

# Tonka Wrestling Room Evolution

Russ Sanders

10/14/2015

# Problem Statement

- **Current wrestling facilities do not meet Minnetonka's code of excellence or support our ability to provide a positive wrestling experience due to shortfalls related to health and safety, cosmetic appeal, and functionality.**

# Athletic Department Survey at End of the Season. **Gaps Related to Room Highlighted**

6

Do you feel we met our goal of providing an enjoyable experience for you or your student athlete in this sport during this past season?

- Yes  
 No

7

Thinking about this sport during this past season specifically, please tell us if the student athlete's experience had a positive, neutral or negative impact on each the following areas of development:

self perseverance

self-discipline

ethical behavior

ability to work with others

leadership qualities

an understanding of the importance of health and fitness

goal-setting and follow-through skills

positive self-image

experience of competition

good sportsmanship

feeling of belonging

Quality of information communicated

Timeliness of communication

Learning about the sport

Improving technique in the sport

Sense of teamwork among the athletes

Ability of coach(es) to inspire teamwork

Ability of coach(es) to inspire individuals

Sportsmanship displayed by team

Sportsmanship displayed by coach(es)

Respect of athletes displayed by coach(es)

Respect of coach(es) displayed by athletes

Respect of athletes displayed to other athletes

Quality of coaching during practice

Quality of coaching during competition

Health and fitness development

Importance placed on academics

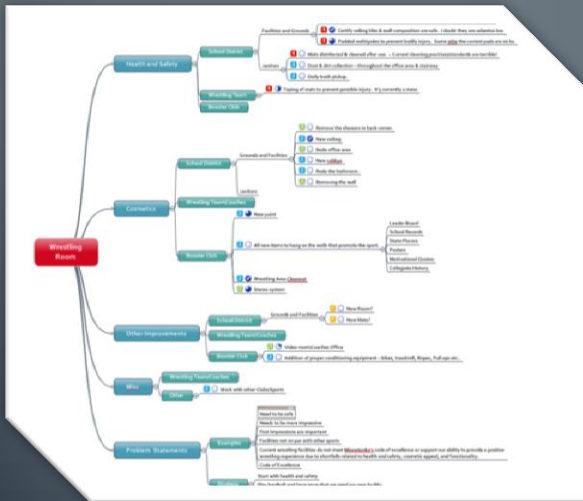
Adherence of MSHSL Rules by athletes

Enforcement of MSHSL Rules by coach(es)

Quality of equipment for this sport

# Community Planning Effort

- Meetings:
  - 9/17/2015
  - 9/21/2015
  - 9/28/2015
  - 9/29/2015



**Initiative Leader and Facilitator** - Russ Sanders  
**School Liason and Facilities Process Expert** - Jason Reader  
**Funding Advisor** - Dave Finken  
**Ideas Team** - Mark Christiansen, Doug Foote, Mike McAnally, Others

**Wrestling Room**

- Health and Safety
  - School District
    - Facilities and Grounds
      - 1 ✓ Fire exits which are easily accessible without congestion or having to pull back mats from doorway.
      - 1 ✓ Certify ceiling tiles & wall composition are safe. I doubt they are asbestos but they are definitely old.
      - 1 ✓ Padded walls/poles to prevent bodily injury. Some othe the current pads are no longer secured to the wall.
    - Janitors
      - 1 ○ Mats disinfected & cleaned after use. – Current cleaning practices/standards are terrible!
      - 2 ○ Dust & dirt collection – throughout the office area & stairway
      - 2 ○ Daily trash pickup.
  - Wrestling Team
    - 1 ○ Taping of mats to prevent possible injury. It's currently a mess
- Booster Club

- Cosmetics
- School District
  - Grounds and Facilities
    - 3 ○ Remove the showers in back corner.
    - 2 ✓ New ceiling
    - 3 ○ Redo office area
    - 2 ○ New cubbys.
    - 2 ○ Redo the bathroom.
    - 3 ○ Removing the wall
  - Janitors
  - Wrestling Team\Coaches
- Booster Club
  - 2 ✓ New paint
  - 2 ○ All new items to hang on the walls that promote the sport.
  - 2 ✓ Wrestling Area Cleanout
  - 3 ✓ Stereo system
- Other Improvements
- School District
  - Grounds and Facilities
    - 4 ○ New Room?
    - 4 ○ New Mats?
  - Wrestling Team/Coaches
  - Booster Club
    - 3 ○ Video room\Coaches Office
    - 2 ○ Addition of proper conditioning equipment – bikes, treadmill, Ropes, Pull ups etc..

# Goals

- Resolve Health and Safety Items by 10/12/2015
- Stretch Goal: Priority 2 Items resolved by 11/16/2015
- Medium Term Goals: Prior to End of Season
  - Basic Maintenance Completed
  - Room Decorated to Minnetonka Standards
  - Coaches Room Functional
- Long Term Goals: Need to Align with Building and Grounds
  - Wrestling Specific Strength Training
  - New Facility

## Requirements to meet Goals:

- Increased support from high school to access funding network
- janitorial staff support
- more initiative from high school coaches

# Clean-Up Team

- Russ Sanders
- Mark Christiansen
- Mike McAnally
- Dustin Michel
- Rich Barrett
- Joel Schrimpf



More Help Needed!

# Completed List

- Mats Cleaned, Repaired, and Taped
- Freshened up Water Fountain
- Repaired Backroom Water Fountain
- Painted Bench
- Signage Repair
- Painted Doors
- Cleaned Ceilings
- Record\Roster Board Hung
- Tonka Wave Banner Hung
- Bluetooth Added
- Weigh-in Room De-Cluttered
- Coaches Office De-Cluttered
- Pillars Painted
- Main Wall Painted
- Torn Wall Pad Repaired

## Volunteer Driven Results

Still need to engage School District

# Water Fountains

- Painted
- One in other room repaired



Replace with  
Modern Fountain  
with Bottle Filler

# Bench

- Painted



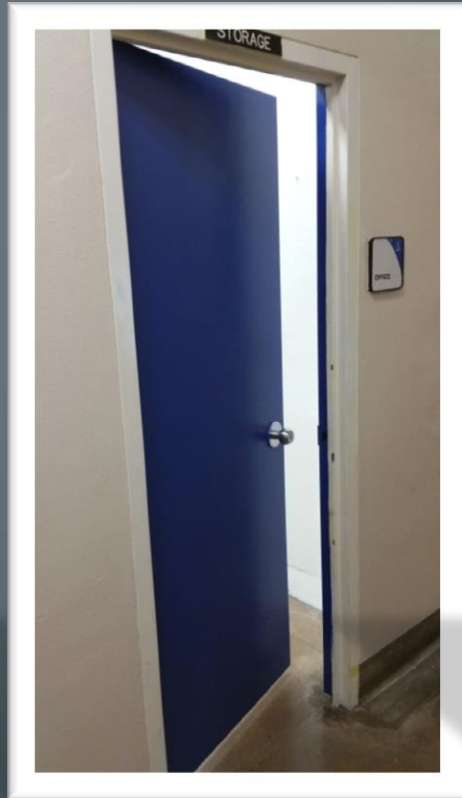
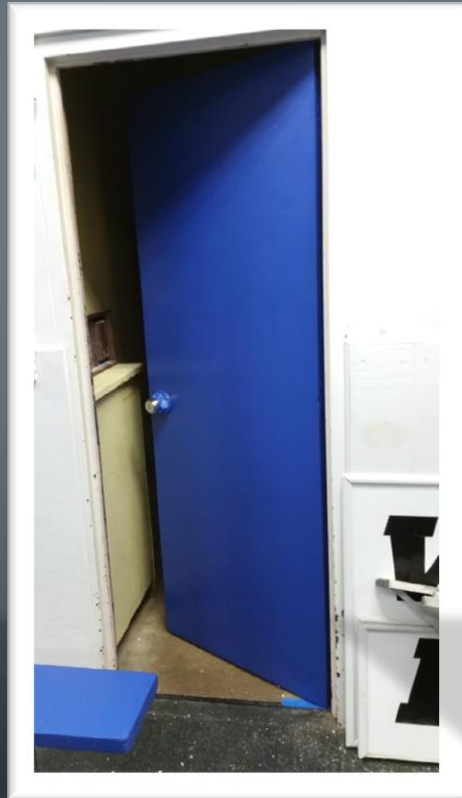
# Signage Repair

- Repaired
- Rehung



# Doors

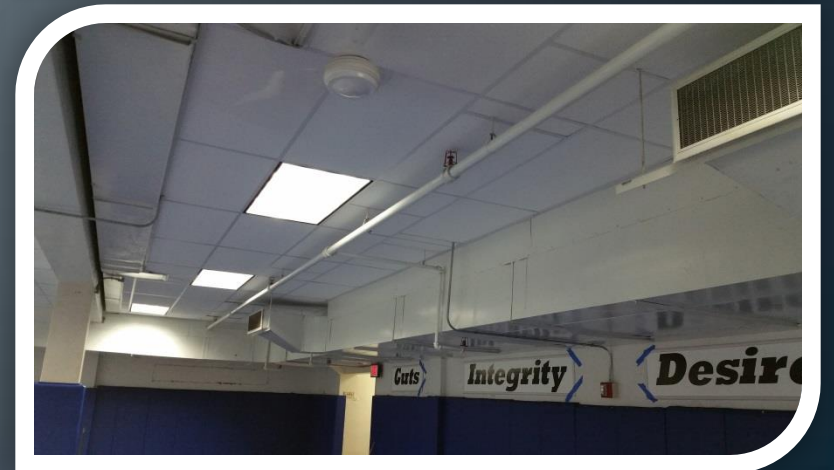
- Painted



# Ceilings

- Dusted
- Removed Speaker Wire
- Removed Tape

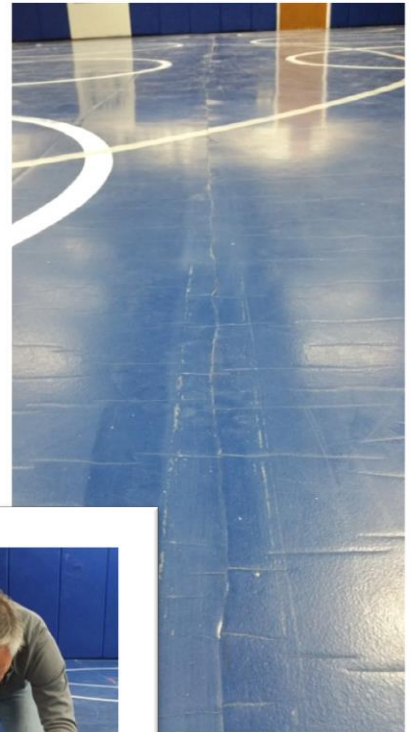
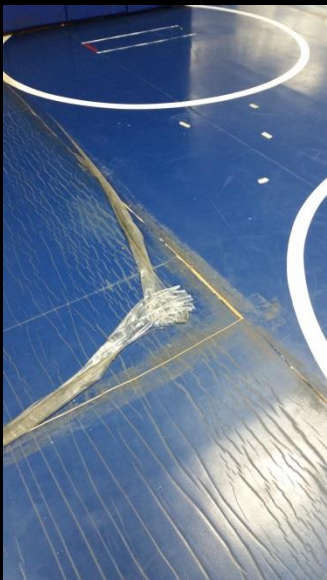
**Painting Still Required**



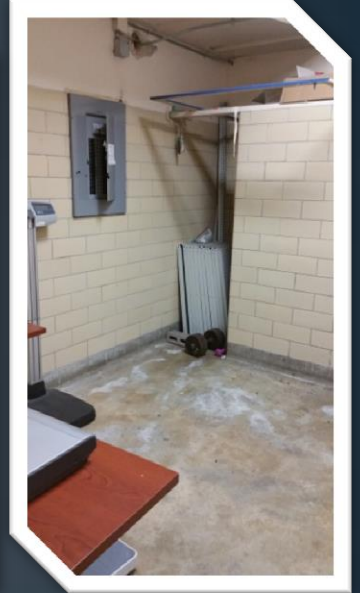
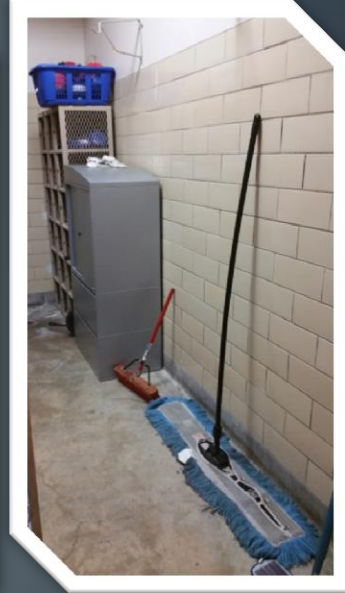
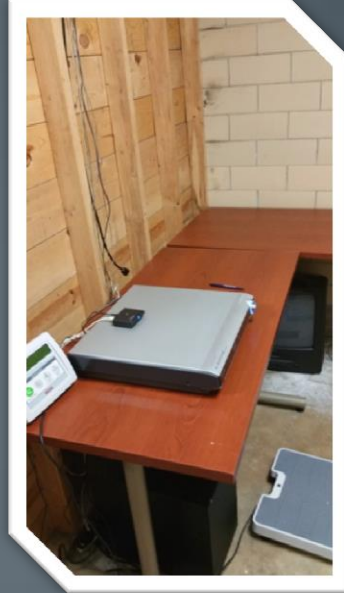


# Mats

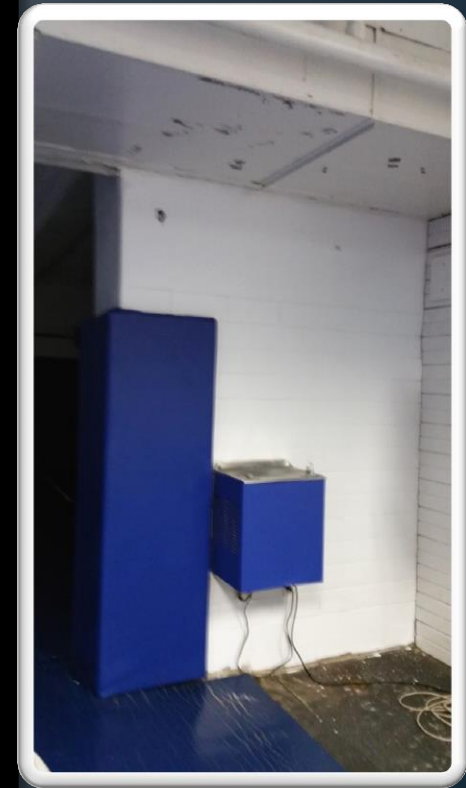
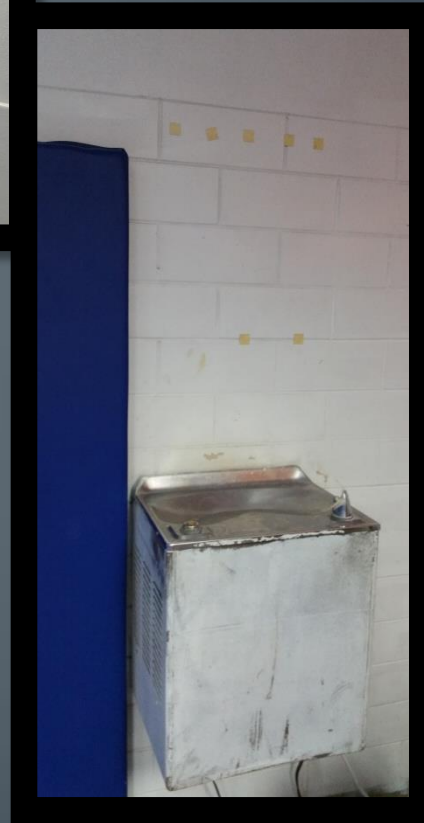
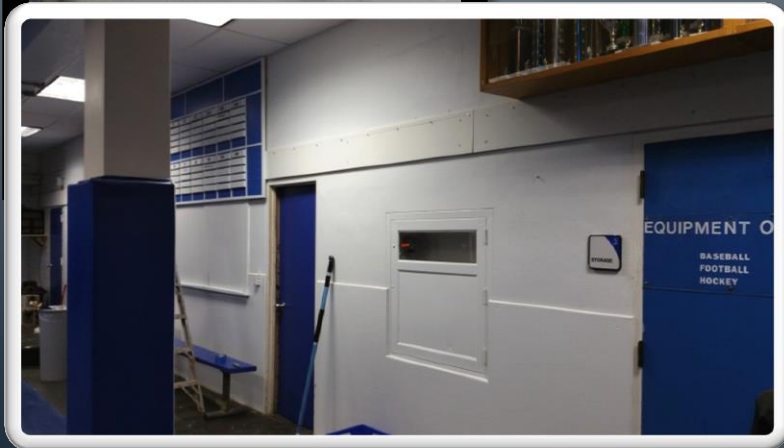
- Glue Removed
- Cleaned
- Pushed Together



# De-Cluttered Rooms



# Painted Main Wall



# Torn Mat Pad Replaced

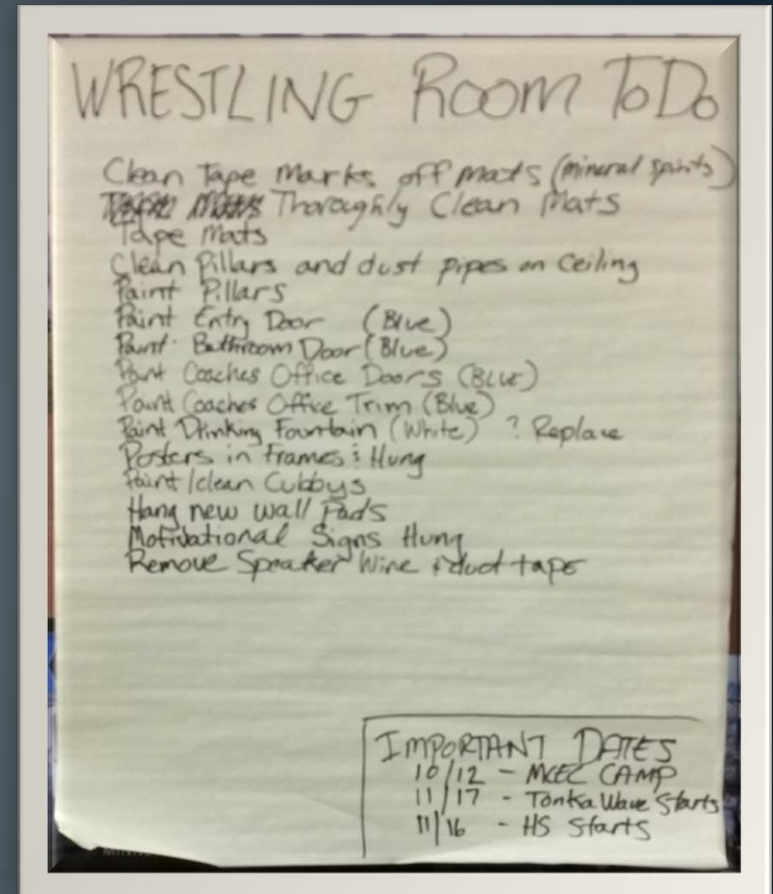


# Bluetooth Added



# Quick Cleanup Left To Do

- Clean Tape Marks off Mats
- Clean Mats
- Tape Mats
- Paint Coaches office Trim
- Posters Framed and Hung
- Paint/Clean Cubbys
- Hang Wall Pads
- Coat/Bag hooks in Entry
- Floor Runners leading to Room



This clean-up only covers the immediate needs.

# Coming Soon in 2016!

- Improve Regular Cleaning Standards
- Improved Room Feng Shui
- Functional Coaches Office/Video Review Room
- Other Maintenance
  - Water Fountain with Bottle Filler
  - Ceiling Painted

## Longer term room actions need to be planned:

- Room added on to Pagel?
- New mats?
- Wall Removed?
- Others?

The screenshot shows a task management interface with the following structure:

- Priority (22)**
- Progress (22)**
- Not done (13)**
  - Mats disinfected & cleaned after use. – Current cleaning practices/standards are terrible!
  - Dust & dirt collection – throughout the office area & stairway
  - Daily trash pickup.
  - Remove the showers in back corner.
  - Redo office area
  - New cubbys.
  - Redo the bathroom.
  - Removing the wall
  - All new items to hang on the walls that promote the sport.
  - New Room?
  - New Mats?
  - Addition of proper conditioning equipment – bikes, treadmill, Ropes, Pull ups etc..
  - Work with other Clubs/Sports
- Quarter done (1)**
  - Video room\Coaches Office
- Half done (1)**
  - Taping of mats to prevent possible injury. It's currently a mess
- Three quarters done (3)**
  - Padded walls\poles to prevent bodily injury. Some othe the current pads are no longer secured to the wall
  - New paint
  - Stereo system
- Task done (4)**
  - Fire exits which are easily accessible without congestion or having to pull back mats from doorway.
  - Certify ceiling tiles & wall composition are safe. I doubt they are asbestos but they are definitely old.
  - New ceiling
  - Wrestling Area Cleanout

# Feng Shui

- \$2,000-\$10,000
- ASI in Buffalo
- Decorated Tonka Weight Room
- [www.artbyasi.com](http://www.artbyasi.com)

