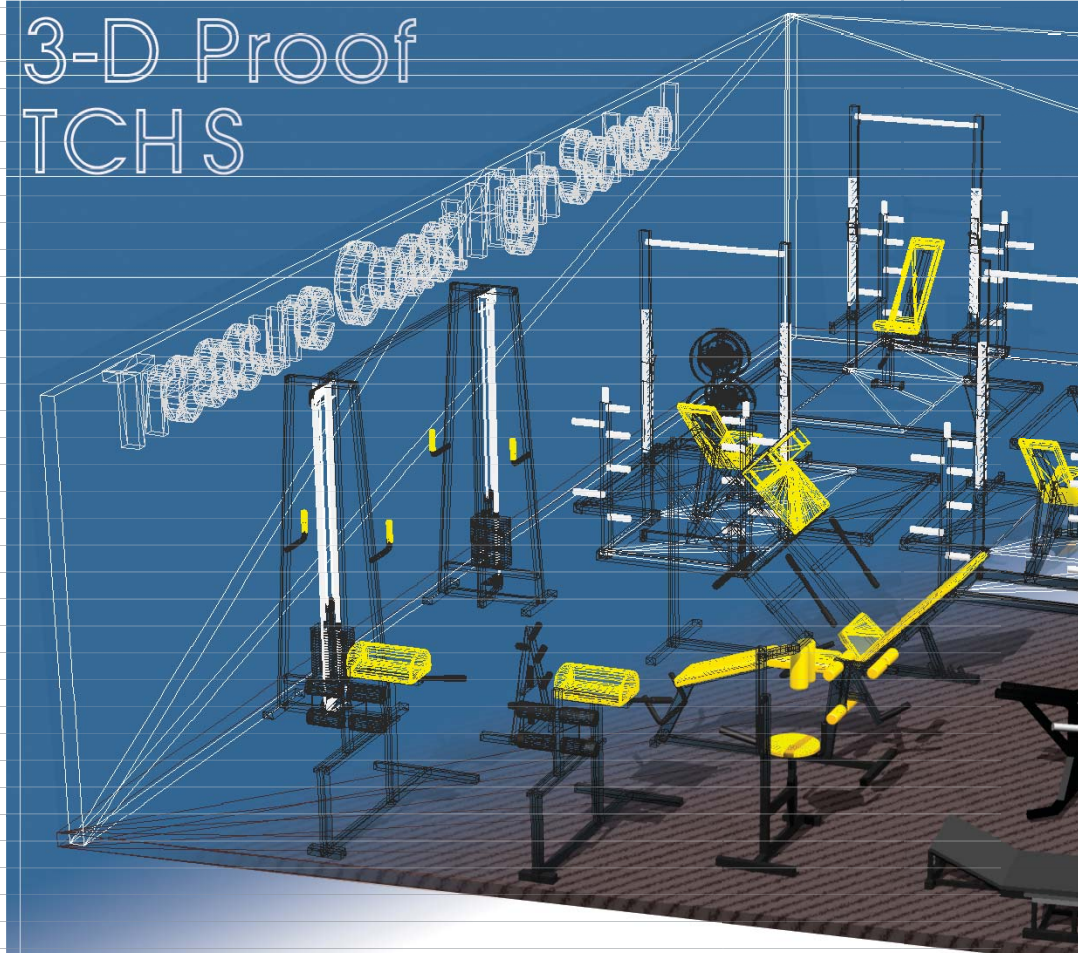
A new or updated weight room is a source of pride and motivation for any program and can help build strength and character in all athletes. BFS will help you see your project through from planning to implementation.

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 invaluable when promoting your ideal weight room plan to administrators, boosters and the community.

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

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