

4700

The New Athletic Center
A COMPETITIVE ADDITION

THE SPIRIT OF **FRA** SPOTLIGHTS





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In June, the new athletic center opened, and our student athletes were able to begin training in this new space. In addition to the 4,000 square foot state-of-the-art Crockett and Tansil Fitness Center, this space contains women's and men's home and visitor locker rooms, digital screens that display the FRA Hall of Fame photos and accolades, coaches' offices, team storage, and a new training room. There are multiple windows in the Hall of Fame lobby that overlook the upper school gymnasium and create a space large enough to entertain small gatherings of students, parents, and alumni. It's more than just a place to work out. It's a place to spend quality time with people from the FRA community. ➤

A dance and wellness space, new wrestling room, and team video room are adjacent to this facility, consolidating all of our athletic spaces and creating a new athletic center facing the Hill and all of our athletic fields.

While more than 80 percent of FRA upper school students participate in at least one sport each year, the new Crockett and Tansil Fitness Center was created to serve all of our students, to be used for physical education, and ultimately to instill a lifelong love of physical fitness and healthy living. Our goal is for all of our students to be familiar and comfortable with the various machines in a weight room and know how to safely and properly work out with weights even after they graduate from FRA.

“This summer it was exciting to see our students walk in and to literally see their eyes pop out of their heads and their jaws drop. They were so excited to see what they just walked into,” director of athletics Kris Palmerton said. “They’ve never seen that here on campus, and I don’t believe they imagined it could be this nice. They knew it was being built but not to the level that we’ve taken it.”

Our students pass through the Hall of Fame and the senior athlete mural wall each day—a design that was extremely intentional. When the students see State Championship trophies won in the past, photos of our alumni competing at the collegiate level, and a mural of our graduating student athletes, they may aspire to one day have their picture on that wall or to compete on a team that wins another State Championship. They know that hard work in the weight room can help them accomplish that.

“The amount of space and equipment we have has nearly tripled from our previous space,” strength and conditioning coach Addrian

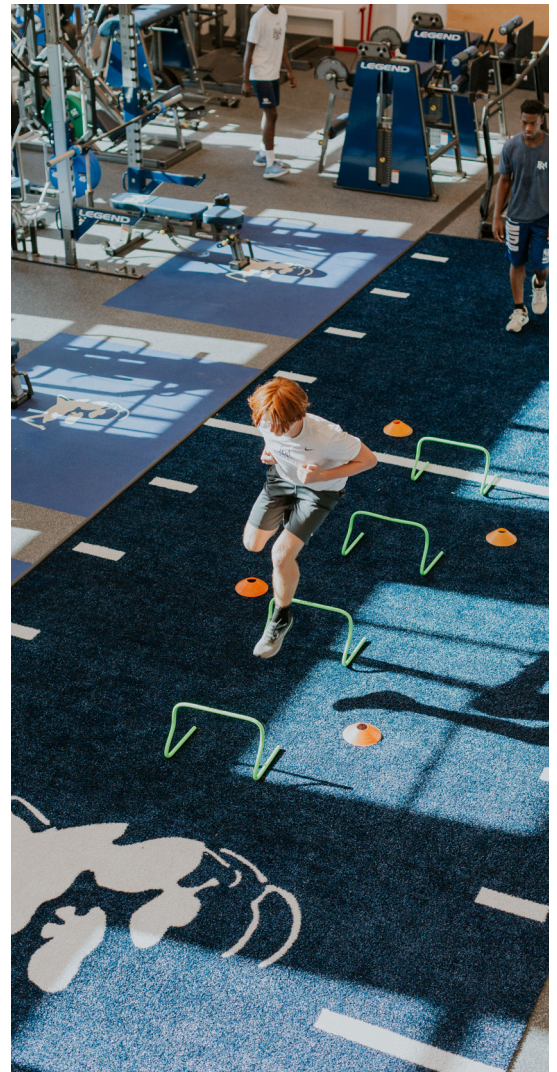


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– KRIS PALMERTON –
DIRECTOR OF ATHLETICS

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– BILL WHITEMORE –
HEAD VARSITY FOOTBALL COACH



Frederick said. “This has allowed us to maximize our time, especially with the restrictions 2020 has given us. We have more options to safely get a large amount of student athletes in the facility to train. I’ve seen our students’ confidence improve the most,” Frederick said. “This confidence, especially at a young training age, will breed success in all areas of their life.”

“Our lower school students are already enamored with the upper school students, so when they walk through the Hall of Fame and see pictures of these students, they know that they want to be a Panther for life,” Palmerton said.

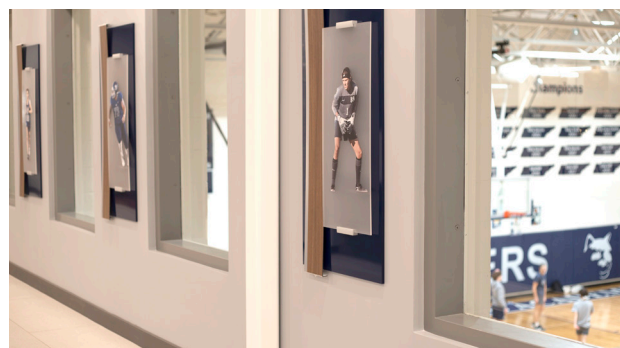
One of the biggest impacts of this space is that it creates more community. In addition to attracting the best coaches, teachers, and students, it creates a place for them to come together and feel a strong sense of belonging beyond academics.

The new athletic center also extends our community and brings back previous generations of students, families, alumni, and athletes as they move on throughout their lives.

“This new space is inviting,” varsity head girls soccer coach Becky Knight said. “The weight room specifically is a fun, competitive space where our students love to be.”

“We’re seeing that with the space that is allotted for our team to work, we’re getting more work done in a shorter amount of time,” varsity head football coach Bill Whittemore said. “With the whole team able to work together, our younger guys are able to see the work ethic of the upperclassmen. It also allows us to get some time back in the day since we can move the team through quicker. Not only is that valuable to get more practice time, but it also gets our students home earlier for dinner and homework.”

“There is a new energy in and around the weight room,” Whittemore said. “Our students love



coming into this space and utilizing all it has to offer. It is also a great stop for our prospective families to see and know that athletics is an important piece to the FRA community.”

“This space will help our teams with their confidence and mental toughness,” Whittemore said. “They are putting in the work to make themselves bigger, faster, and stronger, all of which it takes to compete at a high level.” ■

Visit www.franklinroadacademy.com/4700 for a video showcasing the new athletic center.