



ST. MARK'S SCHOOL

SOUTHBOROUGH, MASSACHUSETTS

The New Athletic Performance Center **Supporting Academic Success Through Fitness and Conditioning**

Today **St. Mark's** is in a position of **great achievement and still greater promise**. In recent years we have strengthened our academic program, establishing a profile that befits St. Mark's tradition of excellence and has become a model for other educators. In our daily work, our faculty and staff strive to create an environment where all members have access to the **essential tools to be their best selves**, so that they are prepared physically, emotionally and socially to **lead lives of consequence**. To that end, we are embarking on a significant renovation to Elkins Field House. We will create a new, cutting-edge \$1.2 Million **Athletic Performance Center**. This Center will provide our students with the means necessary to excel athletically and enhance their academic success through peak physical fitness. The new **Center will open** for the **2018-19** academic year.

Key facility improvements:

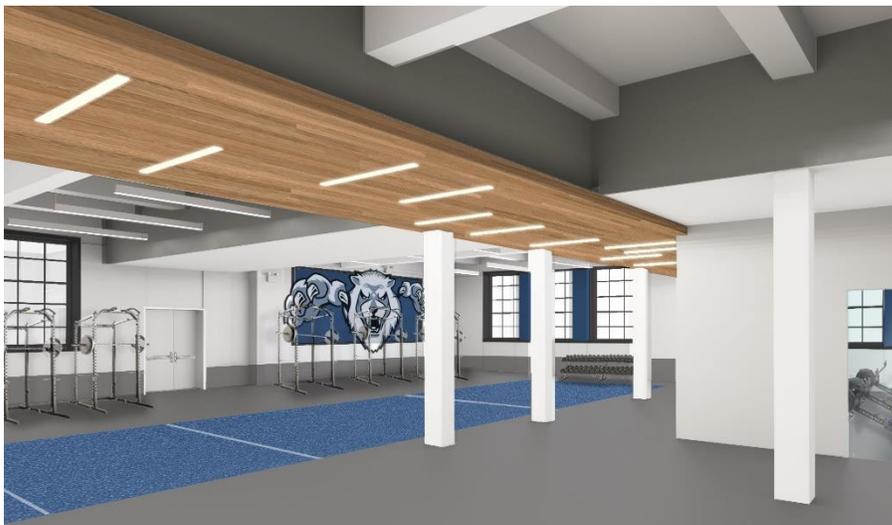
- Create a **state of the art strength and conditioning facility**
- Add 2,700 new square feet of climate-controlled space dedicated to team training and students of all fitness levels yielding a **total 5,000 square feet of athletic facilities** for individual conditioning and athletic wellness
- Construct an agility training space on a 50' x 10' turf surface;
- Reclaim **Elkins Field House as the entry point to our athletic complex**. The plan includes enclosing the cloisters to accommodate foot traffic from the Main Building to Elkins Field House and between the Athletic Performance Center and the Fitness Room.



The **Athletic Performance Center** will serve students who seek to **improve their agility, speed, and strength** in all their athletic pursuits. Six training pods each utilized by 3 to 6 students will anchor one wall of the Center. Each pod will house bench racks for weights and deadlift floor pads for safe strength training. Additional equipment such as plyoboxes, medicine balls, and Keisler functional trainers will line the other side of the space. The new Athletic Performance Center will also include a 400 square foot training room for 7-8 rowing machines.

For our Varsity athletes who seek to play sports in college, this Center will provide the tools required to achieve such a goal. Creating **this new space means the School's total square footage of athletic space will nearly double**. A student that starts playing on a Thirds team and wants to play on Junior Varsity and the student playing on JV who wishes to advance to Varsity level competition will find this an ideal exercise space. Our current fitness room will remain, housing cardiovascular machines and other exercise equipment open to all members of the School community.

A new **Athletic Performance Center** will have a direct and positive impact on our students and further enhance our position among independent schools. We know the positive impact of consistent aerobic exercise, weight bearing exercises, and practicing mindfulness on brain growth. It sharpens the intellect, improves memory and combats stress. **Athletic competition and wellness are an integral component of the educational experience at St. Mark's**. This approach to athletic performance and health and wellness strategically advances our program and will distinguish the School from our peers. Most importantly, this Center will prepare our students for a healthy lifestyle beyond their days in Southborough.



Donor Recognition

You can leave a **lasting legacy** and further our mission by committing your support to the Athletic Performance Center now. Donors who support the Athletic Performance Center with **gifts of \$25,000 or more** will be recognized in a **special display** mounted in the newly renovated space.

For additional information about this project, please contact **Ms. Rita Kincaid, Director of Major & Principal Gifts at 508-786-6129** or ritakincaid@stmarksschool.org.