

HOW TO

BUILD OR RENOVATE A TRAINING ROOM



10 Easy Steps...

1 Weigh your needs.

Perform a literal walk-through of your current facility to determine your needs, both now and in the future.



2 Talk it out.

Make sure you get input from those who will use the space daily: your athletic trainers.



3 Cover your areas.

Consider the needs of various sports and the size differentials of your athletes when planning your training room.



4 Go with the flow.

Establish proper, ergonomic traffic flow and set aside some quiet areas for office space.



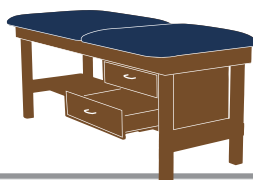
5 Rely on the professionals.

Work closely with your engineers and architects to ensure that your layout is also economical.



6 Be well equipped.

Consider your furniture and equipment at the outset.



7 Go custom.

Custom equipment doesn't cost as much as you might think – and you'll actually save in the long run.



8 Don't forget about storage.

Maximize every bit of dead space possible to provide storage for all your equipment needs.



9 Stick to a budget.

Work with your vendor to maximize your budget and ensure your needs are met.



10 Brand it!

Logos, custom colors and other graphics can be applied to nearly any surface in your training room.

