

# Weightroom and Wrestling Instructional Unit Review

## Background

Although part of the Athletic Facilities review, the weightroom at each high school is a dual-purpose space. Athletes utilize the space before and after school hours as part of the Athletic Program but the weightroom is also an instructional unit during the school day at each of our five high schools. Adequate weightroom space at each high school is important to allow for scheduling of students in weight training/body sculpting classes throughout the school day.

The weight rooms at each high school were reviewed utilizing the same criteria as other Athletic Facilities including location, condition, square footage, functionality, etc. Additionally, the space was reviewed as an instructional unit. This review focused on the schools' ability to utilize the space as an instructional unit throughout the day. This process included reviewing the current number of students that could be scheduled in each weight room(s), the FTE at each high school, and the square footage of weight room space.

Wrestling rooms were also reviewed for effective use of the space, given they are not utilized as an instructional unit.

## Findings

Each school had a unique layout for their weightroom(s). East Paulding HS utilizes the first floor of its fieldhouse for weightlifting. Hiram HS has a dedicated space within the building that has been renovated to add additional square footage. North Paulding HS utilizes a designated weightroom inside the building and a space within the football field house to accommodate students for weight training. Paulding County HS has a separate dedicated structure beside the football field house for weight training. And South Paulding HS has a dedicated room within the building that has undergone some renovations in recent years.

When comparing square footage per FTE, there is a wide range between the most and fewest square feet per FTE. East Paulding HS is an outlier based on the size of the football field house. Both North Paulding HS and South Paulding HS have square footage of below two feet per FTE and Hiram and Paulding County HS have square footage per FTE between two and three feet.

The chart below outlines the total square footage of weight training space at each high school, the current enrollment, and the square footage per FTE at each school.

School	Weight Rm Sq. ft	Enrollment (FTE)	Sq. Ft/ FTE
EPHS	8034	1985	4.0
HHS	4115	1477	2.8
NPHS	4509	3054	1.5
PCHS	4560	2068	2.2
SPHS	1971	1875	1.1

Regarding wrestling facilities, North Paulding, South Paulding, and Paulding County HS utilize a large room in the main school building for the wrestling program. East Paulding HS has a dedicated wrestling space attached to the backside of the gym that was renovated in 2018 after a building fire. These wrestling rooms are not used for instructional purposes. During the recent renovation of Hiram HS, the room utilized for wrestling was incorporated into the school's overall inventory of instructional units. As such, the school no longer has a wrestling facility.

### Recommendations

To get all high schools to a minimum of two square feet of weight training space per FTE, additional square footage would need to be added to both North Paulding and South Paulding HS. Both schools could benefit by converting their wrestling rooms into additional weightroom spaces, increasing their instruction units and square footage. These rooms would then be utilized as instructional units, rather than unused space during the school day.

Additionally, at North Paulding HS, an ongoing addition and renovation will result in the relocation of the JROTC program, converting that space into a weightroom along with expanding the current weightroom within the building to add additional square footage. This addition and renovation along with the conversion of the wrestling space into a weight training space would increase the square footage above two feet per FTE and allow for the portion of the football fieldhouse that is currently used for weight training during the school day to return to its original use.

At South Paulding HS, the current weight training space per FTE is the lowest in the district at 1.1 square feet per FTE. Converting their wrestling room into additional weightroom space would add ~1,975 square feet. Once converted to a weight training space, the square footage per FTE would increase to above two feet per FTE.

The chart below outlines the adjusted square footage and square footage per FTE for weight training if the wrestling rooms at both North Paulding and South Paulding HS were converted to weightlifting space and utilized as instructional units during the day.

School	Weight Rm Sq. ft	Enrollment (FTE)	Sq. Ft/ FTE
EPHS	8034	1985	4.0
HHS	4115	1477	2.8
NPHS	6194	3054	2.0
PCHS	4560	2068	2.2
SPHS	3946	1875	2.1

Paulding County HS could also potentially benefit from converting their wrestling room into an instruction unit, rather than unused space during the school day.

Based on the recommendations above, North Paulding, South Paulding, Hiram, and Paulding County HS would need wrestling facilities. Subject to capital project funding, plans are being developed to add a multipurpose

building, which could provide space for wrestling, a male and female locker room, bathroom, and access to sports medicine. These buildings would allow for the wrestling rooms, currently unused during the school day, to be utilized as instructional units for weight training. It would also provide a space for wrestling at Hiram HS, which currently does not exist.

Below is a conceptual drawing of the multipurpose building.

