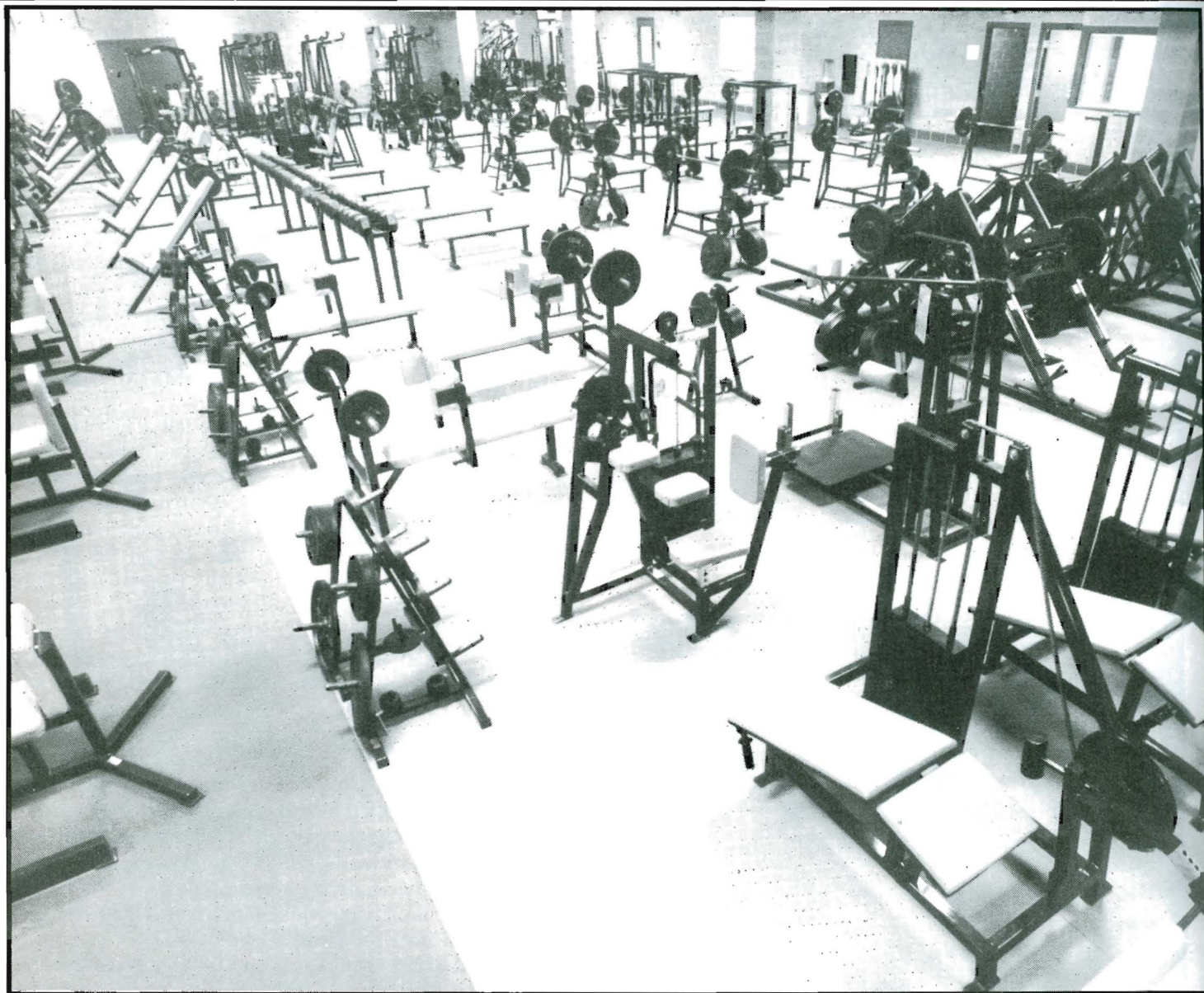


# A MATTER OF PRIDE

The University  
of Minnesota's  
New Weight Room



**The new 14,000 plus square foot weight room at the University of Minnesota.**

Bob Rohde has been the strength coach at the University of Minnesota since 1979. He has been a high school football coach and player for the Denver Broncos back in 1969. He started out at the University of Minnesota in 1979 with 400 square feet of weight room space. It contained all free weights with two benches, an Incline and a Calf raise machine. The Gophers also had a Nautilus room. It is used some today as supplemental work but really very little. Then the weight room grew to 2100 square feet in which half was devoted to free weights. It consisted of 5 benches, 3 squat stations, a hip sled, 3 clean platforms, 2 inclines and a rack of dumbbells.

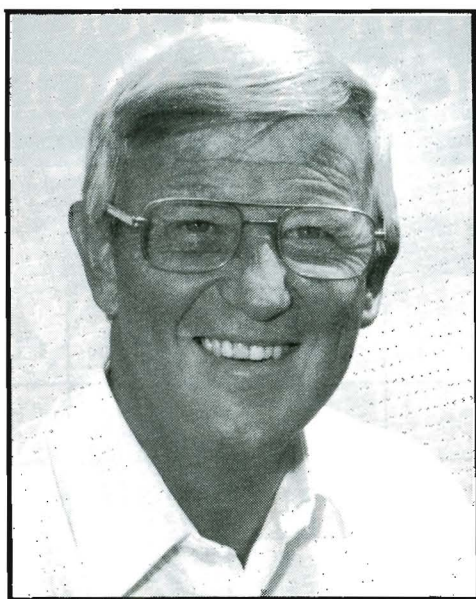
However, the Golden Gophers had a serious football problem. The once proud nationally renowned football pro-

gram was in dire straits. Something needed to be done. Enter Lou Holtz! The University of Minnesota knew it needed a fresh start with new men and a new facility. Lou Holtz created just that and gave Minnesota the impetus and leadership which provided this new look. I guess you might say it was a matter of pride.

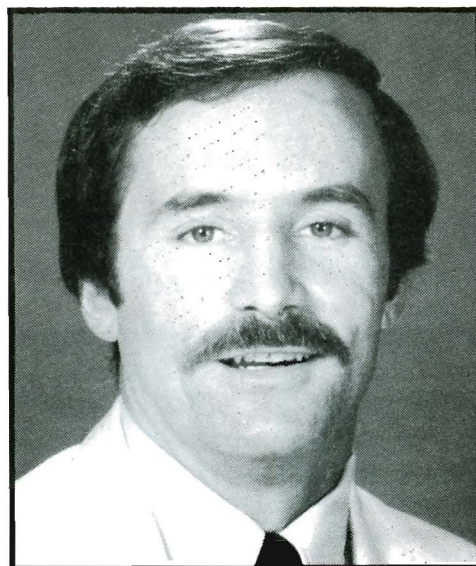
Plans were made immediately and even more amazing, acted upon immediately. A new \$5.5 million facility was added to the athletic program. A dazzling indoor football practice facility with room to punt, team meeting rooms, training rooms, rehabilitation room, coaches offices and, of course, a new weight room are all part of the new look in Gopherland. Coach Rohde has 6,000 square feet in free weight area along with over \$100,000 spent for this equip-

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Lou Holtz – Head Football Coach, University of Minnesota.



Strength Coach Bob Rohde.

ment. Bob Rohde was the only strength coach, who was in charge of all men's sports. Now he oversees all the sports but specializes with just football. In April of 1985, Greg Lanners was hired as a strength coach for the other sports.

Coach Rohde has seen a definite morale change. "Coach Holtz has brought such a positive attitude. Everything is first class. Our new building and new facilities are just a part of that thinking. Confidence has really improved. Coach Holtz talks about academics and strong character. Our custodians, secretaries and assistant coaches are working harder with a better and more positive spirit towards the ultimate goal of winning a national championship, stated Bob Rohde. "Lou Holtz cares about his players and cares that they graduate with a preparation for the future. Lou Holtz can be very demanding but because he works so hard, the others do their share. He even teaches a class on self image, real estate, banking etc. on Sunday night," concluded Rohde.

Here is a checklist for a new weight room which was prepared by Strength Coach Bob Rohde:

### SHAPE

1. Rectangle or square are best – because they fit into building structures better.
  - a. Do not cut back on construction but rather equipment.
2. Open room — no pillars.
3. Check actual size of building to eliminate your area being adjacent to storage room.

### CEILING

1. As high as possible; over 10'6".
2. Should have extra insulation.
3. If you cannot, put in a drop ceiling and paint all fixtures and pipes white.

### ENTRANCES

1. Doors — Both into general room and storage area, should be 6' wide, no center post.
  - a. If you have existing doors, can they be widened or taken off the hinges easily?
2. Elevator — If not on ground floor. Service-type best, 6' door.
3. Ramp — A ramp would be a good substitute either for outside entrance or in building between floors.
4. Stairways — If they are required for athlete traffic to and from weightroom, they should be wide with large landing area.

### WALLS

1. Brick
  - a. More expensive, but over long run less maintenance is glazed burnish block. Might take away from school color scheme.
2. Regular Block — Lighter color makes room bigger and brighter, cleaning is only problem.

### MIRRORS

1. Should be placed to aid in technique for certain lifts depending on weight station selection.
2. Will enhance size and brightness of room. Dark outline may add to attractiveness.
3. Can be positioned off floor to allow more visible area covered and save on money.
4. To give symmetry to room, top generally at door level.
5. Glass is clearest and most size-exact for images.

### LIGHTING

1. If possible get color balanced — this allows you to either shoot pictures or video without camera-assisted lighting.
2. Also easier on person in room. (Less eye fatigue.)
3. Control switches near entrances.

### OFFICE

1. If possible make it with windows or glass so you or assistant can supervise and control weight workout information.
2. Large enough for expansion of staff or computer terminal.
3. Centrally located for easy access and supervision.
4. If at end of room, have it elevated.

### FILING SYSTEM AND STORAGE ROOM

1. Ample supply of cabinets and wall shelves.
2. Mobile 'doctor's door' style filing system — divisions

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## A MATTER OF PRIDE

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by position for quick pick-up and Central Office drop for check-in purposes.

3. Storage room off Office for repair and storage of miscellaneous items. (Closer security.)

### LOCKER ROOM OR CLOTHES STORAGE AREA

1. An area is needed for athletes to put clothes during workout.
  - a. Keeps them out of way of working area.
2. Bathrooms are a plus to save time during workouts.
3. Water fountain a must in weightroom.
4. Shower area for staff, pro players or visitors helps keep room in order.
5. Sauna or Steam Room added luxury but should be in conjunction with shower area for sanitary reasons.

### SOUND SYSTEM

1. Best to be centrally located out of Office for best control.
  - a. AM-FM Radio and Cassette tape.
2. P.A. system very helpful in large room. Also can be effective for demonstration to large group.

### ELECTRICAL OUTLETS — TEMPERATURE CONTROL

1. Have ample outlets for easy access to video equipment.
2. Also if you need to have power for any of your equipment.
3. Air conditioning a must, with good air exchange system.

### EQUIPMENT SELECTION

1. Does it meet your program's needs?
2. Competitive cost — for quality equipment (durable).
3. Will they tailor-make special equipment for you and in your school colors for continuity?
4. Delivery — Available, and do they have a representative close enough to check on and repair equipment when needed?
5. Check with various strength coaches and vendors for

ideas. Go visit if possible.

### EQUIPMENT LAYOUT

1. Divided by body parts (ex. chest area).
2. Divided by days (ex. lower body on east half of room and upper body on west side).
3. Prefer to have technique orientation exercise (cleans) or mirror-influenced exercises (dumbbell incline) close to mirrors.
4. Machines generally toward outside of room or body-part group.
5. Use scaled-down figures on graph paper for ideas. You will need to shift equipment several times.
6. Tall equipment toward outside of room.
7. Do not waste space — but leave ample pathways.
8. Neatness and weight trees a must.

### DECORATION AND INCENTIVE BOARD

1. Slogans or inspirational sayings should not be overdone. Use class and by qualified artist.
2. Room should be painted light color to make brighter and larger.
  - a. Painted letters will also show up better.
3. Paneling (light color) looks good but very inexpensive.
4. Lifting Champion boards should be magnetic or easy-erase type.
5. Recognition Area for All-American Strength Team, Lifter of Week, etc. Make area separate or tie-in with Champion boards.

### BELT AND ACCESSORY EQUIPMENT LOCATION

1. If you have an attendant they can be checked-out.
2. At beginning of activity a certain number of belts can be checked-out to each area.
3. You can have portable rack or permanent one for belts, straps, knee wraps, tape, etc.

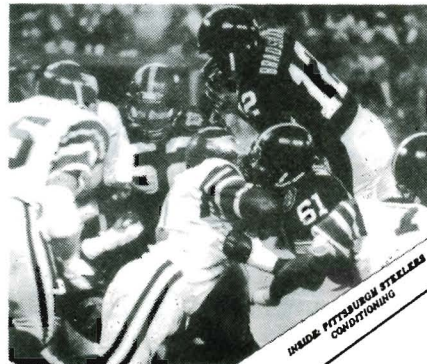
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