

Bethel University

Indoor Track Training Facility

Alumni, Friends and Family,

Below you will find the equipment we are currently raising money towards to finish the indoor facility. These items have been hand picked by Danny Wilkerson to give the student athletes the best equipment, technology and quality possible. We thank you for your ongoing support and prayers during this process. It has been a long journey for so many of us and we are in the final stages. Help us finish our New Home!!!!

Weight Room Area



Squat Racks

Description: Fully enclosed squat racks by UCS Spirit that feature storage for weights.

Number Needed: 4-6 racks in Lifting Area

Cost Per Rack: \$4,580.00



Lifting Platforms

Description: Platform to perform power lifting exercises such as cleans and snatches.

Number Needed: 4-6 platforms in Lifting Area

Cost Per Rack: \$2,350.00



Dumbbell Rack

Description: Place to store a set of Dumbbells

Number Needed: 1 racks in Lifting Area

Cost Per Rack: \$1,150.00



Multi Function Bench

Description: Benches to move in and out of the racks as needed for activities like Bench press.

Number Needed: 4 Benches in Lifting Area

Cost Per Bench: \$1,150.00

Weight Room Area

Plyo Boxes



Description: 5 set boxes of different heights to be used for plyometric based activities

Number Needed: 2-3 sets of Boxes in Lifting Area

Cost Per Set of Boxes: \$1,795.00

Safe Hurdles



Description: Foam hurdles to use for hurdle hop and activities similar in weight room and workout area.

Number Needed: 4 total Hurdles in Lifting Area

Cost Per Hurdle: \$185.00

Folding Mats



Description: Tri fold foam mats to perform various exercise on.

Number Needed: 4-6 mats in Lifting Area

Cost Per Mat: \$261.00

Rogue 260lb Bumper Plate Set



Description: Bumper plate weight sets to be used for free weight lifting exercises in weight room.

Number Needed: 8-12 sets in Lifting Area

Cost Per Set: \$500.00

Rogue Additional 45lb Plates



Description: Extra 45lb plates for all the heavy weight we move as a program.

Number Needed: 18-24 extra plates in Lifting Area

Cost Per Plate: \$127.00

Weight Room Area



Rogue Olympic Bar Bells

Description: High quality bars that will take the tension loads of the weight moved by the program.

Number Needed: 8—14 bars in Lifting Area

Cost Per Bar Bell: \$500.00



Rogue Dumb Bell Set

Description: Set of Dumbbell weights to be used for various single joint based lifting exercises.

Number Needed: 1 set in Lifting Area

Cost Per Set: \$660.00

Cardio Area



Woodway Pro Series Treadmill

Description: High Speed treadmill capable of going 13-15 mph and greater incline/decline capabilities.

Number Needed: 2 Pro Treadmills in the Cardio Area

Cost Per Treadmill: \$14,200.00



Woodway 4 Front Treadmill

Description: High quality everyday treadmill with speeds up to 14 mph. Sleek and made to last.

Number Needed: 2—4 Treadmills in the cardio area.

Cost Per Bar Bell: \$12,050.00

Cardio Area



Woodway Force 2.0 Treadmill

Description: Resistance based treadmill that operates off athletes own propulsion. Power output enhancer.

Number Needed: 1 treadmill in cardio area.

Cost Per Treadmill: \$19,455.00



Woodway Boost Treadmill

Description: Anti Gravity treadmill used to take weight off athlete while injured so they can continue to train.

Number Needed: 1-2 Boost Treadmills in cardio area.

Cost Per Treadmill: \$36,000.00



Woodway Wattbike

Description: Spin based bike that tracks power output data and comparison between Right and Left side.

Number Needed: 1 Wattbike in cardio area.

Cost Per Bike: \$2,975.00



Eliptigo Bicycles

Description: Low impact mobile bicycles that mimic running mechanics for athletes who are injured.

Number Needed: 2—4 bicycles for training facility

Cost Per Bicycle: \$1,300.00



Spin Bike by ProForm

Description: High quality spin based bicycle for athletes to keep turnover high but low impact.

Number needed: 4—6 bicycles in cardio area.

Cost Per Bicycle: \$1,000.00

Pole Vault Area

Pole Vault Pits—UCS Spirit



Description: Model 1900 pits that have been a staple to the program since 2006.

Number Needed: 1 Pole Vault Mat set up.

Cost: \$16,805.00

Pole Vault Standards



Description: Standards used to place a bar or bungee for clearance during the pole vault.

Number Needed: 1 set of standards.

Cost: \$4,566.64

Pole Vault Crossbars



Description: Crossbars used for clearance in a competition setting.

Number Needed: 4 crossbars

Cost per crossbar: \$98.00

Pole Vault Pole Storage Rack



Description: We will design and develop a rack system to safely store the poles used by the athletes.

Number Needed: 1 rack

Cost to design and build: \$1,000.00

Prototype Pole Vault Box System



Description: Working with UCS Spirit to develop a prototype box system that will allow us to raise and lower the depth of the box as training demands. Lower the box the easier it is to rotate poles. Allowing us to jump on longer poles from shorter approaches. This will give our athletes an advantage in training settings.

Number Needed: 1 main vault box setup

Estimate Manufacturing cost: \$5,000.00

Pole Vault Area



2nd Standard Pole Vault Box

Description: A second box in the ground allowing us to run two pits for camps and clinics during the year.

Number Needed: 1 standard vault box.

Cost: \$750.00

High Jump Area



High Jump Pits—UCS Spirit

Description: Model 1300 pits that give our jumpers a large area to land on.

Number Needed: 1 high jump mat set up.

Cost: \$16,805.00



High Jump Standards

Description: Standards used to place a bar or bungee for clearance during the high jump.

Number Needed: 1 set of standards.

Cost: \$1,467.00



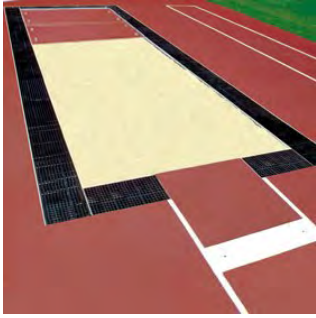
High Jump Crossbars

Description: Crossbars used for clearance in a competition setting.

Number Needed: 4 crossbars

Cost per crossbar: \$98.00

Long Jump Area

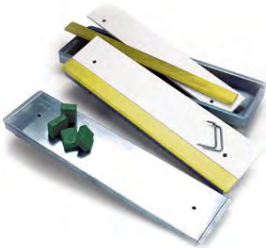


Long Jump Pit Form and Cover—UCS Spirit

Description: Sand pit for the jumpers to land and a cover system.

Number Needed: 1 landing area.

Cost: \$15,525.00



Take off Boards for LJ/TJ area

Description: Take off systems for Long Jumpers and Triple Jumpers.

Number Needed: 3 Boards locations on runway

Cost for each board: \$924.00

Throwing Area

Indoor Throwing Rings



Description: Portable throwing rings for indoor Shot Put and Weight throw.

Number Needed: 1—2 rings for practice setting.

Cost per ring: \$2,982.00

Throwing Implement Stopper



Description: Barricade system to place on the edge of throwing area to stop the implements from rolling any further than desired.

Number Needed: 6 sections of stoppers

Indoor Throwing Area Drop Down Cage



Description: A protective netting system that drops down from ceiling to protect the throwers.

Number Needed: 1 netting system

Estimated Cost to Develop: \$15,000.00

Sprinting Area



Hurdles for Straight Away

Description: Automatic raising and lowering hurdles to be used on the running area for training and racing.

Number Needed: 50 hurdles will be needed to compete.

Cost per Hurdle: \$410.00



Starting Blocks

Description: Used for the start in sprinting based races.

Number Needed: 8 starting blocks

Cost per Starting Block: \$410.00



Starting Block Cart

Description: Cart used to hold the starting blocks.

Number Needed: 1 rack

Cost: \$1,316.00



1080 Sprint

Description: Sprint resistance and overspeed machine that controls the speed at which you are pulled and pull against electronically.

Number Needed: 1 system

Cost: \$24,000.000



Prototype Downhill/Uphill Runway Surface

Description: Working with a company called Velocity Sports to design a portable runway system that will allow for the training of uphill and downhill sprinting while being indoors. The portable system will break down neatly for storage. Giving us the ability to train resistance and overspeed indoors year round.

Number Needed: 40-60 meters worth of runway system

Estimated Cost to Develop: \$70,000.00

Office and Miscellaneous



Automatic Stand-Up Desks

Description: Desks that raise and lower allowing the coaches to sit or stand at their desk.

Number Needed: 4 Offices in building.

Cost Per Desk: \$700.00



Miscellaneous Furniture

Description: Chairs, tables and sofas for the lounge area.

Estimated cost: \$7,500.00



Miscellaneous Cabinets

Description: Storage units in the office and lounge areas.

Estimated cost: \$1,500.00



Miscellaneous Electronics

Description: Televisions and computers for athlete and coaches use inside the complex.

Estimated cost: \$7,500.00



Storage Room Shelving

Description: Shelving system for the equipment in storage room.

Number Needed: 1 netting system

Estimated cost: \$2,00.00

Office and Miscellaneous



Finishing Timing Equipment—Finish Lynx

Description: Timing equipment for the hosting of competitions.

Cost: \$50,000.00



Surface Cleaner

Description: Cleaner to keep the rubber surfacing in great shape.

Estimated cost: \$15,000.00



Transportation Cart—Gator

Description: Ability to move equipment around the campus and to John Young for Outdoor Practice.

Estimated cost: \$14,000.00

Training Room



Hydrocollator

Description: Heat Packs for athletes before workouts.

Total Cost: \$1,105.00



Vectra Genisys

Description: Stem and ultra sound system for treatment.

Total Cost: \$4,447.00

Training Room



Game Ready Unit

Description: Icing apparatus used to enhance blood flow.

Total Cost: \$3,295.00



Normatec System

Description: Pressure system to help increase blood flow.

Total Cost: \$5,000.00



2 Person Taping Table

Description: Table used for the treatment of athletes.

Total Costs: \$2,303.00



Treatment Tables

Description: Table used for the treatment of athletes.

Total Cost: \$1,945.00



Adjustable Stools

Description: Stools used by trainer while treating athletes.

Total Cost: \$495.00



Ice Machine

Description: Machine used for the creation of ice for ice backs.

Total Cost: \$5,249.00

Training Room



Training Room Supplies

Description: Starting supplies for the training room to stock it ready for athletes needs.

Total Cost: \$6,500.00



4 Person Cold/Hot Tub—Cold Tubs

Description: Ice and hot bath tubs for recovery purposes.

Number Needed: 1—2 tubs for multiple person use

Cost per tub: \$19,900.00



Sauna Unit

Description: Sauna treatment for recovery of athletes after hard intense workout sessions.

Total Costs: \$1,200.00



Power Plate Unit

Description: Vibration system used for flexibility and recovery.

Systems needed: 1 - 2 for training room area.

Cost per System: \$4,000.00