

BATH COUNTY SCHOOL BOARD

AGENDA ITEM: INFORMATION { } ACTION { X } CLOSED MEETING { }

SUBJECT: **SUPERINTENDENT'S REPORT - ACTION**

Consider Using Wellness Center for Student Conditioning

BACKGROUND: **At the Board's request, information has been collected for the possibility of utilizing the BCCH Wellness Center for student athlete conditioning.**

RECOMMENDATION: **The Board needs to decide to either continue with weightlifting at the high school or provide conditioning opportunities at the Wellness Center.**

BCHS STUDENT ATHLETE CONDITIONING

CURRENT PRACTICE

Weightlifting Supplement - \$600

Winter and Spring, 3 days per week, 3:30-5:30 PM

Estimated average of 15 students per day

9 weightlifting stations in "old gym"; others cross-train, shoot baskets, do sit-ups, [stability] ball, run the hill (endurance), core strengthening – volunteer supervision

Chart maintained for each student

WELLNESS CENTER OPTION

Required Orientation – registration form, parent permission if under 18, instruction in proper use of equipment, cell phone use/no photos (HIPPA)

M and W - Boys

TU and TH - Girls

3 Areas – Core strengthening, cardio, and weights supervised by trained staff

Transportation – 2 school buses. Depart BCHS at 3:30 PM. Pick-up at 5:45 PM.

\$.75 per student/per visit (\$600/.75 = 800)