



SALINE HIGH'S \$100,000 DREAM!

Photos by Brett Delgado

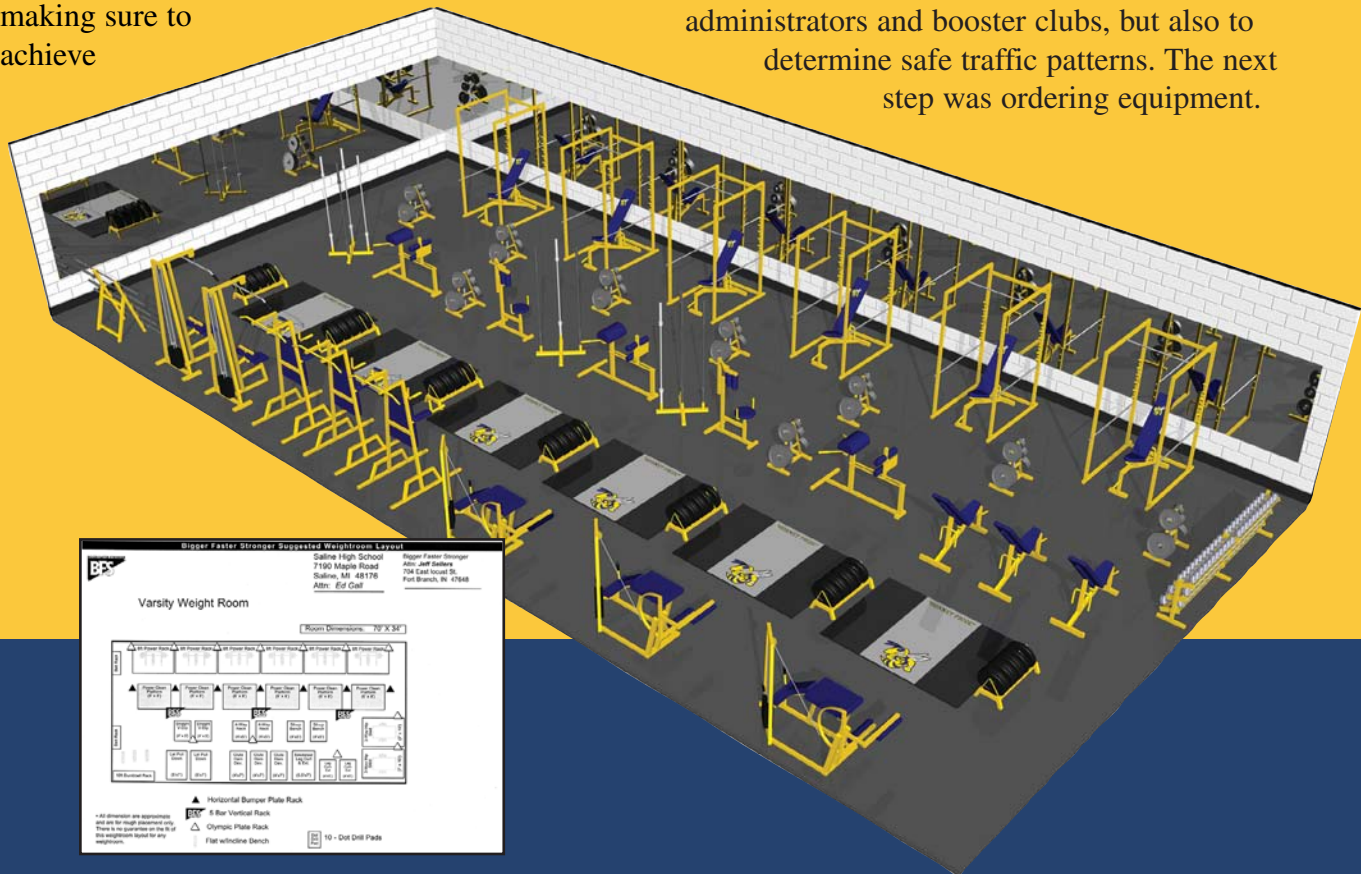
The step-by-step process used to build one of the finest high school weightrooms in the country

One of the best high school weightrooms in the country now belongs to Saline High School in Saline, Michigan. BFS Midwest Director Jeff Sellers worked with Athletic Director Ed Gall and Head Football Coach Mike Glennie to develop what they call an “athletic development system” to provide the best training environment and workout system for athletes and the general student population.

“Ed Gall is one of the highest-quality athletic directors I have ever met in the country” says Sellers. “When we put together the Saline project he was relentless on quality and detail, making sure to achieve

the goal that Saline would have the best strength and conditioning program as well as the best PE program in the state of Michigan.” Sellers says Glennie “is a hardcore BFS man” who believes that kids should have opportunities to be multi-sport athletes.

The Saline project began with BFS using its advanced computer design systems to develop a 3-D computer model of the new weightroom. This is a new service offered by Bigger Faster Stronger that has been a tremendous help in the planning phase. Not only does this process enable you to develop impressive proposals for administrators and booster clubs, but also to determine safe traffic patterns. The next step was ordering equipment.



From Concept to Completion



Much of the equipment was customized with school colors and school logos to create a sense of pride and ownership in the gym. BFS did the rest, delivering the equipment on a schedule and installing it according to the design model.



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In the photos above and at right you see the finished product: custom equipment of the highest quality. Definitely this is one of the finest weightrooms in the country. Congratulations, Saline High School – BFS is proud to be a part of your success.

