



***SPORTS***  
***PERFORMANCE***  
***CENTER***

## NEW SPORTS PERFORMANCE PROFESSIONAL

Beginning August 1, Greenwich Academy will expand its Sports Performance programming with the addition of a dedicated Sports Performance professional to lead strength, conditioning, and injury-prevention efforts for our student-athletes. This role will primarily serve students in Group VII-XII, ensuring that Middle and Upper School athletes receive age-appropriate, developmentally sound training that supports both performance and long-term health.

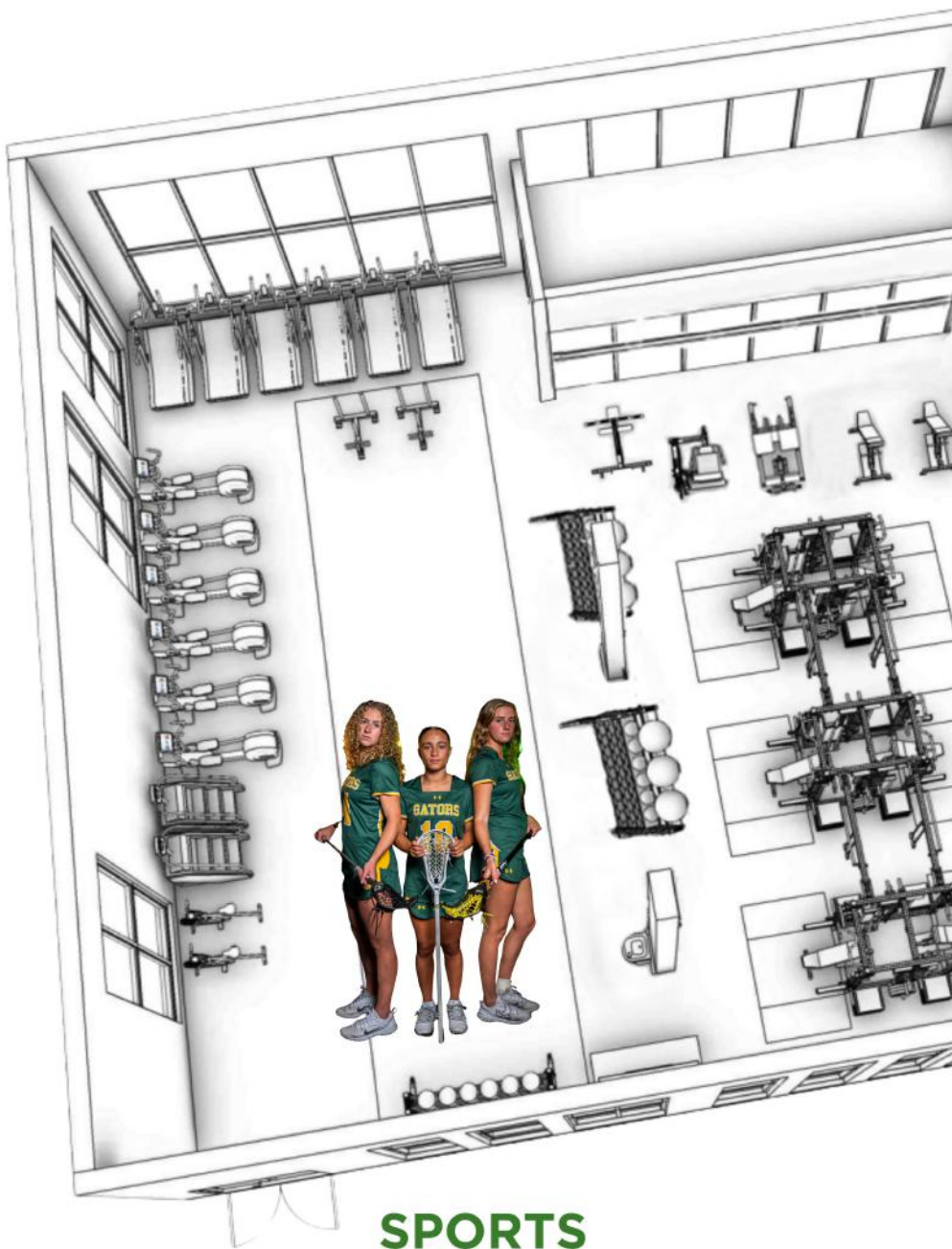


## REIMAGINED SPORTS PERFORMANCE CENTER

To best support this position, Greenwich Academy's Fitness & Wellness Center will be reimagined as a hub that supports the development of GA students. The focus will be on:

- In-season and off-season programming
- Movement education and foundational skill development
- Injury-prevention strategies and post-injury return-to-play
- Integration of select Physical Education classes, introducing beginner, intermediate, and advanced lifting techniques
- Recovery, mobility, and wellness instruction for Middle and Upper School students





**SPORTS**

**PERFORMANCE CENT**



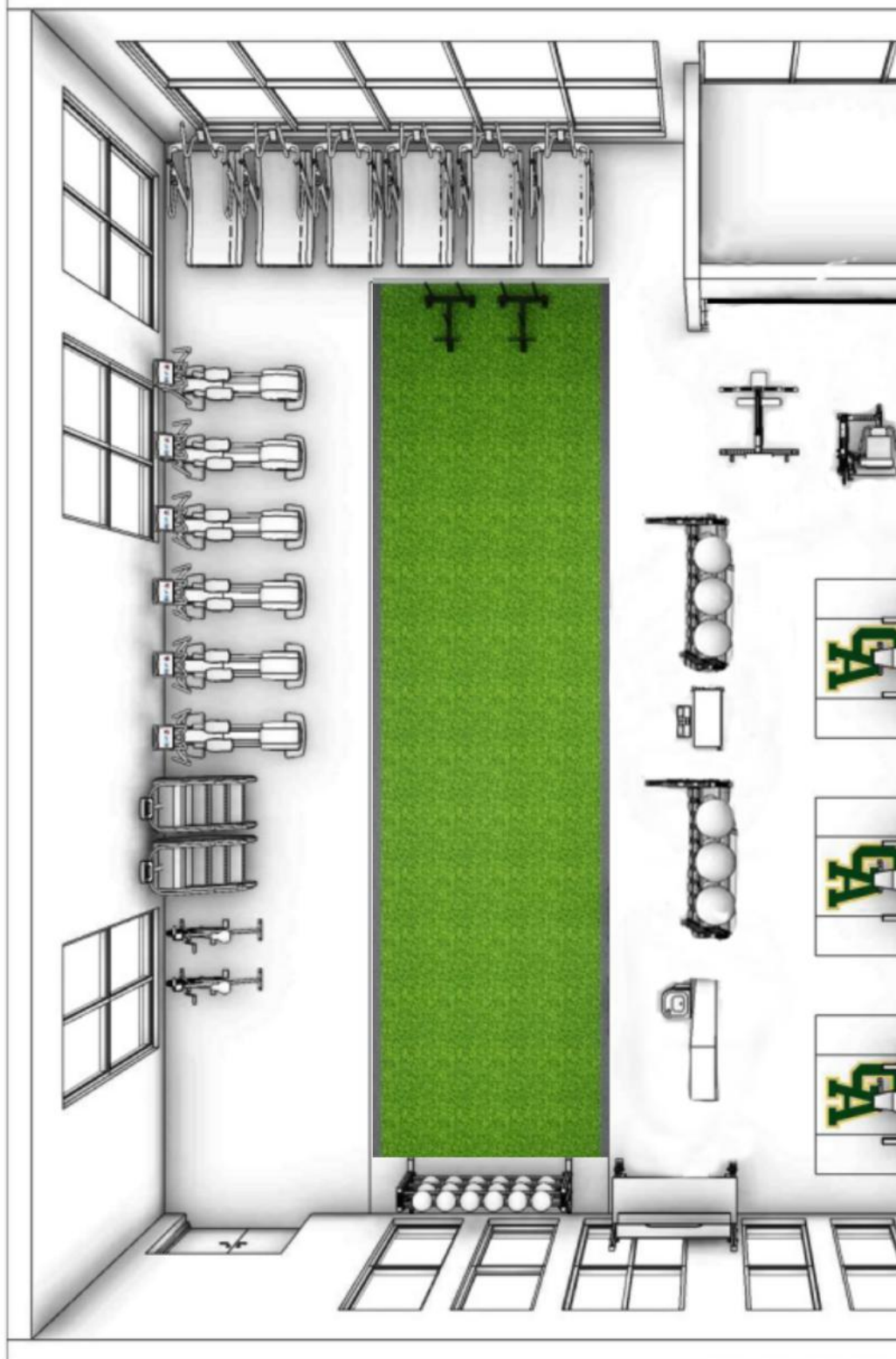
# A Modernized, Reimagined Fitness & Wellness Center

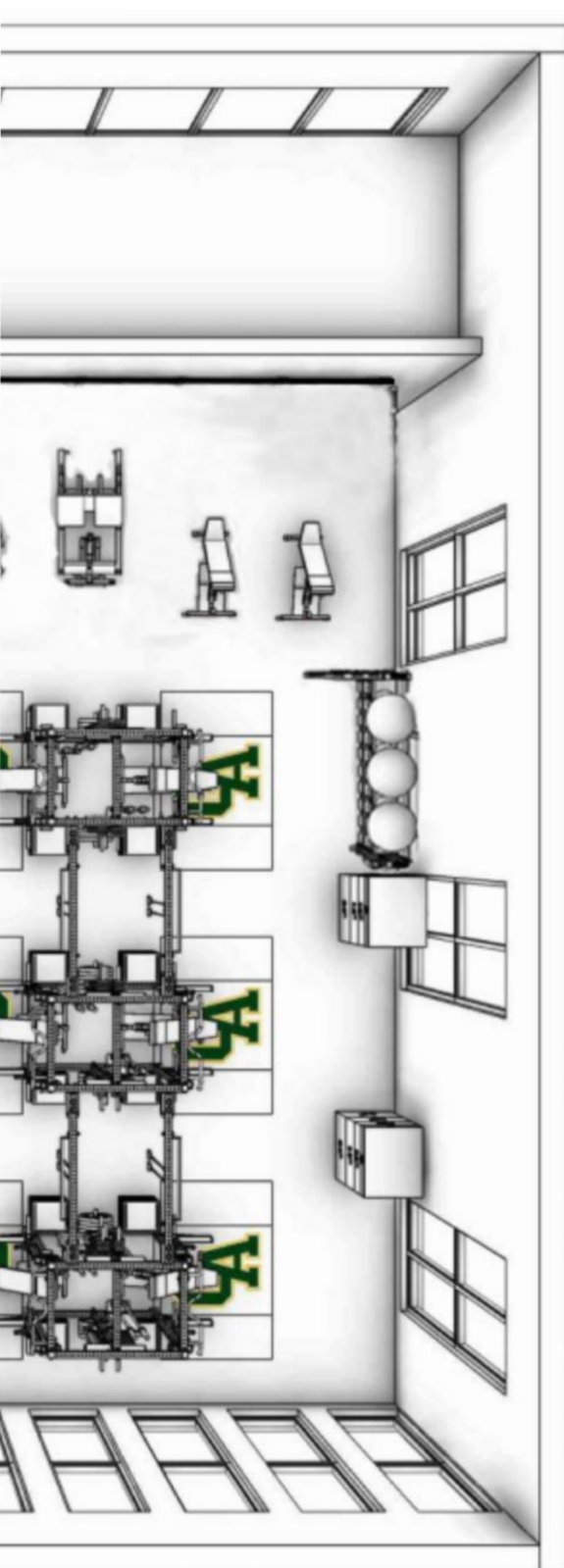
Hub for Health, Strength, and Wellness

This investment will directly support:

- Student development, safety, and injury prevention
- Age-appropriate strength and sports performance programming
- Resources and tools to promote mindfulness and intentional recovery
- A cohesive athletics, PE, and wellness experience

The Center will be primarily dedicated for use by Groups VII-XII. Limited and structured use will be incorporated for younger grades to introduce students to proper movement patterns and basic equipment in a supervised, age-appropriate manner.





## PROJECT SCOPE & EQUIPMENT UPGRADES

Replace all equipment with college-level caliber, state-of-the-art, upgraded sports performance equipment that aligns with the program.

New Paint, Flooring,  
Turf Surface, Custom

Logo Branding

TR Treadmills

Rear Drive Ellipticals

StairMasters

Echo Bikes

SkiErg

Dual Half Racks

Benches

J-Squat Package

Agility Ladder

Slide Board

Dumbbells

Kettlebells

Balls and Bands

Foam Rollers

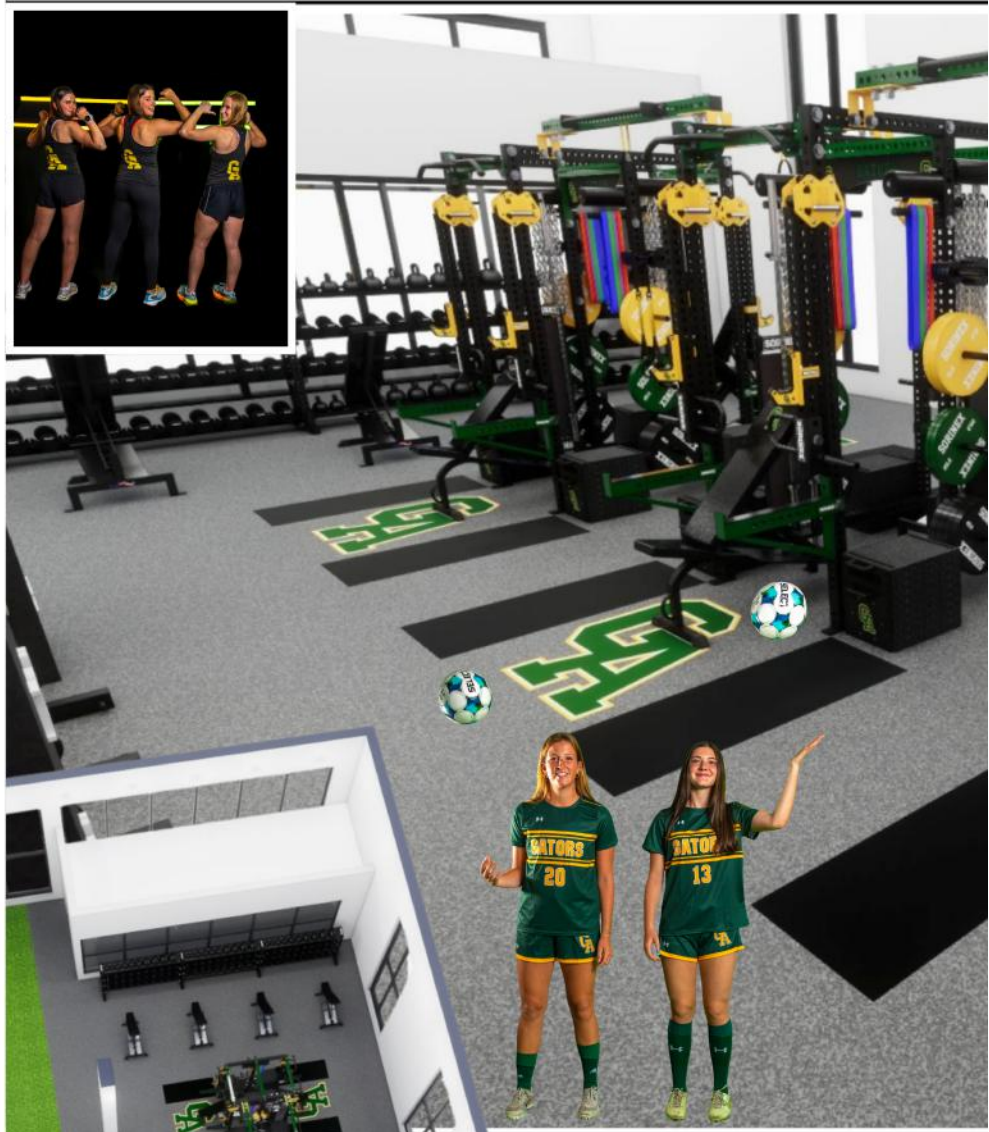
Timing System

Storage Racks

and More!



# GREENWICH ACADEMY



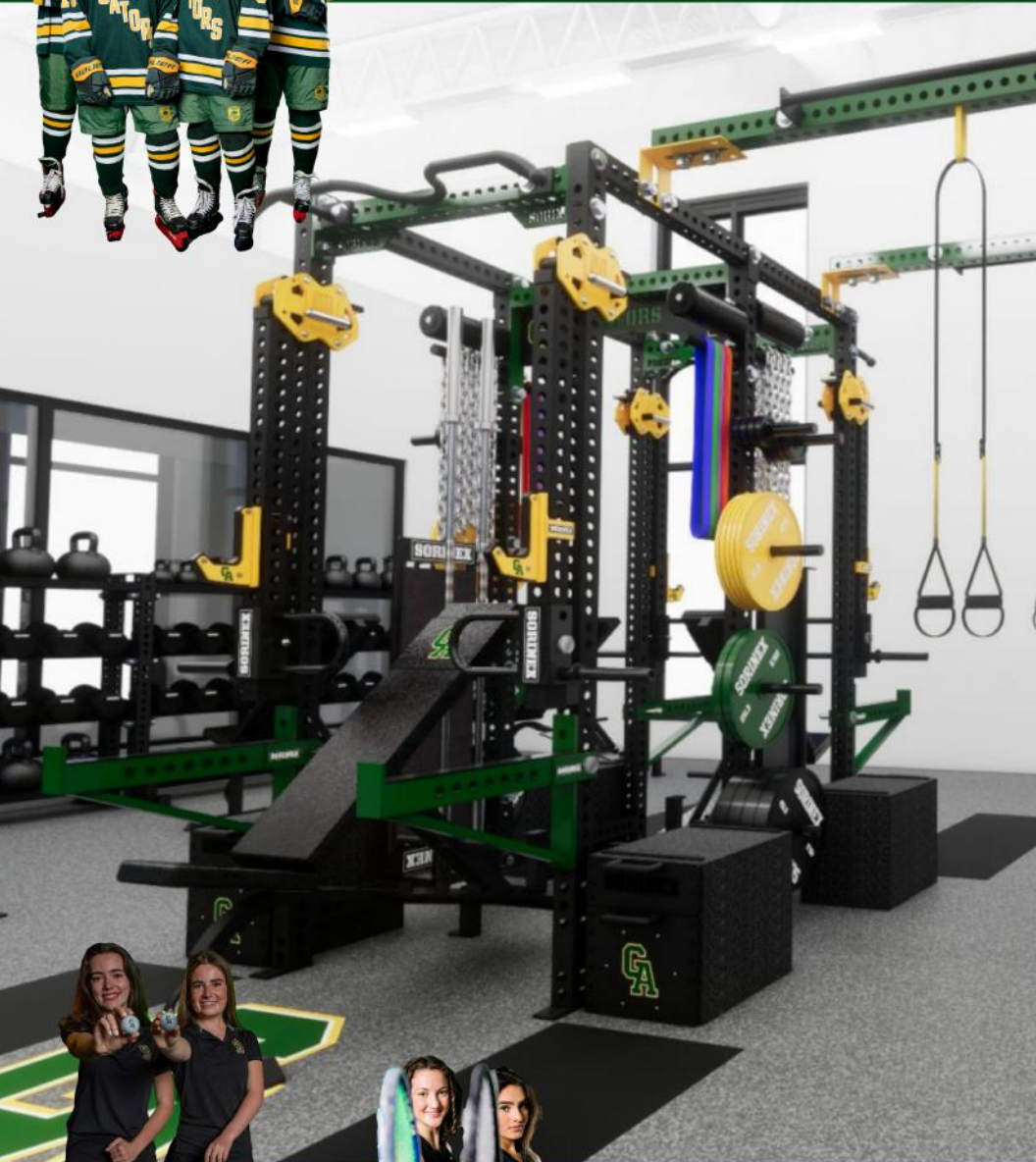
*This center will reflect  
are foundational skills  
available for in- and out  
at all levels, as well*

# SORINEX



*our belief that strength, movement, and recovery  
s for girls, both in athletics and beyond. It will be  
ut-of-season Middle and Upper School team sports  
l as for physical education and recreational use.*

# All Sports Training



# ing & Conditioning





## **Additional Considerations:**

### **Wearables**

GPS technology that tracks heart rate, distance, and speed provides better feedback for coaches in training.

Biomechanical analysis tools

### **Performance Software**

Platform that streamlines programming, video demonstrations, tracking, and progress, all in one place.

### **Group Challenge Leaderboards**

### **Maintenance Support for the Space**

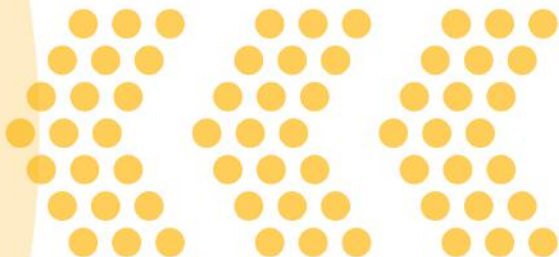
### **Weight Room Education**

The ability for a non-sport athlete to learn and be comfortable in a weight room, a critical skill for lifetime wellness.

aining volume,  
ng sessions

g,  
through an app

be confident  
wellness!





## TIMELINE

Plan and Cost Assessments

Hire Position & Raise Funds

Construction

Install

Positioning Center by F



JAN

FEB

JUNE

LATE JULY  
EARLY AUG



**PROJECT COST BREAKDOWN:**

**\$1.5M**

**OVERALL FUNDRAISING GOAL**

**\$750K**

**CONSTRUCTION &  
EQUIPMENT**

DEMO, REMOVAL & INSTALLATION  
ALL NEW EQUIPMENT

**\$750K**

**ENHANCEMENTS &  
MAINTENANCE**

Season Starts  
Winter Opens  
Preseason



**AUG**



FOR MORE INFORMATION

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**ATHLETIC EXCELLENCE**



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