

## **ECHS Plan for Equity for Field House Weight Room**

Edmonson County High School's Girls Basketball Boosters has decided to purchase a Smith Machine off of [www.fitnesszone.com](http://www.fitnesszone.com) . This Smith Machine can be used by both female and male athletes. The safety features of a Smith Machine allow both novice and experienced lifters to exercise properly, effectively, but in a safer environment than free weights.

ECHS will also be moving some lighter weight dumbbells into the weight room to help ensure that the field house weight room is more female friendly.

MAR 16 2010

FitnessZone  
5406 Highway 280 East, Ste. D 102  
Birmingham, Alabama 35242  
ph. 205-995-2929  
fax 205-995-2928  
1-800-875-9145  
www.fitnesszone.com



40 Ladycats Basketball

Invoice # 6608

P.O. #

Terms:  
 Cash #1113  
 Check  
 Credit Card  
 Financing  
 Net 15

Name: Edmonson County School  
Address: 220 Wildcat Way  
City: Brownsville State: KY Zip: 40210  
Phone: ( ) Cell: (270) 597-2151  
Email: Kyle Pierce

Date: 3/17/11  
Salesperson: Kyle Bynum  
 Customer was offered extended warranty

Delivery	Qty	Item #	Item Description	Price	Extended
	1		Body Solid Series 7 Smith machine (65348 Q)		1150

Signature: Kyle Pierce Edmonson. KY Schools US

Sub Total	
Taxes	
Freight & Del	
Invoice Total	1150

ECHS GIRLS BASKETBALL BOOSTERS 1113  
Date: 3-7-11 79-76/888

Pay to the Order of: Fitness Zone \$1,150.00  
One thousand one hundred fifty dollars

Bank of Edmonson County  
Brynsville, KY 40210

For: equipment Bob Vincent

⑆0839756091113⑆009 ??? 21⑆



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Step Benches

Gloves, Belts, & St

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Fitness Videos and

Dyna-Flex Gyrobal

Golf Fitness

Aquatic Fitness

Aqualogger

Exercise Equipmen



Contact Us

We provide fitu equipment for settings. For a please call us - (800)875-91 send e-mail to sales@fitnessz

Mailing Adc

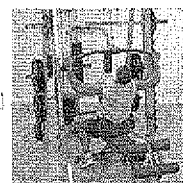
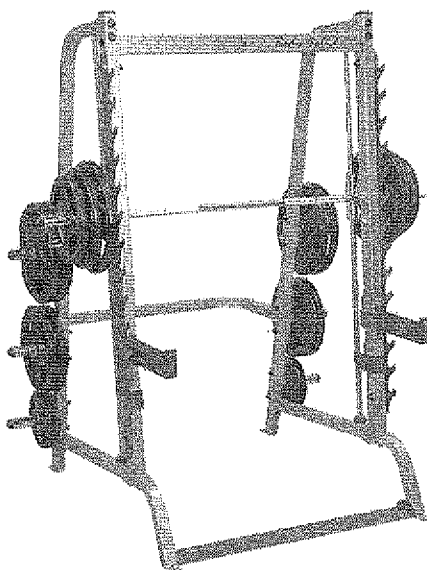
FitnessZone  
5406 Hwy 280  
D102  
Birmingham, A

Sports and f

ON SALE TODAY!!

Body-Solid Series 7 Linear Bearing Smith Machine (FREE SHIPPING)

Quantity in Basket: none  
Code: GS348Q  
Price: \$1,199.00



Purchased by ECHS Girls Basketball Boosters

Quantity: 1

ADD TO CART

**Body-Solid Series 7 Linear Bearing Smith Machine Description:**

The Body-Solid Series 7 Linear Bearing Smith Machine is set to a 7-degree reversed pitch, the Series 7 allows natural upper and lower body movements for maximum muscle interaction; a feature not found in the traditional Smith Machine. User safety is provided by 20 cross-member lock-out points that are accessible with a simple 15-degree rotation of the bar, eliminating the need for a spotter. For those exercises that demand freeweight movement, the 14-position gunrack with 17" extra heavy-duty safeties is also set to a 7-degree reversed pitch providing convenient lift-off points and predictable racking.

The Body-Solid Series 7 Linear Bearing Smith Machine works great with any bench for intense chest and shoulder routines. Add the optional Selectorized Lat Attachment for high and low cable exercises, lat pulldowns, triceps pressdowns, cable crossovers and much much more! The Body-Solid Series 7 Smith Machine is the product of advanced biomechanical design, superior structural engineering and meticulous quality standards. It is a collection of the best benefits the Smith Machine, Half-Cage and Multi-station Gyms have to offer and its backed by the best warranty in the industry.

**Body-Solid Series 7 Linear Bearing Smith Machine Features & Specs:**

- Precise 7° angle Smith Machine combined with 7° angle freeweight barbell workout center designed for natural upper and lower body exercise movements
- Linear ball bearing Smith system with 20 crossmember lock-out points for a safe, solid stop at any point in your workout routine
- Freeweight gunrack system with 14 lift-off and racking positions for ultimate versatility, safety and control
- Large diameter Smith Bar responds quickly, is easy to control and weighs only 25 Lbs. It's ideal for amateurs or professionals
- Heavy-duty all-4-side welded 11 gauge and 12 gauge 2"x3" mainframe steel construction with a safe, solid 4-point stance for maximum stability
- Includes incredibly strong, adjustable safeties for both the Smith system and the freeweight barbell workout center.
- Six Olympic weight plate storage posts safely suspend plates off the floor for easy access
- Olympic Bar holder mounted to the frame stores your bar without obstructing any exercise movements
- Assembled Dimensions: 83" x 66"L x 64"W (24" at bar)



**Body-Solid Series 7 Linear Bearing Smith Machine In-Home Warranty:**

- Lifetime Warranty on Everything Forever - Period.

Order your Body-Solid Series 7 Linear Bearing Smith Machine from  
FitnessZone.com today and get FREE SHIPPING!

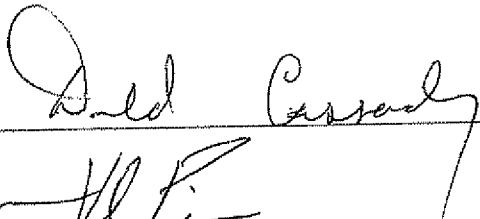
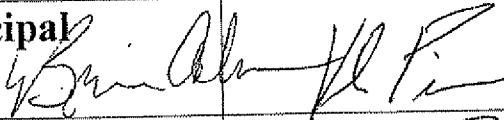

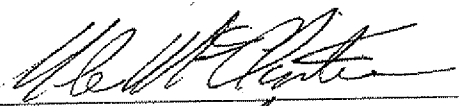
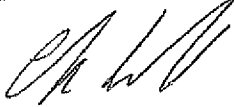


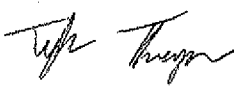
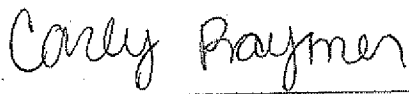
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**Title IX Meeting**  
**Edmonson County High School**  
**February 28<sup>th</sup>, 2011**

Name & Title	Signature
<b>Donald Cassady,</b> District Title IX Coordinator	
<b>Brian Alexander, Principal</b>	
<b>Kyle Pierce, Athletic Director</b> Football Coach	
<b>Mike McClintic, Asst. AD</b> Girls Basketball Coach	
<b>Wyn Caudill, Softball Coach</b>	
<b>Brad Meredith, Girls &amp; Boys</b> Track & Cross Country Coach	
<b>Stacy Raymer, Parent</b>	
<b>Tyler Thompson, Student-Athlete</b>	
<b>Carly Raymer, Student-Athlete</b>	

Please sign for the Uniform Replacement/ Review  
 Policy to take effective 2012-2013.

## **Booster Club Guidelines**

The Girls Basketball and Boys Basketball booster clubs will merge into one booster club, called the "Basketball Boosters".

The Softball and Baseball booster clubs will merge into one booster club, called the "Diamond Boosters."

The new booster clubs may have an outside checking account, however, all checks must be signed by ECHS Principal Brian Alexander, ECHS Athletic Director Kyle Pierce, or in the absence of the two above named persons, ECHS Assistant Principal Alan Talley.

All expenditures will be recorded and kept track by using a Microsoft Excel spreadsheet similar to one being used already for ECHS Athletics.

Both clubs must have a representative for their sport. (A booster for the girls basketball team, a booster for the boys basketball team) & (A booster for the softball team, a booster for the baseball team)

These representatives will act as Vice Presidents for their respective sport; however the above named persons (Alexander, Pierce, and Talley) will act as President concerning all purchases in the future.

Any fundraising revenue will be put into the booster checking account. Any purchases will be granted, as long as equity is met, but must be signed by the above parties.

**These changes will be made beginning JULY 1, 2011.**

We hope and ensure that this will help to provide equity in our expenditures for both male and female athletes.

# Certificate of Attendance

*Awarded to:*

***Kyle Pierce, Edmonson County HS***

*for successfully completing*

**Equity in Academics and Athletics**

**EILA #11 EIL 0822**

Date: December 2, 2010

Hours: 4



Instructor



# **ECHS Weight Facility Usage Schedule**

## **Field House Weight Room**

Fall Semester

Girls—3:00-4:00

Boys—4:00-5:00

Spring Semester

Boys—3:00-4:00

Girls—4:00-5:00

## **Gym Weight Room**

Fall Semester

Boys—3:00-4:00

Girls—4:00-5:00

Spring Semester

Girls—3:00-4:00

Boys—4:00-5:00



*Field house Weight room*

# WEIGHT AREA

## AFTER SCHOOL HOURS:

### FALL SEMESTER

GIRLS

3:00 - 4:00

BOYS

4:00 - 5:00

### SPRING SEMESTER

GIRLS

4:00 - 5:00

BOYS

3:00 - 4:00

Gym - Weight room

**IT AREA**

**SCHOOL HOURS:**

**SEMESTER**

**GIRLS**

**4:00 - 5:00**

**EM**

**GIRLS**

**3:00 - 4:00**

# Uniform Replacement/Rotation/Review Policy

ECHS Athletics provides each sport with its own allotted budget. Each sport may have its own separate/joined booster club. Within at least a 4-year cycle, each sport is responsible for purchasing a new uniform either out of its school-allotted budget or through its booster club. If a sport has not purchased uniforms after three years, ECHS Athletics will be forced to purchase uniforms for that sport using the allotted budget and/or booster club money for & during the 4<sup>th</sup> year.

It is our goal at ECHS to update all uniforms for girls and boys teams to keep them at a high quality and ensure equity in both male and female athletic teams.

We will give all sports the 2011-2012 school year to update or modify any of their current uniforms, since there are some sports that had already saved money and had planned on purchasing uniforms for the upcoming season.

However, beginning in the 2012-2013 school year, ECHS Athletics policy will decide when all uniform purchases through athletic budget or outside booster clubs are made. Each coach will use the chart below as a plan on purchasing uniforms for their sport.

<b>Sports</b>	<b><u>2012-2013</u></b>	<b><u>2013-2014</u></b>	<b><u>2014-2015</u></b>	<b><u>2015-2016</u></b>	<b><u>2016-2017</u></b>	<b><u>2017-2018</u></b>	<b><u>Title IX Committee SIGNATURE</u></b>
<b>Football</b>	X	X		X	X		
<b>Golf</b>		XX			XX		
<b>X Country</b>			XX			XX	
<b>Volleyball</b>		XX			XX		
<b>Boys BB</b>		X	X		X	X	
<b>Girls BB</b>		XX			XX		
<b>Baseball</b>			XX			XX	
<b>Softball</b>	XX			XX			
<b>Track</b>			XX			XX	

If a uniform purchase for a sport is warranted due to excessive use, wear, tears, rips, and/or appearance, ECHS Athletics and our Title IX committee will review the set of uniforms in question to see if a purchase outside of the specific year is necessary.

ECHS Athletics will allow sports that have both home and away uniform needs to purchase one color one year and the other color the next year, to lessen the impact on the sport's budget for that specific year.

X- Denotes either Home or Away jersey only

XX- Denotes both Home/Away jerseys

## Uniform Replacement/Rotation/Review Policy

ECCHS Athletics provides each sport with its own allotted budget. Each sport may have its own separate/joined booster club. Within at least a 4-year cycle, each sport is responsible for purchasing a new uniform either out of its school-allotted budget or through its booster club. If a sport has not purchased uniforms after three years, ECCHS Athletics will be forced to purchase uniforms for that sport using the allotted budget and/or booster club money for & during the 4<sup>th</sup> year.

It is our goal at ECCHS to update all uniforms for girls and boys teams to keep them at a high quality and ensure equity in both male and female athletic teams.

We will give all sports the 2011-2012 school year to update or modify any of their current jerseys, since there are some sports that had already saved money and had planned on purchasing jerseys for the upcoming season.

However, beginning in the 2012-2013 school year, ECCHS Athletics policy will decide when all jersey purchases through athletic budget or outside booster clubs are made. Each coach will use the chart below as a plan on purchasing jerseys for their sport.

Sports	2012-2013	2013-2014	2014-2015	2015-2016	2016-2017	2017-2018	COACH SIGNATURE
Football	X	X		X	X		<i>Khe P.</i>
Golf		X			X		<i>Tony Webb</i>
X Country			X			X	<i>Blm</i>
Volleyball		X			X		<i>BA</i>
Boys BB		X	X		X	X	
Girls BB		XX			XX		<i>Tony Webb</i>
Baseball			XX			XX	<i>Bowman</i>
Softball	XX			XX			<i>Webb</i>
Track			X			X	<i>Blm</i>

If a jersey purchase for a sport is warranted due to excessive use, wear, tears, rips, and/or appearance, ECCHS Athletics and our Title IX committee will review the set of jerseys in question to see if a purchase outside of the specific year is necessary.

ECCHS Athletics will allow sports that have both home and away jersey needs to purchase one color one year and the other color the next year, to lessen the impact on the sport's budget for that specific year.