

View results

Respondent

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Gus Ramasco

1318:20

Time to complete

Applicant Information

1. **Name ***

Gus Ramasco

2. **School/Department ***

KHS/PE

3. **Phone Number ***

(775) 421-3118

Purpose and Objectives

4. **Brief Description of the Project/Initiative** *(Provide a concise overview of what you are planning to do) **

Beginning next academic year, my Fitness classes will be divided into two categories: standard Fitness and the newly implemented Athletic Fitness. The standard Fitness class will operate as it has for many years, with an emphasis on developing strong exercise and health habits for the general student population, while Athletic Fitness will focus on developing our athletes and maximizing their performance. I have communicated with coaches from several top-performing schools about their strategies and technology has been a main aspect of their success training their athletes. At Kimberly High, I'd like to equip each of our lifting racks with a tablet (for individualized programming) and a barbell velocity tracker (for implementation of the very widely-used velocity-based training), among a few other pieces of technology.

5. Goals and Objectives *(Describe the specific goals and objectives of the project/initiative and how they align with the district's mission and support student learning) **

Upon accepting the job at KHS, I was informed of some lack of interest in Fitness classes among athletes, specifically varsity athletes. Throughout this school year I have worked hard to help discover the cause of this and formulate strategies to gain and retain varsity athletes in Fitness classes. I believe that the cause is that while we have dramatically improved **where** we train our athletes (by upgrading the physical layout of the weight room), we can do more to improve **how** we train our athletes. Two ideas for improvement come to mind; renaming and restructuring class offerings (standard Fitness and Athletic Fitness) and incorporating modern technologies into our programming to legitimize and bolster the KHS Fitness opportunities and merits.

Running classes with rosters in the mid to high 30s is great because we can get many students into Fitness classes, but with high numbers comes lack of ability to diversify training programs. As it stands, I am only able to program for an entire class period, with no ability to individualize. With a tablet equipped at each rack running a programming app (called Teambuildr), I would be able to group students based upon common traits (primarily by sport or sport offseason) and design individual programs that differ from other students in that same class period. These tablets would also allow me to incorporate an athletic-focused method of training, called velocity-based training, which emphasizes athletic performance output. Our competitors have implemented this form of training with much obvious success (namely Sugar-Salem).

I have been fundraising on my own but have not raised nearly enough to equip our weight room with these technologies. I have been able to purchase one complete rack setup (tablet, case, mount, velocity tracker), however, and firmly believe that this idea can revitalize our Fitness program and make great strides on uniting our athletics department as a whole. The students that I have demonstrated the tablet and tracker's capabilities for have been very intrigued and overall excited about potentially implementing technology into our training programs.

Survey results of returning students has been very promising since the change from "Advanced Fitness" to "Athletic Fitness."

Funding Details

6. Total Amount of Funds Requested *

Tablets (top priority) = \$2,951, supplementary items = \$2,984.25

7. Current/Future Funds *(What funds are currently available for this project and describe future fund-raising plans) **

Through private fundraising on my own, \$1,700 gross just over \$1,000 net. I will continue to fundraise by selling "Kimberly Strength" merchandise, but after these funds have been raised I have no other upgrade plans.

8. Estimated Cost for Students *(What is the estimated "out of pocket" cost per student) **

\$0

9. Budget Breakdown *(Provide a detailed budget, including specific items, quantities and costs) **

Tablets (11) = \$1646.37, tablet cases (9) = \$621.00, tablet mounts = \$643.77, tablet screen protectors = \$39.96, barbell velocity trackers (9) = \$1,805.02, barbell velocity tracker/vertical jump tracker bundle = \$1,004.23, broad jump mat = \$175. I have all of this information detailed and itemized in a spreadsheet available upon request.

Impacts and Outcomes

10. **Target Audience** *(Specify who will benefit from this project/initiative, such as specific student groups, grade levels, number of students, etc.) **

All KHS Fitness students (the most popular, by enrollment, class on campus), with special emphasis on KHS student-athletes in the upcoming Athletic Fitness.

11. **Expected Outcomes** *(Detail the expected impact on student learning and academic experience) **

I firmly believe that interest in on-campus Fitness and retention of our athletes already in class will be greatly impacted. These technologies will allow me to individualize sport-specific programs for every student, eliminating the current "one size fits all" approach. When students (specifically athletes) hear about our new training methods, they will want to be in Athletic Fitness.

12. **Evaluation Plan** *(Describe how you will assess the success of the project/initiative) **

Enrollment numbers, individual performance patterns, sport competitiveness.

Additional Information

13. **Previous Funding** *(If applicable, list any previous funding received for similar projects/initiatives and their outcomes) **

I've sold t-shirts and decals to attempt to fundraise for this project. I met my personal goal by being able to acquire one set-up to test and ensure that it will be beneficial. Now that I have deemed it to be very beneficial, I'm hoping to gain more funds and equip the rest of the weight room.

14. **Additional Comments** *(Include any other information that may be relevant to the board's decision) **

Many of our varsity athletes have avoided enrolling in a Fitness class. I believe that is mainly due to the limitations of how our classes are able to/required to operate currently. With these funds and the rollout of the new Athletic Fitness program, I will be able to completely revitalize on-campus Fitness and garner interest and boost retention of our athletes. My goal is to unite all athletics at KHS through athletic training. I would greatly appreciate all the help I can get in achieving this fundraising goal. Thank you.

Approvals

15. **Applicant Signature** *(Type name below) **

Gus Ramasco

16. **Principal/Director Signature** *(Type name below) **

Darin Gonzalez

17. **Date** *

3/4/25

Submission Instructions

Please submit completed form at least 10 business days prior to the regularly scheduled board meeting to be considered for funding. Board Meeting dates can be found at <https://www.kimberly.edu/board-meeting-dates>

The Board kindly requests that a representative, including student representative(s), from your organization be present at the board meeting where your funding request will be discussed. This will allow for any questions or clarifications to be addressed as needed