



**Placentia-Yorba Linda Unified School District
Board of Education Special Meeting Agenda**

Tuesday, May 14, 2024 3:00 PM

District Educational Center

1301 E. Orangethorpe Ave.

Placentia, CA 92870

Open Session - 3:00 PM

Meetings are open to the public for individuals who wish to attend in person or participate in public comment. Doors will open 15 minutes before the start of the meeting. Seating will be available on a first-come, first-served basis. Standing room will not be available. Seats may not be reserved or held if an individual leaves the Board Room.

All documents related to the open session agenda provided to all or a majority of the members of the Board of Education are available for public inspection 72 hours before the regularly scheduled Board meeting by contacting the Superintendent's Office at the above-referenced address.

1. CALL TO ORDER

A Special Meeting of the Board of Education of the Placentia-Yorba Linda Unified School District, called by Leandra Blades, President, in accordance with Government Code Section 54950 et. seq., and Education Code Section 35140 et seq., is to be held at 3:00 p.m., Tuesday, May 14, 2024 at the District Educational Center, 1301 E. Orangethorpe Avenue, Placentia, CA.

2. SUBJECT OF THE CALL

Request for Proposal No. 224-15 for Universal Sports Institute (USI)

3. PLEDGE OF ALLEGIANCE TO THE FLAG

4. ROLL CALL

5. APPROVAL OF AGENDA

Approve the May 14, 2024 Board of Education agenda.

6. PUBLIC COMMENT ANNOUNCEMENT

Those audience members wishing to address the Board during the Public Comment segment of the agenda are reminded to fill out a public comment form available in the foyer and turn it in prior to the Board holding Public Comment. The Board's bylaws do not allow forms to be submitted once the presiding officer has called for Public Comment.

Public comment speakers are expected to abide by Board Policy 1312, Civility Policy, which promotes mutual respect, civility, and orderly conduct among district employees, parents, and the public. This policy is not intended to deprive any person of his/her right to freedom of expression, but only to maintain, to the extent possible and reasonable, a safe, harassment-free environment. Any individual who disrupts or threatens to disrupt school/office

operations; threatens the health and safety of students or staff; willfully causes property damage; uses loud and/or offensive language which could provoke a violent reaction; or who has otherwise established a continued pattern of unauthorized entry on school district property, will be directed to leave school or school district property promptly.

Education Code 220 prohibits discrimination on the basis of disability, gender, gender identity, gender expression, nationality, race or ethnicity, religion, sexual orientation, or any other characteristic that is contained in the definition of hate crimes set forth in Section 422.55 of the Penal Code, including immigration status.

Public speakers shall be allocated a maximum of three (3) minutes to address the board regarding any item or items. The number of minutes allowed for each speaker shall be determined by the number of speakers who submit their names prior to the beginning of public comment. When translation is requested, up to three additional minutes will be provided for English translation.

- 1-10 speakers: 3 minutes each
- 11-15 speakers: 2 minutes each
- 16-30 speakers: 1.5 minutes each
- 31+ speakers: 1 minute each

Persons with a disability who require a disability-related modification or accommodation, including auxiliary aids, in order to participate in a meeting, and persons who need translation assistance or services, may request such modification, accommodation, or services from the Placentia-Yorba Linda Unified School District Office at (714) 985-8400 or by fax at (714) 993-4875. Notification 48 hours prior to the meeting will enable the District to make reasonable arrangements.

7. PUBLIC COMMENT

An opportunity for the public to provide input to the Board of Education. The Board will accept comments on the subject of the meeting only.

8. ACTION ITEM - BUSINESS SERVICES

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Award RFP No. 224-15 for consulting services and the purchase and installation of equipment for the Universal Sports Institute to The Treigning Lab, effective May 14, 2024. [RFP 224-15 - Universal Sports Institute Detail.pdf](#) 
[Agreement with Treigning Lab \(rev 2 with Attachments\).pdf](#) 

9. ADJOURNMENT

**Placentia-Yorba Linda Unified School District
Board of Education Regular Meeting
May 14, 2024**

RFP NO. 224-15, UNIVERSAL SPORTS INSTITUTE

Background

The District advertised and sent RFP No. 224-15 to several interested firms for consulting services and the purchase and installation of equipment for the Universal Sports Institute (USI). Only one response was received with the Treigning Lab being the lowest responsive and responsible bidder. Staff reviewed the response to ensure all components of the RFP specifications were met.

The District will utilize the RFP to complete the USI project in phases. Phase 1 of RFP No. 224-15 will include consulting services, licensing fees, performance-based software, project fees, and equipment for the metabolic testing lab, CrossFit training room, weight room, speed and agility area, and wall and floor mats. The USI will be located in the former Professional Development Academy (PDA) location at 4999 Casa Loma Avenue in Yorba Linda. No structural alterations will be made to the building.

Award of RFP No. 224-15 will enable the District to begin Phase 1 of the USI project and receive consulting services and the purchase and installation of equipment needed for the opening of USI in September 2024.

Financial Impact

Capital Facilities Fund (2525) – Phase 1 \$1,231,447

Administrator

Gary Stine, Assistant Superintendent, Administrative Services

UNIVERSAL SPORTS INSTITUTE AGREEMENT

This AGREEMENT is made and entered into this ___th day of _____ in the year 2024, between the **PLACENTIA-YORBA LINDA UNIFIED SCHOOL DISTRICT**, hereinafter referred to as (“DISTRICT”), and **THE TREIGNING LAB, LLC**, hereinafter referred to as “CONSULTANT”. The DISTRICT and the CONSULTANT are sometimes referred to herein as a “PARTY” and collectively as the “PARTIES”. This AGREEMENT is made with reference to the following facts:

WHEREAS, the DISTRICT issued RFP 224-15 seeking proposals for entities that could provide specialized high-end sports related athletic training and equip the facility located at 499 Casa Loma Ave., Yorba Linda with specialized athletic training equipment with he intent to train athletes. The Consultant has agreed to supply, install, maintain, program and train on the use of the equipment and on techniques to enhance the athletic training of District athletes.

WHEREAS, the equipment and facility are electronically monitored and track athlete vital data to enhance athletic training pursuant to Public Contract Code Section 20111.2 and services to be provided pursuant to Government Code Section 53060.

WHEREAS, the DISTRICT advertised RFP 22-15 both through online posting and in a newspaper of general circulation to obtain competitive bids for this athletic training facility, also called the PYLUSD Universal Sports Institute (“USI”);

WHEREAS, CONSULTANT possesses the necessary expert knowledge, experience, and ability to perform services not available through DISTRICT personnel, and CONSULTANT is specially experienced and competent to provide to the DISTRICT certain specialized athletic training, athletic equipment outfitting, and electronic interconnection and monitoring of equipment and athletic results; and

WHEREAS, CONSULTANT has indicated its willingness and commitment to provide its specialized services and/or advice to the DISTRICT on the terms hereafter set forth in this AGREEMENT.

NOW, THEREFORE, the PARTIES hereto agree that the above recitals are true and correct, and further as follows:

ARTICLE I **SCOPE AND SERVICES AND RESPONSIBILITIES**

1. Services to be Provided by the CONSULTANT are based on CONSTULTANT’s PRPOPOSAL. The CONSULTANT submitted a response to RFP which is attached hereto and incorporated herein as **EXHIBIT “A”** (the “CONSULTANT’s PROPOSAL”). The PARTIES expressly agree to incorporate the scope of work requirements in the DISTRICT’s RFP #22-15 (“RFP”) into this AGREEMENT by this reference and the PARTIES understand that the scope of work requirements in the RFP shall constitute a binding part this AGREEMENT. In the event of a discrepancy, inconsistency, or other difference between the terms of the RFP or the CONSULTANT’s PROPOSAL with this AGREEMENT, the PARTIES agree that the terms of this AGREEMENT shall govern and control.

2. PHASE 1 WORK: The District has determined an initial phase of work from the original proposal that is to include the following areas:

- a. Metabolic Testing Lab
- b. Performance Based Software
- c. CrossFit Room (CrossFit/Suspension Training Zone)
- d. Weight Room (Includes Sorinex and Keiser Equipment).
- e. Speed and Agility Area & Turf (Speed and Agility Training Studio)
- f. Wrestling Mats & Wall Mats (Functional Mat Space)
- g. Project Fee
- h. Athletic Trainer and Consulting
- i. Treigning Lab Licensing Fee

PHASE 2 AND PHASE 3 WORK: To be determined based on CONSULTANT proposal and subject to negotiation between the Parties.

3. Contract Term. The effective period of this AGREEMENT is to be from the date of this Agreement through June 30, 2025 unless otherwise amended or extended by mutual written agreement by the PARTIES and approved by the DISTRICT's Board.

4. SITE EXAMINATION: Contractor has examined the Site and: (1) accepts all measurements, specifications and conditions affecting the Work to be performed and (2) warrants that it has examined the Site to the extent it deems necessary for accessibility for materials, workers and utilities,

5. CONSULTANT's Certifications, Representations and Warranties. CONSULTANT makes the following certifications, representations, and warranties for the benefit of the DISTRICT and CONSULTANT acknowledges and agrees that the DISTRICT, in deciding to engage CONSULTANT pursuant to this AGREEMENT, is relying upon the truth and validity of the following certifications, representations and warranties and their effectiveness throughout the term of this AGREEMENT and the course of CONSULTANT's engagement hereunder:

a. CONSULTANT is qualified in all respects to provide to the DISTRICT all of the services contemplated by this AGREEMENT and, to the extent required by any applicable laws, CONSULTANT has all such licenses and/or governmental approvals as would be required to carry out and perform for the benefit of the DISTRICT, such services as are called for hereunder.

b. CONSULTANT, in providing the services and in otherwise carrying out its obligations to the DISTRICT under this AGREEMENT, shall, at all times, comply with all applicable federal, state, and local laws, rules, regulations, and ordinances, including workers' compensation and equal protection and non-discrimination laws.

c. The CONSULTANT will perform its services hereunder in a professional manner, using the degree of care and skill ordinarily exercised by, and consistent with, the current professional practices and standards of a professional practicing in California. The CONSULTANT will furnish, at its expense, those services that are set forth in this AGREEMENT, RFP and **EXHIBIT "A"** and represents that the services set forth in said EXHIBIT are within the technical and professional areas of expertise of the CONSULTANT or any subconsultant the CONSULTANT has engaged or will engage to perform the service(s). The DISTRICT shall request in writing if the DISTRICT desires the CONSULTANT to provide services in addition to, or different from, the services described in the RFP and **EXHIBIT "A"**. The CONSULTANT

shall advise the DISTRICT in writing of any services that, in the CONSULTANT's opinion, lie outside of the technical and professional expertise of the CONSULTANT.

6. CONSULTANT has been selected to perform the work herein because of the skills and expertise of key individuals. Services under this AGREEMENT shall be performed only by competent personnel under this supervision of and/or in the employment of the CONSULTANT. CONSULTANT shall conform to DISTRICT's reasonable requests regarding assignment of personnel. All personnel, including those assigned at DISTRICT's request, shall be supervised by CONSULTANT.

7. CONSULTANT shall not change any of the key personnel without prior written approval by the DISTRICT, unless said personnel cease to be employed by CONSULTANT. In either case, DISTRICT shall be allowed to interview and approve replacement personnel. CONSULTANT agrees that reassignment of any of the listed personnel during the AGREEMENT period shall only be with other professional personnel who have equivalent experience and shall require prior consultation and written approval by the DISTRICT. Any costs associated with reassignment of personnel shall be borne exclusively by CONSULTANT and CONSULTANT shall not charge the DISTRICT for the cost of training or "bringing up to speed" replacement personnel. If any designated lead or key person fails to perform to the satisfaction of the DISTRICT, then upon written notice the CONSULTANT shall immediately remove that person from the PROJECT and provide a temporary replacement. CONSULTANT shall within thirty (30) work days, provide a permanent replacement person acceptable to the DISTRICT. DISTRICT may condition its approval of replacement personnel upon a reasonable transition period wherein new personnel will learn the PROJECT and get "up to speed" at CONSULTANT's cost.

8. CONSULTANT represents that the CONSULTANT has no existing interest and will not acquire any interest, direct or indirect, which would create a conflict of interest in violation of any applicable laws, and that no person having any such interest shall be employed by CONSULTANT.

ARTICLE II

COMPENSATION TO THE CONSULTANT

1. The DISTRICT shall compensate the CONSULTANT as follows:

a. The DISTRICT agrees to pay the CONSULTANT in accordance with the fee, rate and/or price schedule information set forth in **EXHIBIT "A"** for the services performed pursuant to this AGREEMENT. In no event shall the total payment to CONSULTANT exceed **ONE MILLION TWO HUNDRED THIRTY ONE THOUSAND FOUR HUNDRED FORTY SIX.68 (\$1,231,446.68)** for performing the services required by this AGREEMENT, the RFP and **EXHIBIT "A"**. The areas that are agreed for Phase 1 are included in Exhibit "B" which is summarized as including the following:

- a. Metabolic Testing Lab \$61,295.45
- b. Performance Based Software \$250,000
- c. CrossFit Room (CrossFit/Suspension Training Zone) \$84,438.37
- d. Weight Room (Includes Sorinex and Keiser Equipment). \$437,427.89
- e. Speed and Agility Area & Turf (Speed and Agility Training Studio) \$73,747.10
- f. Wrestling Mats & Wall Space (Functional Mat Space) \$33,537.88
- g. Project Fee \$132,000.00
- h. Athletic Trainer and Consulting \$80,000
- i. Training Lab Licensing Fee \$80,000

b. CONSULTANT shall invoice costs monthly, or another periodic basis approved by the DISTRICT, for the services provided pursuant to this AGREEMENT from the time the CONSULTANT begins work on the PROJECT. All costs must be supported by an invoice, receipt, or other acceptable documentation as determined by the DISTRICT.

c. Except as expressly provided herein, CONSULTANT agrees that no other compensation, fringe benefits, or other remuneration is due to CONSULTANT by the DISTRICT for services rendered under this AGREEMENT. CONSULTANT shall not apply for or receive statutory benefits available to employees of the DISTRICT because CONSULTANT is not an employee of the DISTRICT; rather, CONSULTANT is operating under a personal services agreement pursuant to 45103.1(b)(2) and has only the rights defined by this AGREEMENT.

2. The CONSULTANT shall submit one (1) invoice monthly to the DISTRICT for the fees incurred during the billing period and reimbursable expenses (if any). Invoices for fees must reflect the date of the service, identify the individual performing the service, state the hours worked and rate charged, and describe the service performed. Invoices requesting reimbursement for reimbursable expenses incurred during the billing period must clearly list items for which reimbursement is being requested and be accompanied by proper documentation (e.g. receipts, invoices) including a copy of the DISTRICT's authorization notice for invoiced item(s). Invoices requesting payment for overtime must reflect straight time and overtime hours being charged, and must include a copy of the DISTRICT's written authorization to incur additional overtime expense. No payments will be made by the DISTRICT to the CONSULTANT for monthly invoices requesting reimbursable expenses or overtime absent the prior written authorization of the DISTRICT. The DISTRICT shall make payment to the CONSULTANT of the approved invoiced amount within forty-five (45) days of the DISTRICT's receipt of the approved invoice.

3. The DISTRICT may withhold, or on account of subsequently discovered evidence, nullify the whole or a part of any payment to such extent as may be necessary to protect the DISTRICT from loss, including costs and attorneys' fees, on account of: (1) defective or deficient work product not remedied; (2) failure of the CONSULTANT to make payments properly to its employees or subconsultants; or (3) failure of CONSULTANT to perform its services in a timely manner so as to conform to the PROJECT schedule or other time constraints.

ARTICLE III **ADDITIONAL PHASES OF CONSULTANT SERVICES**

It is anticipated that there will be additional phases of work based on areas that are not addressed in this Agreement but noted in Exhibit "A." The CONSULTANT and DISTRICT shall negotiate subsequent Phases of work and a change order increasing this AGREEMENT for subsequent Phases consistent with the scope of work in Exhibit "A" will follow all terms in this Agreement.

ARTICLE IV **CHANGE ORDERS**

DISTRICT shall not accept any change in the scope of Work, performance method, materials, price, or any other matter affecting the Work unless DISTRICT approves the change in advance by a written, executed change order. CONSULTANT agrees that DISTRICT may request changes, reductions, or additions to the Work. The Contract Price shall be adjusted by reasonable valuations of the cost.

CONSULTANT shall provide DISTRICT with all information to substantiate the cost whether the Work will be done by a subcontractor.

ARTICLE V TERMINATION

1. This AGREEMENT may be terminated by either PARTY upon fourteen (14) days written notice to the other PARTY in the event of a substantial failure of performance by such other PARTY, including insolvency of CONSULTANT; or if the DISTRICT should decide to abandon or indefinitely postpone the PROJECT.

2. In the event of a termination based upon abandonment or postponement by DISTRICT, the DISTRICT shall pay to the CONSULTANT for all services performed and all expenses incurred under this AGREEMENT supported by documentary evidence, including payroll records, and expense reports up until the date of the abandonment or postponement plus any sums due the CONSULTANT for Board approved extra services. In ascertaining the services actually rendered hereunder up to the date of termination of this AGREEMENT, consideration shall be given to both completed work and work in process of completion and to complete and incomplete drawings and other documents whether delivered to the DISTRICT or in the possession of the CONSULTANT. In the event termination is for a substantial failure of performance, all damages and costs associated with the termination, including increased consultant and replacement consultant costs shall be deducted from payments to the CONSULTANT.

3. In the event a termination for cause is determined to have been made wrongfully or without cause, then the termination shall be treated as a termination for convenience in accordance with Article IV, Paragraph 4 below, and CONSULTANT shall have no greater rights than it would have had if a termination for convenience had been affected in the first instance. No other loss, cost, damage, expense or liability may be claimed, requested or recovered by CONSULTANT.

4. This AGREEMENT may be terminated without cause by DISTRICT upon twenty (20) days written notice to the CONSULTANT. In the event of a termination without cause, the DISTRICT shall pay to the CONSULTANT for all services performed and all expenses incurred under this AGREEMENT supported by documentary evidence, including payroll records, and expense reports up until the date of notice of termination plus any sums due the CONSULTANT for Board approved extra services. In ascertaining the services actually rendered hereunder up to the date of termination of this AGREEMENT, consideration shall be given to both completed work and work in process of completion and to other documents whether delivered to the DISTRICT or in the possession of the CONSULTANT.

5. In the event of a dispute between the PARTIES as to performance of the work or the interpretation of this AGREEMENT, or payment or nonpayment for work performed or not performed, the PARTIES shall attempt to resolve the dispute. Pending resolution of this dispute, CONSULTANT agrees to continue the work diligently to completion. If the dispute is not resolved, CONSULTANT agrees it will neither rescind the AGREEMENT nor stop the progress of the work, but CONSULTANT's sole remedy shall be to submit such controversy to determination by a court having competent jurisdiction of the dispute, after the PROJECT has been completed, and not before. The PARTIES may agree in writing to submit any dispute between the PARTIES to arbitration. The DISTRICT agrees to pay the CONSULTANT the undisputed amounts due under this AGREEMENT.

6. The PARTIES understand and agree that Article IV of this AGREEMENT shall govern all termination rights and procedures between the PARTIES. Any termination provision that is attached to this AGREEMENT as an Exhibit shall be void and unenforceable between the PARTIES.

ARTICLE VI
ACCOUNTING RECORDS OF THE CONSULTANT

1. Records of the CONSULTANT's direct personnel and reimbursable expenses pertaining to any extra services provided by the CONSULTANT, which are in addition to those services already required by this AGREEMENT, and any records of accounts between the DISTRICT and CONSULTANT shall be kept on a generally recognized accounting basis and shall be available to the DISTRICT or DISTRICT's authorized representative at mutually convenient times.

ARTICLE VII
REPORTS AND/OR OTHER DOCUMENTS

1. The reports and/or other documents that are prepared, reproduced, maintained and/or managed by the CONSULTANT or CONSULTANT's consultants in accordance with this AGREEMENT (regardless of medium, format, etc.) shall be and remain the property of the DISTRICT (hereinafter "PROPERTY"). The DISTRICT may provide the CONSULTANT with a written request for the return of its PROPERTY at any time. Upon CONSULTANT's receipt of the DISTRICT's written request, CONSULTANT shall return the requested PROPERTY to the DISTRICT within five (5) calendar days. Failure to comply with any such written request shall be deemed a material breach of this AGREEMENT.

ARTICLE VIII
INDEMNITY & INSURANCE

1. To the fullest extent permitted by law, CONSULTANT agrees to indemnify, defend and hold DISTRICT entirely harmless from all liability arising out of:

a. Workers' Compensation and Employers Liability: Any and all claims under Workers' Compensation acts and other employee benefit acts with respect to CONSULTANT's employees or CONSULTANT's subconsultant's employees arising out of CONSULTANT's work under this AGREEMENT; and

b. General Liability: If arising out of, pertaining to, or relating to the negligence, recklessness, or willful misconduct of the CONSULTANT, the CONSULTANT shall indemnify and hold the DISTRICT harmless from any liability for damages for (1) death or bodily injury to person; (2) injury to, loss or theft of property; (3) any failure or alleged failure to comply with any provision of law or (4) any other loss, damage or expense arising under either (1), (2), or (3) above, sustained by the CONSULTANT or the DISTRICT, or any person, firm or corporation employed by the CONSULTANT or the DISTRICT upon or in connection with the PROJECT, except for liability resulting from the sole or active negligence, or willful misconduct of the DISTRICT, its officers, employees, agents or independent Architects who are directly employed by the DISTRICT. The CONSULTANT, at its own expense, cost, and risk, shall defend any and all claims, actions, suits, or other proceedings that may be brought or instituted against the DISTRICT (other than professional negligence covered by section c below), its officers, agents or employees that arise out of, pertain to, or relate to the negligence, recklessness, or willful misconduct of the CONSULTANT, and shall pay or satisfy any judgment that may be rendered against the DISTRICT, its officers, agents or employees in any action, suit or other proceedings as a result thereof; and

c. Professional Liability: If arising out of, pertaining to, or relating to the negligence, recklessness, or willful misconduct of the CONSULTANT, the CONSULTANT shall indemnify and hold the DISTRICT harmless from any loss, injury to, death of persons or damage to property caused by any act, neglect, default or omission of the CONSULTANT, or any person, firm or corporation employed by the CONSULTANT, either directly or by independent contract, including all damages due to loss or theft, sustained by any person, firm or corporation including the DISTRICT, arising out of, or in any way connected with the PROJECT, including injury or damage either on or off DISTRICT property; but not for any loss, injury, death or damages caused by sole or active negligence, or willful misconduct of the DISTRICT. With regard to the CONSULTANT's obligation to indemnify for acts of professional negligence, such obligation does not include the obligation to provide defense counsel or to pay for the defense of actions or proceedings brought against the DISTRICT, but rather to reimburse the DISTRICT for attorney's fees and costs incurred by the DISTRICT in defending such actions or proceedings brought against the DISTRICT that arise out of, pertain to, or relate to the negligence, recklessness, or willful misconduct of the CONSULTANT.

d. The PARTIES understand and agree that Article VIII, Section 1 of this AGREEMENT shall be the sole indemnity, as defined by California Civil Code §2772, governing this AGREEMENT. Any other indemnity that is attached to this AGREEMENT as an Exhibit shall be void and unenforceable between the PARTIES.

e. Any attempt to limit the CONSULTANT's liability to the DISTRICT in an attached Exhibit shall be void and unenforceable between the PARTIES. In no event shall the CONSULTANT's liability be limited to any amount including, but not limited to, the amount of fees received by the CONSULTANT for performing services related to this AGREEMENT.

2. CONSULTANT shall purchase and maintain policies of insurance with an insurer or insurers, qualified to do business in the State of California and acceptable to DISTRICT which will protect CONSULTANT and DISTRICT from claims which may arise out of or result from CONSULTANT's actions or inactions relating to the AGREEMENT, whether such actions or inactions be by themselves or by any subconsultant or by anyone directly or indirectly employed by any of them, or by anyone for whose acts any of them may be liable. The aforementioned insurance shall include coverage for:

a. The CONSULTANT shall carry Workers' Compensation and Employers Liability Insurance in accordance with the laws of the State of California. However, such amount shall not be less than ONE MILLION DOLLARS (\$1,000,000).

b. Comprehensive general and auto liability insurance with limits of not less than TWO MILLION DOLLARS (\$2,000,000) combined single limit, bodily injury and property damage liability per occurrence, including:

1. Owned, non-owned and hired vehicles;
2. Blanket contractual;
3. Broad form property damage;
4. Products/completed operations; and
5. Personal injury.

c. Professional liability insurance, including contractual liability, with limits of TWO MILLION DOLLARS (\$2,000,000), per claim. Such insurance shall be maintained during the term of this AGREEMENT and renewed for a period of at least five (5) years thereafter and/or at

rates consistent with the time of execution of this AGREEMENT adjusted for inflation. In the event that CONSULTANT subcontracts any portion of CONSULTANT's duties, CONSULTANT shall require any such subconsultant to purchase and maintain insurance coverage as provided in this subparagraph. Failure to maintain professional liability insurance is a material breach of this AGREEMENT and grounds for immediate termination.

d. Each policy of insurance required in Article VIII, Section 2 (b) above shall name DISTRICT and its officers, agents and employees as additional insureds; shall state that, with respect to the operations of CONSULTANT hereunder, such policy is primary and any insurance carried by DISTRICT is excess and non-contributory with such primary insurance; shall state that not less than thirty (30) days written notice shall be given to DISTRICT prior to cancellation; and, shall waive all rights of subrogation. CONSULTANT shall notify DISTRICT in the event of material change in, or failure to renew, each policy. Prior to commencing work, CONSULTANT shall deliver to DISTRICT certificates of insurance as evidence of compliance with the requirements herein. In the event CONSULTANT fails to secure or maintain any policy of insurance required hereby, DISTRICT may, at its sole discretion, secure such policy of insurance in the name of and for the account of CONSULTANT, and in such event CONSULTANT shall reimburse DISTRICT upon demand for the cost thereof.

ARTICLE IX **MISCELLANEOUS**

1. CONSULTANT, in the performance of this AGREEMENT, shall be and act as an independent contractor. CONSULTANT understands and agrees that CONSULTANT and all of CONSULTANT's employees shall not be considered officers, employees or agents of the DISTRICT, and are not entitled to benefits of any kind or nature normally provided employees of the DISTRICT and/or to which DISTRICT's employees are normally entitled, including, but not limited to, State Unemployment Compensation or Workers' Compensation. CONSULTANT assumes the full responsibility for the acts and/or omissions of CONSULTANT's employees or agents as they relate to the services to be provided under this AGREEMENT. CONSULTANT shall assume full responsibility for payment of any applicable prevailing wages and all federal, state and local taxes or contributions, including unemployment insurance, social security and income taxes for the respective CONSULTANT's employees.

2. Unless otherwise indicated in the Contract, the delivery of all materials, equipment, supplies, or other items related to the Work shall be (1) part of the Contract Price; (2) delivered by Contractor at no additional cost to the District, (3) accompanied by all necessary MSDS(s).

3. Nothing contained in this AGREEMENT shall create a contractual relationship with or a cause of action in favor of any third party against either the DISTRICT or CONSULTANT.

4. CONSULTANT and its employees, agents, and subcontractors shall obtain all licenses and permits required for the Project. CONSULTANT shall give all notices and comply with all laws, ordinances, rules and regulations concerning the Work ("Laws"). If CONSULTANT observes that any Work varies from any Laws, CONSULTANT shall notify District, in writing. If CONSULTANT performs any work that is in violation of Laws, without first notifying District, CONSULTANT shall bear all costs.

5. In connection with any DISTRICT Contract, there shall be no discrimination against any employee because of race, religious creed, color, national origin, ancestry, physical disability, mental disability, medical condition, genetic information, marital status, sex, gender, gender identity, gender

expression, age, sexual orientation, or military and veteran status. CONSULTANT agrees to comply with applicable laws including, but not limited to, the California Fair Employment and Housing Act (Gov. Code, § 12900 et seq.) and Labor Code § 1735. CONSULTANT shall require like compliance by all subcontractor(s).

6. The DISTRICT and CONSULTANT, respectively, bind themselves, their partners, officers, successors, assigns and legal representatives to the other PARTY to this AGREEMENT with respect to the terms of this AGREEMENT. CONSULTANT shall not assign or transfer any of its rights, burdens, duties, or obligations under the AGREEMENT.

7. This AGREEMENT shall be governed by the laws of the State of California.

8. The PARTIES have had the opportunity to, and have to the extent each deemed appropriate, obtained legal counsel concerning the content and meaning of this AGREEMENT. Each of the PARTIES agrees and represents that no promise, inducement or agreement not herein expressed has been made to effectuate this AGREEMENT. This AGREEMENT represents the entire AGREEMENT between the DISTRICT and CONSULTANT and supersedes all prior negotiations, representations or agreements, either written or oral. This AGREEMENT may be amended or modified only by an agreement in writing signed by both the DISTRICT and the CONSULTANT.

9. The rule of construction that any ambiguities are to be resolved against the drafting PARTY shall not be employed in the interpretation of this AGREEMENT. It is expressly understood and agreed that the PARTIES to this AGREEMENT have participated equally, or have had equal opportunity to participate, in the drafting hereof.

10. Time is of the essence with respect to all provisions of this AGREEMENT.

11. If either PARTY becomes involved in litigation arising out of this AGREEMENT or the performance thereof, each PARTY shall bear its own litigation costs and expenses, including reasonable attorney's fees.

12. All exhibits referenced herein and attached hereto shall be deemed incorporated into and made a part of this AGREEMENT by each reference as though fully set forth in each instance in the text hereof unless otherwise excluded by the terms of this AGREEMENT. In the event that the provisions of any exhibit conflict with the terms of this AGREEMENT, the terms of this AGREEMENT shall control.

13. This AGREEMENT may be executed in any number of counterparts, each of which shall be deemed an original, and the counterparts shall constitute one and the same instrument, all of which shall be sufficient evidence of this AGREEMENT.

14. Confidentiality: The CONSULTANT shall not disclose or permit the disclosure of any confidential information, except to its agents, employees and other consultants who need such confidential information in order to properly perform their duties relative to this AGREEMENT.

15. Severability: If any portion of this AGREEMENT is held as a matter of law to be unenforceable, the remainder of this AGREEMENT shall be enforceable without such provisions.

16. Notices: All notices or demands to be given under this AGREEMENT by either PARTY to the other shall be in writing and given either by: (a) personal service; or (b) by U.S. Mail, mailed either by registered, overnight, or certified mail, return receipt requested, with postage prepaid. Service shall be considered given when received if personally served or if mailed on the fifth day after deposit in any U.S. Post Office. The address to which notices or demands may be given by either PARTY may be changed by written notice given in accordance with the notice provisions of this Paragraph. At the date of this AGREEMENT, the addresses of the PARTIES are as follows:

To the DISTRICT:

Placentia-Yorba Linda Unified School District
Attn: Gary Stine
Business and Operations
1301 E. Orangethorpe Ave
Placentia, CA 92870
Telephone: (714) 985-8419
Email: gstine@pylusd.org

To the CONSULTANT:

The Treigning Lab, LLC
Attn: Samuel J. Calavitta, Jr.
1025 Ortega Way, Suite B
Placentia, CA 92870
Telephone (657) 220-4511
Email: thetreigninglab@yahoo.com

15. Tobacco Prohibited: any tobacco use (smoking, chewing, etc.) by anyone, is prohibited at all times on any DISTRICT property.

16. Profanity on any DISTRICT property is prohibited, including, but not limited to, racial, ethnic, or sexual slurs or comments which could be considered harassment.

17. Appropriate dress is mandatory. Therefore, tank tops, cut-offs and shorts are not allowed. Additionally, what is written or pictured on clothing must comply with the requirements of acceptable language as stated above in Paragraph 16.

18. Images: If applicable, the CONSULTANT is prohibited from capturing on any visual medium images of any property, logo, student, or employee of the DISTRICT, or any image that represents the DISTRICT without express written consent from the DISTRICT.

19. Pursuant to and in accordance with the provisions of Government Code section 8546.7 or any amendments thereto, all books, records and files of CONSULTANT, or any subconsultant connected with the performance of this AGREEMENT involving the expenditure of public funds in excess of Ten Thousand Dollars (\$10,000), including, but not limited to the administration thereof, shall be subject to the examination and audit of the State Auditor General of the State of California, at the request of DISTRICT or as a part of any audit of DISTRICT, for a period of three (3) years after final payment is made under this AGREEMENT. CONSULTANT shall preserve and cause to be preserved such books, records and files for the audit period.

20. Education Code Section 45125.1: During the entire term of this AGREEMENT, CONSULTANT shall fully comply with the provision of Education Code sections 45125.1 (Fingerprinting Requirements), when it is determined that the CONSULTANT will have contact with pupils in the performance of services under this AGREEMENT. See **EXHIBIT "C"** attached.

21. This AGREEMENT is not a valid or enforceable obligation against the DISTRICT until approved or ratified by motion of the Governing Board of the DISTRICT duly passed and adopted.

The PARTIES, through their authorized representatives, have executed this AGREEMENT as of the day and year first written above.

THE TREIGNING LAB

PLACENTIA-YORBA LINDA UNIFIED SCHOOL DISTRICT

By *sam calavitta*

By _____

Samuel J. Calavitta, Jr., CEO and Foudner

Gary Stine, Assistant Superintendent of Business

Tax ID# 82-1028063

Email thetreigninglab@yahoo.com

EXHIBIT "A"

CONSULTANT'S PROPOSAL/ SCOPE OF SERVICES

The Treigning Lab

Presents

The Placentia-Yorba Linda Unified School District

UNIVERSAL SPORTS INSTITUTE

Project Proposal



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Bending Boundaries | Breaking Records | Building Champions

A Legacy of Excellence Powered by Research and Innovation

Elite Athletic Performance & Recovery Facilities

At The Treigning Lab...

...We have redefined the landscape of athletic performance by merging cutting-edge science, mathematics, and technology with an unwavering commitment to the highest level of excellence.

With decades of industry experience, our organization is at the very forefront of developing state-of-the-art training facilities that cater to clients aiming to reach the pinnacle of physical potential.

We harness the latest advancements in metabolic testing, biomechanical analysis, nutritional profiling, and recovery technology to create customized programs that prevent injury and optimize performance.

From conceptualization to implementation, our facilities are more than just buildings; they are centers meticulously designed to guarantee growth, enhance resilience, and achieve unmatched results.

Are You Ready to Set a New Standard for Sports Performance?

Forging the Future of Athletics with Affiliate Facilities

Global Associate Network

Our extensive affiliate network with the world's leading education and sports organizations ensures that we continually enrich each of our partner programs with the latest sports science insights and innovations.

Cross-Sector Subsidiaries

Our subsidiaries, ranging in concentration from fitness to physical therapy, extend our capabilities and allow us to offer advanced training equipment and education, revolutionary wellness and recovery treatments, and specialized performance strategies specifically designed for athletes.

Premier Program Partnerships

Our program partnerships span every level of athletics, from pre-collegiate to professional, and encompass an inclusive variety of sports. With this expansive reach, we are able to provide expert technical and tactical performance tools and training across athletic disciplines.

Transform Your Athletics Program with The Treigning Lab

All of our collaborations are uniquely tailored, offering a carefully curated, customized, and comprehensive approach to propel partner programs toward top tier results.

Unlock the Potential of Your Athletic Program by Partnering with The Treigning Lab



An Unprecedented Method to Unparalleled Performance

The Treigning Lab's Winning Combination

STRENGTH (Strength and Conditioning Training)

At the core of sports success lies strength and conditioning – a balanced blend of time-tested techniques and new, inventive training tactics.

At The Treigning Lab, we champion a comprehensive approach that elevates traditional strength practices with the latest developments in athletic training.

From classic weightlifting to cutting-edge neuromuscular stimulation, our programs are designed to build confident, versatile athletes. Each regimen is methodically crafted to boost muscle power while creating complete functional fitness across every angle of performance, ensuring all athletes achieve and sustain peak physical condition.

STAMINA (Recovery and Wellness Therapies)

Stamina extends beyond simply enduring the longest. It's about continually experiencing both a primed, competition-ready state of mind and body.

Our scientific approach integrates a regiment of advanced recovery therapies, including cryotherapy, hyperbaric oxygen therapy, red light therapy, and molecular hydrogen therapy to instill and support an unbeatable combination of high energy and low burnout to yield ongoing vigor.

These methods accelerate recovery processes, reduce fatigue, and enhance overall stamina, enabling athletes to train harder, recover faster, and perform better. By prioritizing holistic recovery strategies, we ensure that our athletes maintain superior endurance levels for peak performance at all times.

SYNERGY (Nutrition and Supplementation Programming)

Optimal performance isn't accomplished with exercise alone – it's fueled by precise nutrition.

At The Treigning Lab, we utilize the most advanced dietary applications including Hair Tissue Mineral Analysis (HTMA) tests to develop personalized nutrition plans tailored uniquely to each athlete's biochemical makeup. This targeted approach helps perfect every individual's physiological function by coordinating reception of the exact and distinctly adapted nutrients necessary to excel in their specific sports.

Our nutritional programs are designed to work in synergy with our training programs, creating a holistic regimen that transforms good athletes into great competitors.

SOFTWARE (Progressive Performance Monitoring)

Our proprietary training software is the vanguard of athletic performance technology.

Developed in-house, this sophisticated platform uses algorithmic engineering to adapt and optimize each athlete's training plan based on current and continual performance data.

Real-time analytics allow for adjustments in training intensity, frequency, and form, allowing every session to yield maximally effective results.

The software also features progressive and predictive analytics to forecast potential performance enhancements, making it an indispensable tool in modern athletic preparation.

**Together Our Performance Algorithm and Your Athletes
WILL Achieve Excellence**

Want to Put Our Approach to the Test?



Don't Hope to Perform, PLAN to Perform

Your PLAN Powered by The Treigning Lab

The Treigning Lab is dedicated to engineering a state-of-the-art training complex, intelligently designed to meet the diverse and specific needs of athletes at all levels.

This environment will feature the following specialized areas, each built with the equipment and supplied with the programs to engage and sustain different aspects of athletic development.

Facility Floor Plan:



Strength and Conditioning Rooms:

1. Strength and Conditioning Area
2. Speed and Agility Training Studio
3. CrossFit/Suspension Training Zone
4. Functional Mat Space
5. Training Pool
6. Batting Cages
7. Golf Simulator

Recovery Rooms:

1. Hyperbaric Oxygen Therapy Room
2. Metabolic Testing Lab
3. WAVI Neuro Diagnostic Center
4. Cryotherapy / Cold Plunge Treatment Room
5. Molecular Hydrogen and Compression Therapy Space
6. Photobiomodulation Therapy Area
7. Athletic Training Room
8. Athletic Staff Space

Here is a detailed description of each room, outlining the purpose and programming for each room in your personalized plan.

Equip Your Athletes with First-Class Training Equipment

Our Strength & Conditioning Room is fitted to redefine athletic training with the most advanced, reliable, and proven effective equipment sourced from inventive industry leaders like Sorinex, Keiser, and other top manufacturers. This space is designed to accommodate a broad spectrum of training needs, ensuring that athletes of all disciplines can achieve top-tier performance.

Introduction to Key Equipment:

Fully Loaded Racks

Quantity: 4

These racks are a full-functional workout station designed for a wide range of exercises. Equipped with pneumatic technology, these racks offer adjustable resistance directly from the rack's interface, enabling athletes to engage in tailored, controlled exercises with ease.

The fully loaded racks will also feature performance monitors for real-time feedback on each exercise, making them a critical tool for measuring progress and outcomes.

Functional Trainers

Quantity: 4-6

These trainers will be equipped with dual adjustable pulleys and a built-in resistance adjustment system, enabling a wide range of functional exercises that not only enhance athletic performance by targeting every major muscle group but also mimic real-world, sports-specific activities.

Squat Machines

Quantity: 4

Designed to simulate the natural movement of squatting with adjustable hydraulic resistance, these machines optimize muscle engagement for all-encompassing strength training.

Full Double Racks with Bridges

Quantity: 3

These versatile racking systems support a variety of exercises including squats, presses, pull-ups, and bodyweight exercises. The modular design and accessory compatibility allow for a highly customized training experience.

Neck Machines with Glute and Hamstring Functionality

Quantity: 3

Specifically designed to strengthen the neck, upper back, and glutes, these machines are crucial for athletes in contact sports and activities that demand stability and strength.

Running Equipment

Focusing on running form, speed, and endurance using adjustable resistance, these machines will provide a complete cardiovascular workout and strengthen lower body muscles that are essential for athletic performance.

Strategic Benefits for Your Facility:

By integrating this state-of-the-art Strength and Conditioning Room into your facility, you can provide athletes with comprehensive training tools designed to push the boundaries of traditional workouts. This not only attracts top-tier talent but also enhances the overall reputation and capability of your facility.

Integration with Training Programs:

This suite of equipment is the foundational buildout for effective training programming and will level up the reach, versatility, and results of your athletic programs. Our commitment is to ensure that every piece of equipment

perfectly fits into your training goals, nurturing an environment of ahead-of-the-curve athletic development.

Better. Faster. Stronger. A Speed and Agility Area Made to Achieve

Your Speed and Agility Training Area will be methodically engineered to enhance the overall speed, agility, resilience, and responsiveness of your participating athletes. Equipped with the latest and greatest training technology, this space will be dedicated to improving the dynamic capabilities of athletes across all levels.

Introduction to Key Equipment:

Turf Area

High-quality, durable turf that supports agility drills and high-intensity training. Engineered to withstand explosive movements and resist wear and tear from repeated use, footwear, and equipment integration.

Reaction Balls

Designed to improve reflex and coordination with various sizes and bounce patterns, this inclusion will accommodate a wide range of agility training exercises.

Hurdles and Plyo-boxes

Adjustable plyo-boxes suitable to create instant hurdles for athletes at all levels. Built for durability and frequent use, these are simple incorporations that have endless capability across training techniques and styles.

Fit Light Trainers, Timing Gates, and Laser Timing Systems

Advanced timing and measurement technologies with user-friendly interfaces. Capable of precise logging, storing, and tracking performance drill data.

Jump Mats with Measurement Capability

Tools needed to metrically measure and analyze vertical jump height and agility. This equipment can provide accurate measurements and be integrated with our software system for comprehensive tracking and training.

Skillmills and Curved Nonmotorized Treadmills

Simulate natural running conditions and enhance endurance, speed, and acceleration training. These dynamic machines support a wide range of speeds for varied intensity workouts by allowing athletes to exert self-control of their pace and movement through motion, offering a more functional workout and enabling a data-driven approach to progressive improvements.

Strategic Benefits for Your Facility:

Our state-of-the-art Speed and Agility Training Area will distinguish your program from others, attracting a diverse athlete base and proving the promise of elevated performance. And, with high-performance, the reputation of your facility will only continue to grow.

This particular area is designed to push athletes beyond conventional training limits, enhancing both their competitive edge and their ability to perform under pressure. It will be an unparalleled asset toward building your program as an industry giant.

Integration with Training Programs:

This compilation of equipment has been strategically assembled for your program as a component for unmatched athletic programming. It complements and enhances existing training protocols, ensuring athletes have access to a comprehensive suite of tools that support their development and success.

Forge First-Place Finishes with Our Suspension Training Zone

There's Orangetheory.

There's Barry's Bootcamp.

And, then there's the Treigning Lab.

Superseding the vigorous fitness requirements and regiments of every modern-day CrossFit industry leader, The Treigning Lab guarantees unmatched performance results.

Want us to prove it? No problem!

Scroll to our individual athletes, team athletics, and corporate case studies to see how The Treigning Lab athletes are not subscription made, but rather they are Treigning Lab tough, Coach Cal trained, and Gold Medal triumphant.

With our CrossFit/Suspension Training Zone, your facility will be outfitted with next-level equipment, all dedicated to building strength, bringing agility, and boosting athletic performance.

Introduction to Key Equipment:

Gym Infrastructure Equipment

High-Quality Rubber Flooring - Durable, shock-absorbent flooring to provide a safe and stable surface for high-impact activities and heavy lifting.

Precision Timing System - An essential tool for timing workouts, ensuring measured precision in high-intensity interval training (HIIT).

Core Strength and Weightlifting Equipment

Weightlifting Barbells and Weights/Plates - Fundamental for a comprehensive strength training program, including Olympic weightlifting movements.

Hex Rubber Dumbbells - Versatile for a wide range of exercises and key to focused strength and coordination training.

Ergonomic Kettlebells - Essential for explosive exercises that combine and promote cardiovascular, strength, and flexibility training.

Wall Balls - For developing power through resistance-focused conditioning, integrating a cohesion between strength training and cardiovascular endurance.

Sandbags - Offering a variety of functional strength and stability options by creating a unique challenge through pattern-free shifting weight.

Specialized Training and Support Equipment

Power Racks, Cable Pulley Machine, and Reverse Hyper - Essential for targeted strength training, offering versatility in resistance exercises. These facilitate safe performance of a wide range of movements, from heavy lifts to isolated muscle work, enhancing complete functional fitness.

Flat Bench with Incline Capability - For basic pressing exercises and strength training.

GHDs (Glute-Hamstring Developers) - To strengthen the posterior chain muscles, crucial for lifting, stability, and building power across exercise modalities.

Sled System with Accessories - For strength and conditioning, sleds can be used to enhance power and endurance with concentrated pushing, pulling, and resistance exercises.

Essential Cardiovascular and Conditioning Equipment

Concept Rowers, Cycle Ergometers, and Ski Ergometers - Providing low-impact, high-intensity cardiovascular training options for a full spectrum of physical movements.

Rogue Echo Bike or Assault Air Bike - For intense, full-body conditioning workouts that are staples in CrossFit training.

CrossFit Skipping Ropes - For precision cardiovascular training, improving speed, coordination, and agility.

Functional Movement Equipment

Multifunctional Rig with Squat Rack and Gymnastic Bars - Central to CrossFit workouts, offering support for squats, pull-ups, and muscle-ups. Extensions and trawlers will be added for attaching muscle-up rings and climbing ropes.

Wooden Gymnastics Rings - For bodyweight exercises to enhance upper body strength and core stability.

Parallette Set - For a full spectrum of bodyweight exercises, this compact equipment is vital to improving strength and balance with gymnastics-based movements.

Climbing Rope - Used to develop grip strength, arm strength, and endurance.

Pegboard - For upper body strength and climbing exercises, challenging grip and arm strength.

Yoke - For carrying and pushing exercises, testing and building strength, stability, and endurance.

AbMat - To support and extend the range of motion and effectiveness of abdominal exercises.

Assorted Rubber Bands and Crossover Symmetry - For resistance training, designed to improve mobility, target muscle imbalances, and improve overall physical posture.

Strategic Benefits for Your Facility:

Incorporating this specialized training zone not only diversifies your training offerings but also will attract a broad spectrum of athletes. It positions your facility as a premier destination for serious athletes committed to pushing their limits and achieving peak performance.

Integration with Training Programs:

Each piece of equipment in our CrossFit/Suspension Training Zone will be carefully selected and continuously updated to complement and enhance your performance programs. This integration supports comprehensive athletic development, ensuring that your athletes benefit from a well-rounded approach to strength, endurance, and agility training.

Smarter Training with a Safe, Multi-Purpose Space

Designed to support a versatile array of athletic programs, our Tumbling Mat Space is essential for activities ranging from wrestling and gymnastics to cheerleading and martial arts. This room has been meticulously devised to meet the specific demands of each discipline, providing a safe environment conducive for athletes to learn, practice, and excel.

Introduction to Key Equipment:

High-Impact Padded Flooring

Our proposed flooring is engineered for high impact and shock absorption to significantly reduce the risk of injuries associated with falls, jumps, and other dynamic movements. The material is non-slip, easy-to-clean, and scientifically designed to provide optimal stability for all activities.

Wall Padding

The walls will be equipped with durable, impact-resistant padding to ensure complete safety around the perimeter of the room. All padding materials adhere to strict fire safety and non-toxicity standards, creating a secure and hazard-free environment.

Additional Room Specifications:

Maintenance

The room will utilize materials that are both antimicrobial and resistant to mold, mildew, and odors in order to facilitate a clean and healthy environment for all activities. These materials also allow for easy maintenance, ensuring that the facility remains pristine and safe for everyday use.

Strategic Benefits for Your Facility:

Adding this specialized Tumbling Mat Space into your facility will not only diversify your training offerings but support an all-inclusive range of athletic disciplines. It will set your program apart as a comprehensive hub for top competitive athletes.

Integration with Training Programs:

Our Tumbling Mat Space seamlessly provides a necessary resource for a variety of sports. The design and features of the room ensure that athletes across all disciplines have access to top-tier training tools that support their development and success across.

Upgrade Your Facility with an Elite Endless Pool

Your athletic training facility will enhance its capabilities with the installation of a Commercial Dual Propulsion Endless Pool. This pool is engineered with precision to meet rigorous athletic training needs and fit seamlessly into your facility's design.

Introduction to Key Equipment:

Dimensions and Design

Our training pool, measuring 14 feet wide by 15 feet long with a 42-inch depth, is suitable for a variety of training activities. The pool features an Apex Coping System perimeter along with Platinum Return Channels that enhance water circulation. With easy-access, three-tread stairs and handrail, its design holds high safety standards, protecting the user training experience.

Water Quality and Temperature Control

Equipped with a commercial-grade water quality system and a high-efficiency pump, the pool maintains optimal water conditions supported by a 4Kw electric heater for precise temperature control throughout the year. The water clarity and hygiene are managed by a 75 sf NSF-listed cartridge filter and an automatic surface skimmer, ensuring a clean and safe swimming environment.

Additional Functional Requirements

The pool's liner is made from a heavy-duty 60 mil welded membrane to withstand rigorous use. It is powered by a 60HZ single-phase system, accommodating a dual propulsion system that allows multiple swimmers to train simultaneously with adjustable currents. Safety is further enhanced by compliant drains, a cover pump suitable for outdoor use, and visible safety demarcations for precaution and ease of use.

Strategic Benefits for Your Facility:

Incorporating this advanced Endless Pool significantly expands your training capabilities, offering athletes a unique and adaptable environment for performance enhancement. It sets your program apart as a top-tier venue for athletic development.

Integration with Training Programs:

This project requires careful coordination with existing infrastructure and strict adherence to local codes and regulations, ensuring a seamless and compliant installation process. But, with it, your facility's mission to offer state-of-the-art training amenities that foster athletic excellence will be supported.

Please note: Due to the significant contractor involvement needed for the installation of this equipment, The Treigning Lab is prepared to procure the necessary materials. However, the district will assume responsibility for all installation logistics, including the acquisition of permits, compliance with municipal codes, and adherence to site regulations.

Hit a Home Run with Top Tier Batting Technology

Your facility will be equipped with competition-grade batting cages, designed to provide a professional and safe environment for baseball training. Allowing athletes to practice their batting skills under any conditions, these state-of-the-art additions to your center will be equipped with advanced technology to simulate real game pitching scenarios, making them a crucial training asset for any competitive baseball program.

Introduction to Key Equipment:

Turf Mound and Protective Setup

Each cage includes a turf mound that replicates the feel of a real baseball diamond, surrounded by high-quality protective netting and full-gauge chain link fencing. This setup ensures user safety while providing a realistic batting experience.

Advanced Pitching Machines

Your pitching machines will be among the best available, featuring multiple settings to adjust pitch type, speed, and zone. They can accommodate various ball types, allowing for a diverse training session that can mimic different competition scenarios.

Strategic Benefits for Your Facility:

Integrating these advanced batting cages into your facility not only broadens your training capabilities but also enhances your appeal to elite baseball athletes looking for a program that can accommodate year-round training.

Integration with Training Programs:

The Batting Cages offer an exclusive, technologically advanced resource that supports comprehensive baseball training. They are an essential element of your sports training facility, providing detailed analytics and feedback crucial for technical enhancement, skill development, and overall athletic progression. With this addition to your facility, athletes will have a continuous opportunity for improvement in batting technique as well as repetitive practice, contributing to the performance growth of your athletes.

Develop Your Golf Program with an Indoor Simulation System

Our Golf Simulator Room is postured to provide a highly realistic and immersive golfing experience, allowing athletes to practice regardless of weather conditions. This state-of-the-art facility will be equipped with cutting-edge technology to simulate some of the world's most famous golf courses, ensuring every athlete can refine their skills in an applicable and optimal environment.

Introduction to Key Equipment:

Golf Simulator

Incorporating high-definition realism, this simulator uses advanced tracking technology for ultra precise feedback on every shot. It includes a virtual selection of the most renowned golf courses globally, bringing varied real-world challenges to your facility.

Impact Screen

Constructed with high-quality materials, the golf simulator impact screen is durable and built to withstand repeated strikes.

Projector and Computer System

Our Golf Simulator is equipped with a top-of-the-line projector and computer system that delivers sharp, clear images of the virtual courses, making every session both engaging and effective. Additionally, the system is optimized for smooth operation with advanced simulation software, providing a seamless, lag-free golfing experience.

Hitting Mat

Professional grade hitting mats replicate the feel of real turf, offering a realistic practice surface that exacts authentic simulation sessions.

Strategic Benefits for Your Facility:

Integrating this Golf Simulator Room not only diversifies your athletic program's appeal and provides a year-round training advantage, making your facility a preferred destination for competitive golf athletes.

Integration with Training Programs:

The Golf Simulator Room is an exceptional addition to your sports amenities, offering athletes an exclusive and leading-edge resource to improve their game in a controlled and technologically advanced setting. It supports continuous training by providing detailed analytics and feedback, which is crucial for skill enhancement, development, and execution.

Elevate Performance and Recovery with Targeted Oxygen Therapy

At The Treigning Lab, we provide leading-edge health and wellness solutions as part of athletic training regimens. And hyperbaric oxygen therapy is, perhaps, the most revolutionary.

Recognizing the critical role of recovery in athletic performance, our proposed Hyperbaric Oxygen Therapy Facility has not only been researched by industry leaders but also will be established with their expert guidance.

This therapy distinguishes us in our field, and it can and will set your facility apart from competing programs too!

Introduction to Key Equipment:

Certified Hyperbaric Chamber

Our facility features state-of-the-art hyperbaric chambers capable of adjusting pressures from 1.5 ATA (7 PSI) to 2.0 ATA (14.0 PSI). This range facilitates a wide array of treatment abilities, all tailored to meet the specific and defined recovery needs of your athletes. These chambers are equipped with a sophisticated tracking system programmed to provide detailed analytics and corresponding feedback, directly using otherwise untapped performance metrics to optimize athletic potential.

Durable Hardshell Design

The chambers have a hardshell design, exceeding stringent industry standards. This ensures not only the safety and durability of the equipment under varying pressure conditions but also the protection and comfort for athletes during therapy sessions.

Industry Standard Approvals

Each chamber has been rigorously tested and received ASME and PVHO approval, affirming compliance with the highest safety and operational

standards necessary for therapeutic use in athletic settings. This approval is a testament to our commitment to user safety and care.

Functionality and Necessity of the Equipment:

The hyperbaric oxygen therapy provided by these chambers enhances blood oxygen levels, which accelerates the body's natural healing processes. This is particularly important for expedient recovery from high-intensity training as well as injury, making it an indispensable tool in modern athletic training programs.

Strategic Benefits for Your Facility:

Incorporating Hyperbaric Oxygen Therapy into your athletic program extends more than a few strategic advantages.

Reduced Recovery Times

By significantly speeding up recovery processes, athletes can continue training with greater vitality and reduce the time needed to achieve high-level results.

Enhanced Athletic Performance

Improved oxygen delivery to tissues promotes elevated endurance and progressively improved strength, key factors in achieving peak athletic performance.

Attracting Elite Talent

Offering advanced recovery solutions like this will position your facility as the leader in athletic development, making it an attractive option for top talent.

Integration with Training Programs:

We have incorporated Hyperbaric Oxygen Therapy as a seamless integration to projected athlete care frameworks. The data collected from each session will be evaluated to ensure that the therapy's benefits are maximized – this includes enhanced recovery rates and consistent performance improvements.

These insights will then be used to adjust training routines and recovery protocols, ensuring that each athlete's program is continuously targeted to the best possible outcomes.

Maximize Fitness Potential with Precise Metabolic Testing

With a customized Metabolic Testing Lab, your program will be equipped with the latest in fitness testing technology. By integrating advanced assessments for VO₂ max, body composition, and hydration levels, we can help you provide a data-driven approach to not only health and fitness, but also professional equivalent performance.

Introduction to Key Equipment:

VO₂ Fitness Test Equipment

Your lab will be furnished with state-of-the-art VO₂ Fitness Test Equipment that generates exact measurements of heart rate, metabolic rate, and VO₂ max. All data collected will be tracked using our exclusive software platform.

This equipment is essential to determining correct calorie expenditure across various activities, allowing your team to set attainable goals specific to each and every athletic modality.

Body Composition Analysis (Body 580 Composition Analyzer)

This comprehensive tool goes beyond the basics to offer a detailed physical analysis including total body water, fat-free mass, body fat mass, and more. Each parameter is logged and monitored in our computerized system, providing a thorough history, tailoring fitness plans to individual physiological needs.

Hydration Level Testing (Mx3 Hydration Testing System)

Hydration is key for peak athletic performance. Our Hydration Testing Systems are integral to ensuring that each training program includes personalized fluid intake recommendations, based on precise hydration level assessments.

Functionality and Necessity of the Equipment:

The Metabolic Testing Lab's advanced equipment is designed to provide accurate and comprehensive fitness assessments.

These tools are essential for:

Personalized Training Programs

Leveraging detailed metabolic data to design customized workout plans that optimize performance, health, and well-being.

Data-Driven Results

Utilizing computerized tracking to continuously update and refine fitness strategies based on real-time data inputs.

Goal-Oriented Outcomes

Enabling precise adjustments to fitness plans based on scientifically measured progress.

Strategic Benefits for Your Facility:

Incorporating our Metabolic Testing Lab into your fitness program offers several strategic advantages:

Enhanced Training Efficiency

By understanding individual metabolic profiles, trainers can more effectively design workouts that maximize results.

Improved Client Satisfaction

Personalized insights into health metrics lead to more engaged and motivated athletes.

Attraction of Dedicated Clients

Advanced testing capabilities make your facility appealing to serious athletes who value data-driven approaches to health and fitness and want to perform at the highest level.

Integration with Training Programs:

Our Metabolic Testing Lab integrates smoothly into existing fitness programs. We ensure that the insights gained from each test are effectively used to enhance training regimens and optimize client outcomes, with continuous monitoring and adaptation based on up-to-date data.

Precision Concussion and Brain Health Monitoring

Enhance athlete safety with our WAVI Diagnostics Room, equipped to provide state-of-the-art, non-invasive brain health assessments. T

his facility is outfitted with sophisticated technology designed to accurately detect and analyze the severity and location of concussions, traumatic brain injuries (TBI), and chronic traumatic encephalopathy (CTE).

Introduction to Key Equipment:

21-Nine Helmet and WAVI System

The core functionality of the WAVI Room starts with the 21-Nine Helmet, a device that measures parietal brain function and is essential for assessing cognitive processing speed, reaction time, and overall brain health. This tool is crucial for determining brain age and the impacts of injuries, providing vital data that informs effective concussion rehabilitation protocols.

Strategic Benefits for Your Facility:

Incorporating the WAVI Diagnostics Room into your facility demonstrates a strong commitment to athlete health and safety. It significantly enhances your capability to proactively address brain injuries and guarantee that athletes receive the most informed and timely care possible.

Integration with Training Programs:

The WAVI Room is a pivotal part of our comprehensive health monitoring system, supporting safer returns to athletic activities post-injury. Its detailed cognitive assessments allow for personalized recovery programs, aligning with your facility's strategy to maintain and enhance athlete health and performance.

By offering precise diagnostics, the WAVI Room not only safeguards athletes but also reinforces your facility's reputation as a front-runner in sports health management.

Revolutionize Recovery with Premiere Hot and Cold Immersion Therapies

Our specialized Temperature Treatment Room is designed to enrich athletic programs, providing modern recovery techniques that utilize both cold water immersion and sauna heat therapy.

Cold immersion, effective immediately post-exercise, maintains water temperatures between 50-59 degrees Fahrenheit (10-15 degrees Celsius) to optimize recovery and enhance performance.

Conversely, our sauna features both near infrared and far infrared wavelengths, integrated with a catalyzing Himalayan salt block to activate thermogenesis and deeply penetrate tissues, offering a comprehensive spectrum of recovery and wellness benefits.

Introduction to Key Equipment:

Precision-Controlled Cold Plunge and Sauna Systems

Your facility will be equipped with an advanced cold plunge system and a state-of-the-art sauna.

The cold plunge will maintain precise water temperatures for optimal therapeutic effects, while the sauna's infrared technology and salt block inclusion will create a unique thermogenic environment to maximize recovery benefits. Continuous monitoring and adjustments will be managed using our computer monitoring system, ensuring each session is both targeted and effective.

Here is a breakdown of the therapeutic benefits this service can offer your program:

Physical Impact:

Muscle Recovery and Inflammation Reduction

Engaging in cold plunge therapy helps constrict blood vessels, temporarily reducing inflammation and muscle soreness. This is complemented by the sauna's stimulation of heat shock proteins (HSPs), which promote mitochondrial biogenesis and shorten tissue healing time.

Swelling Management and Enhanced Circulation

Effective for reducing post-exercise or injury-related swelling, our cold therapy aids in managing and mitigating tissue edema. While the sauna's deep tissue penetration improves blood viscosity and fluidity, facilitating better circulation. Together, these therapies work as a smart pairing for result-driven recovery.

Accelerated Recovery Times and Hormonal Response

By easing muscle discomfort and reducing inflammation with cryotherapy, and activating acute hormonal responses via heat exposure, our treatments facilitate quicker recoveries, enabling athletes to return to rigorous training and high-level competition sooner.

Psychological Impact:

Building Mental Fortitude and Stress Reduction

Regular immersion in cold water and exposure to sauna heat can strengthen mental resilience, a vital ability for competitive athletes. Additionally, cold exposure triggers a natural endorphin surge, while the sauna's ambient heat helps lower stress levels, contributing to better overall mental health and performance readiness.

Functionality and Necessity of the Equipment:

Our Cryotherapy/Cold Plunge and Sauna Treatment Room offers the following:

Customizable Cooling and Heating Profiles

The ability to monitor and reactively adjust both skin temperature and heating levels ensures treatments are specifically tailored to individual therapeutic impact.

Insightful Performance Tracking

Our advanced monitoring systems provide valuable feedback on each therapy session, allowing for ongoing optimization of treatment plans based on personalized real-time data.

Strategic Benefits for Your Facility:

Deploying our Cryotherapy/Cold Plunge and Sauna Treatment Room can enhance your facility's offerings by:

Refining Recovery Protocols

The integration of state-of-the-art recovery tools enable athletes to train harder and recover faster, accommodating complete mind and body recovery requirements.

Drawing Elite Athletes

Your facility's profile will be promoted by providing top-tier recovery solutions that not only attract but also retain high-level athletes.

Integration with Training Programs:

Designed to complement your current facilities comprehensive buildout, our temperature immersion room ensures unmatched support for long-term athletic performance and wellness.

Please note: Due to the significant contractor involvement needed for the installation of this equipment, The Treigning Lab is prepared to procure the necessary materials. However, the district will assume responsibility for all installation logistics, including the acquisition of permits, compliance with municipal codes, and adherence to site regulations.

Advance Healing with State-of-the-Art Light Therapy

Your facility's Photo-biomodulation Therapy Room will be equipped with complex health-enhancing services that address a wide range of athletic concerns, from aches and pains to muscle relaxation and improved blood circulation.

Utilizing both a non-invasive LED therapy bed and handheld light modulators, this therapy offers a dual approach to treating conditions with light wavelengths proven to benefit comprehensive wellness.

Introduction to Key Equipment:

LED Therapy Bed

Our LED Therapy Bed utilizes multi-wave technology to deliver a spectrum of therapeutic light wavelengths efficiently, addressing a variety of physical conditions.

The bed is designed with patient comfort and safety in mind, featuring adjustable intensity settings that allow treatments to be tailored to diverse individual needs.

Handheld Light Modulators

For more concentrated treatments, our handheld light modulators offer deliver light therapy directly to specific areas of concern. These portable devices complement the LED bed and enhance the effectiveness of light therapy reception.

Environment and Safety Features

Ensuring a safe and comfortable therapeutic experience is paramount.

Your photobiomodulation therapy room will be outfitted to match this importance with attention to:

Patient Safety

All equipment in the Photo-biomodulation Therapy Room adheres to the highest healthcare standards, ensuring patient safety during every session.

Comfort

The design of the therapy room and its equipment focuses on creating a relaxing environment, aiding in patient relaxation and the effectiveness of the therapy.

Privacy

We prioritize patient privacy, with features designed to maintain a sense of confidentiality and personal space throughout treatments.

Functionality and Necessity of the Equipment:

The integration of advanced LED technology in our therapy treatments provides all the following:

Comprehensive Treatment Solutions

The combination of the LED therapy bed and handheld modulators offers a full-spectrum approach to light therapy, capable of addressing multiple issues, across full-body physical needs, in only one session.

Customized Therapy Sessions

Adjustable settings and controlled modulators allow each session to be customized to meet the specific therapeutic needs of every athlete.

Data-Driven Adjustments

Continuous metrics are input and evaluated in our software system, providing a basis for as-needed adjustments and ensuring optimal outcomes for each athlete.

Strategic Benefits for Your Facility:

Implementing the Photobiomodulation Therapy Area in your facility can provide several strategic benefits:

Enhanced Treatment Offerings

Expand your range of services to include advanced light therapy, appealing to a broader client base seeking innovative, non-invasive treatments.

Increased Patient Satisfaction

The ability to offer personalized, comfortable, and effective treatments can significantly boost patient satisfaction and retention.

Cutting-Edge Technology

Position your facility as a leader in therapeutic techniques, attracting athletes looking for the latest in health, wellness, and proven performance treatments.

Integration with Training Programs:

Our Photo-biomodulation Therapy Area is designed to enhance your offerings and attract top-tier athletes. The therapy's versatility makes it an excellent addition to any health regimen, providing holistic therapeutic options and improved performance results.

Transform Recovery with Hydrogen Inhalation and Compression Therapy

Experience the future of athletic recovery.

We integrate advanced technologies like Molecular Hydrogen Inhalation and Compression Therapy to tackle inflammation, enhance antioxidant defenses, and expedite recovery, allowing athletes to reach their full potential.

Introduction to Key Equipment:

Hydrogen Inhalation Machine:

Capacity and Output

Our Hydrogen Inhalation Machine is designed to support dual usage, accommodating two athletes simultaneously. It delivers up to 600 mL per minute of hydrogen gas per outlet, ensuring an effective dosage and maximizing recovery benefits during each session.

Purity and Safety

The hydrogen gas produced is of the highest purity, guaranteeing both safety and efficacy. The machine includes advanced safety features including leak detection and automatic shut-off mechanisms, providing a risk-free environment for athletes.

User-Friendly Design

Ease of use is a key feature, with intuitive controls and clear instructions that allow straightforward operation by staff and athletes alike. The machine is also portable, making it an adaptable addition to your training facility.

Compression Therapy Equipment:

Sequential Compression Devices

Our Top-of-the-line Compression Therapy Devices can deliver full-body and targeted area compression. These programmable units allow customization of pressure, timing, and pattern, catering to specific recovery needs.

Flexibility and Accessibility

This tool is designed to accommodate various body types and sizes, with adjustable settings to ensure personalized therapy for every athlete.

Ease of Integration

With a focus on portability and user-friendliness, our compression units are easy to integrate into different training and recovery areas, enhancing their overall accessibility and utility.

Therapeutic Benefits:

Hydrogen Inhalation:

Reduces Recovery Times

Accelerates recovery processes, enabling a quicker return to athletic training and competition.

Decreases Inflammation

Utilizes hydrogen's anti-inflammatory effects to mitigate workout stress and prevent injuries.

Enhances Antioxidant Capacity

Boosts the body's defenses against oxidative stress, aiding in muscle repair and fatigue reduction.

Improves Overall Wellness

Contributes to long-term health and performance sustainability.

Compression Therapy:

Improves Circulation

Enhances blood and lymphatic flow to speed up the elimination of metabolic waste.

Reduces Swelling and Inflammation

Facilitates faster recovery and reduces necessary downtime.

Decreases Muscle Soreness

Alleviates fatigue and enhances prolonged training capacity.

Enhances Flexibility

Improves the fluid range of motion and reduces the risk of rigidity-related injuries.

Strategic Benefits for Your Facility:

Implementing a Molecular Hydrogen and Compression Therapy Space can significantly elevate your facility's service offerings by providing:

Advanced Recovery Options

Introduce innovative therapies that attract high-performance athletes.

Increased Athlete Satisfaction

Deliver effective, personalized, and comfortable treatments that enhance athlete motivation and retention.

Leadership in Athletic Care

Establish your facility as the front-runner in adopting ground-breaking health and wellness technologies.

Integration with Training Programs:

Designed to complement existing athletic training and recovery programs, our unique therapy space ensures that athletes receive unmatched support.

Continuous monitoring and adjustments based on real-time data enhance therapeutic outcomes, systematically aligning with the highest standards of athletic care.

Leading Solutions for Athletic Training, Rehabilitation, and Recovery

We are committed to supplying the most advanced equipment in athletic training, rehabilitation, and recovery. We outfit our affiliated facilities with pioneering technologies and equipment that not only meet but exceed the current standards in sports science, leading athletes into the future of peak performance.

Introduction to Key Equipment:

Training and Rehabilitation:

Adjustable Treatment Tables

Models similar to the Electric Athletic Edge Treatment Table that offer stability and comfort for a variety of therapies.

Treatment and Storage Cabinets

Storage solutions comparable to the Electric Athletic Edge Treatment Cabinet, designed for efficient organization and storage of therapy supplies.

Mobility Seating Solutions

Items like the Athletic Edge Rolling Stools to provide therapists with adjustable and mobile seating during sessions.

Advanced and Forward-Thinking Training Technologies:

Hydrotherapy Equipment

Advanced hydrotherapy treadmills like the Hydro Worx 350, which combine water resistance with treadmill training for low impact exercise.

Anti-Gravity Treadmill

Technologies like the Woodway Anti-Gravity Treadmill, allowing for reduced-strain exercise ideal for both routine training, injury prevention, and injury recovery.

Vibration Training Device

Devices that offer benefits comparable to the Power Plate for muscle stimulation, flexibility, and circulation improvement.

Movement Screen Analysis System

Advanced systems comparable to Kinetisense, for detailed biomechanical assessments to guide personalized training programs.

Recovery and Therapy Modalities:

Compression and Cold Therapy Systems

Solutions similar to the Game Ready Med 4 Elite that combine cold therapy with pneumatic compression for accelerated recovery.

Electrical Muscle Stimulation (EMS)

Devices like the I-Myo-Pro, for muscle recovery and pain management. Devices that provide pain relief and support tissue healing, comparable to the H-Wave system.

Acoustic Therapy

Equipment comparable to Stem Wave Acoustic Therapy for non-invasive treatment of musculoskeletal pain and assisted tissue regeneration.

Wellness and Regenerative Technologies:

PEMF Systems

Full-body PEMF therapy equipment like the PEMF Machine and Bed/Table, which promote cellular repair, rejuvenation, and overall systemic health.

Blood Flow Restriction (BFR) Training System

Technologies such as the Delphi PTS BFR, used to enhance muscle growth and promote rehabilitation effectiveness.

Diagnostic and Therapeutic Ultrasound Systems

Advanced portable ultrasound systems for injury diagnostics and therapeutic treatments, mirroring the capabilities of Sonosite Edge II and Sonicator 740x.

Strategic Benefits for Your Facility:

By incorporating these advanced technologies into your facility, you can offer comprehensive support for athletic training and recovery. These tools not only directly benefit athletic development but will competitively position your facility as a leader across all included sports.

Integration with Training Programs:

The proposed equipment is designed to seamlessly integrate with existing training protocols, ensuring that athletes have access to the latest in recovery and performance enhancement technologies. This integration supports a holistic approach to athlete care, maximizing recovery, and performance outcomes.

Optimize Performance with Advanced Software and Professional Support

The Treigning Lab integrates sophisticated software and expert support to meet the unique training demands of every athlete.

Introduction to Key Equipment:

Our athletic training program integrates a comprehensive software system designed to elevate the training and monitoring of up to 100 athletes.

This high-level system is seamlessly connected electronically to fitness equipment and wearable technologies, providing a holistic approach to athlete development.

The software's advanced capabilities allow for the real-time tracking and analysis of nutrition, hydration, psychological states, and body composition, all tailored to meet each athlete's unique needs. The system includes a sophisticated dashboard that offers real-time monitoring and detailed metrics, made accessible to coaches, staff, and even parents. It facilitates in-depth tracking of performance results and changes in athlete conditions, enabling informed decision-making and timely adjustments to training programs.

Introduction to Support Services:

Hyperbaric Training Support:

Technician Training

We provide comprehensive training for technicians on the operation and maintenance of hyperbaric chambers, ensuring adherence to safety protocols and emergency procedures.

Diagnostic Protocols

Instruction on the use of hyperbaric therapy for diagnostic purposes is offered, aimed at boosting recovery and enhancing performance.

Metabolic Testing Training:

Coach Training

Specialized training is available for coaches to conduct metabolic assessments, such as VO₂ max and lactate threshold tests, improving your ability to gauge and develop athlete performance accurately.

Testing Procedures

We promote the implementation of best practices in metabolic testing to ensure precise assessments of athlete capabilities and progress.

Athletic Trainer Consulting:

Consulting Services

Expert consulting is available to help athletic trainers adopt the latest techniques and technologies for injury prevention and recovery.

Hiring Guidance and Staff Training

Assistance in developing hiring criteria and processes, along with training for staff to support athlete performance and recovery needs effectively.

Recovery Modalities Training:

Recovery Integration and Training

Guidance on selecting and integrating recovery modalities and equipment, ensuring their optimal use and maintenance. Training for staff in effective recovery techniques will maximize athlete development.

Nutritional Advisement

On-demand nutritional consulting services are offered to complement athletes' training and recovery regiments, providing specially tailored dietary strategies.

Strategic Benefits for Your Facility:

Implementing our advanced software and support systems will elevate your training facility's capabilities, providing a comprehensive and technologically sophisticated approach to athlete development.

This integration not only streamlines operations but also ensures that each and every athlete receives personalized and effective training and recovery regiments, driving both their success and your facility's reputation as a leader in athletic training.

Integration with Training Programs:

This holistic integration supports the continuous evolution of athletic performance, leveraging data-driven insights and expert knowledge to foster a culture of excellence and achievement. And, by partnering with The Treigning Lab, that is the culture your facility will be known for.

Case Studies Powered by The Treigning Lab

At The Treigning Lab, we don't just train athletes.

WE CREATE CHAMPIONS.

This section showcases the journeys of those who have reached new heights with our cutting-edge athletic training approach. From Olympic gold medalists to state, national, and world champions, discover the transformative impacts of our tailored programs in strength, conditioning, recovery, and beyond.

Each case study illustrates the real-world application of our holistic approach, turning potential into exceptional performance.

Helen Maroulis

Three-time Olympian Helen Maroulis, the first-ever Women's Wrestling Gold medalist, isn't just a champion; she's a testament to the transformative power of the Treigning Lab's training philosophy.

Her journey to the 2024 Olympics wasn't without hurdles. A brutal concussion and a series of debilitating injuries – shoulder, labrum, and rotator cuff issues – threatened to derail her career. The Treigning Lab stepped in, crafting a comprehensive training program tailored to Helen's specific needs. Our approach went beyond traditional methods, employing a holistic approach that encompassed:

Strength and Conditioning - Specialized routines designed to enhance wrestling-specific strength, power, and explosiveness while addressing her injury limitations.

Precision Nutrition - A meticulously designed diet plan optimized for peak performance, recovery, and injury management.

Targeted Supplementation - Strategic supplementation to bridge any nutritional gaps and support her recovery process.

Injury Rehabilitation - Our team of specialists crafted a targeted protocol specifically addressing her cervical spine injury and neurological issues, facilitating a faster and more complete recovery.

Helen's recovery was remarkable, exceeding expectations and propelling her back to peak performance. Helen's inspiring journey and her preparation for the upcoming 2024 Olympics, including her grueling training sessions and the Treigning Lab's pivotal role in her comeback, is chronicled in a critically acclaimed documentary.

The impact of the Treigning Lab's approach is undeniable.

Royce Lewis

Royce Lewis's journey, from a first-round draft pick in 2017 to becoming the MVP for the Minnesota Twins in 2024, exemplifies the profound impact of advanced athletic training at the Treigning Lab. His success story is highlighted by the comprehensive and innovative training approach that integrated strength conditioning, cognitive development, and precision nutrition, all tailored to meet his specific needs as a professional baseball player.

At the Treigning Lab, Lewis underwent a regimen that not only improved his physical capabilities but also sharpened his mental acuity, allowing him to excel under the intense pressures of major league baseball.

Focusing on cognitive skills was crucial for his ability to make quick decisions during games, enhancing his performance on the field. Additionally, his personalized nutrition plan ensured that his body was always in peak condition, supporting his rigorous training schedule as well as competition demands. The strategic use of cutting-edge sports science technologies also played a pivotal role in monitoring his progress and adjusting his training programs, which significantly contributed to his athletic improvements and career milestones.

This holistic approach by the Treigning Lab not only propelled Royce Lewis to achieve his MVP status but also set a new benchmark for training professional athletes.

Rob Francois

Rob Francois, a three-time Super Bowl champion with the Green Bay Packers and current NFL scout, epitomizes resilience and determination. His journey through a challenging rehabilitation after a ruptured Achilles tendon showcases the effectiveness of the Treigning Lab's comprehensive approach to athlete recovery and performance optimization.

After his injury, Rob turned to the Treigning Lab, trusting our expertise to rebuild his strength and help him return to peak condition.

The rehabilitation program we crafted specifically for him was multifaceted, addressing the physical aspects of recovery as well as the nutritional demands that healing would require:

Rehabilitation - The Treigning Lab developed a tailored rehab program that focused on gradually increasing mobility and strength in Rob's Achilles tendon. Utilizing advanced therapy techniques and equipment, the program was designed to minimize recovery time while maximizing effectiveness.

Nutrition and Supplementation - Understanding the critical role of nutrition in recovery, the Treigning Lab provided Rob with a personalized nutrition plan. This plan was rich in proteins and essential nutrients to aid tissue repair and reduce inflammation, playing a critical role in his speedy recovery.

Recovery and Training Programming - Alongside physical therapies and nutritional adjustments, The Treigning Lab implemented a personalized training program designed to maintain his overall fitness without exacerbating his injury. This program included low-impact exercises that allowed him to stay in shape during his rehabilitation period.

The all-encompassing approach taken by the Treigning Lab not only spearheaded Rob's return to health but also provided him with the knowledge and tools to maintain his physical condition and continue his career in the NFL as a scout.

Rob's case is a testament to The Treigning Lab's forward-thinking methods and the capacity to handle high-stakes athletic recoveries.

The Treigning Lab and Recovery Center

The Treigning Lab and Recovery Center has established itself as a premier institution in the realm of athletic training and recovery. Known globally for its pioneering approach, the center utilizes a science-based algorithmic training methodology that meticulously integrates sequenced nutrition, targeted supplementation, and comprehensive metabolic testing.

This flagship facility is not only a training ground for elite athletes but also houses a specialized wellness center dedicated to managing chronic illnesses and enhancing athletic vitality. By employing advanced recovery protocols, the center ensures that each athlete receives personalized care designed to optimize their physical and mental performance.

The Treigning Lab's reputation as a world-renowned leader in sports science is built on its commitment to innovation and excellence. The center's holistic approach to athlete development and recovery has proven effective in significantly improving performance levels and ensuring athletes are equipped to exceed the changing demands of competitive sports.

This flagship location continues to set standards surrounding the integration of health and fitness, making it a valuable model for future advancements of procedural athletic training and rehabilitation.

Fairmont Athletic Academy

Fairmont Athletic Academy is a groundbreaking initiative, marking the first middle school and high school athletic performance facility equipped and supported by the Treigning Lab. Catering to a diverse array of sports including soccer, hockey, and basketball, the academy offers a unique blend of advanced training and recovery methods.

At the heart of Fairmont's approach is the integration of digitally tracked training and recovery sessions, along with sophisticated fatigue analysis. This allows for a highly personalized training regimen that adapts to the specific needs and progress of each student-athlete. The academy also employs metabolic biomarker testing, a technique that not only fine-tunes athletic performance but also sets benchmarks for health and fitness within school sports programs.

By leveraging the expertise and technology of the Treigning Lab, Fairmont Athletic Academy has established itself as a leader in youth sports training. Its comprehensive approach ensures that student-athletes are not only prepared to excel in their chosen sports but are also equipped with the knowledge and habits necessary for long-term athletic health and success.

This pioneering facility represents a revolutionary focus toward integrating educational institutions with top-tier athletic performance training.

Poway High School

Poway High School has set a new precedent for public high school athletics by integrating the Treigning Lab's cutting-edge strategies into its training programs. This historic collaboration was marked by the school's wrestling team achieving monumental success, breaking a 65-year-old team record and securing the state championship in 2024.

The school's athletic program is distinguished by its all-in approach, which includes rigorous strength and conditioning routines, advanced metabolic testing, and precise biomarker tracking. These elements, designed to optimize the performance and health of the student-athletes, provide them with a competitive edge that is uncommon in public school athletics settings.

By adopting these innovative training techniques, Poway High School not only enhanced its athletic reputation but established an environment where athletes are prepared for higher levels of competition.

The school's commitment to advanced athletics and its partnership with the Treigning Lab have established it as a benchmark for other schools aiming to elevate their sports programs within the educational sector.

Penn State University Wrestling

Over the past 15 years, Penn State University's wrestling team has emerged as a dominant force in collegiate sports, securing an impressive 13 NCAA Team Championships.

This remarkable success is significantly attributed to their strategic partnership with the Treigning Lab. At the core of their program, a robust emphasis on

strength and conditioning, meticulous weight management, and scientifically backed nutrition strategies have been pivotal.

The team's regimen is augmented by the innovative use of the Treigning Lab app, which provides remote digital tracking of each athlete's performance metrics. This integration allows for real-time adjustments and personalized training modifications, ensuring that athletes are always training at the peak of their capabilities.

This comprehensive approach has not only enhanced their physical prowess but also reinforced Penn State's status as a powerhouse in collegiate wrestling.

By seamlessly blending advanced technology with expert training, this program continues to cultivate champions who excel on the national stage, redefining excellence in the sport.

Will Your Athletic Program Be the Next to Exemplify
This Degree of Success?

We Think So.

Partner with The Treigning Lab to Build a Program
That Not Only Expects Success...
...But ENGINEERS it

Invest | Implement | Inspire

A Strategic Investment into Your Elite Athletic Facility

Optimizing Your Budget for Maximum Return on Investment

Our pricing strategy is designed with your goals in mind, offering scalable solutions to provide the highest-quality athletic performance essentials.

Transparent Pricing for a Tailored Solution:

Investing into a state-of-the-art training facility represents your commitment to the future of your athletes and the success of your sports program.

The Treigning Lab is committed to providing a comprehensive and transparent project budget, ensuring that every dollar spent is a strategic investment toward building a program made to achieve unparalleled athletic excellence.

Budget Summary:

| Facility Features | Projected Costs |
|-----------------------------------|-----------------|
| Strength and Conditioning Area | \$438,819.71 |
| Speed and Agility Training Studio | \$74,773.74 |
| CrossFit/Suspension Training Zone | \$84,599.92 |
| Functional Mat Space | \$33,537.88 |
| Training Pool | \$102,742.94 |
| Batting Cages | \$132,723.77 |
| Golf Simulator | \$39,330.00 |
| Hyperbaric Oxygen Therapy Room | \$218,500.00 |
| Metabolic Testing Lab | \$62,148.73 |
| WAVI Neuro Diagnostic Center | \$16,387.50 |
| Temperature Immersion Room | \$121,832.20 |
| Hydrogen and Compression Space | \$26,549.78 |
| Photobiomodulation Therapy Area | \$103,541.38 |
| Athletic Training Room | \$268,969.91 |

Please Note:

Pricing is Subject to Change Based on Equipment Availability and Preference

Itemized Facility Expense Analysis:

For a detailed cost breakdown, view the following detailed pricing document:

[PYLUSD Universal Sports Institute Pricing](#)

Please note: The Treigning Lab is committed to adhering to the agreed timelines to the best of our ability. However, the schedule for commencement and completion of this project is contingent upon the timely delivery of equipment by our vendors. As such, adjustments to the project timeline may be necessary to accommodate the delivery and installation schedules of manufacturers.

References:

Their Experience, Your Decision

Our network of references is testament to the distinction of our services.

Below you will find contact information for a curated selection of individuals who have collaborated with The Treigning Lab and can speak to the quality and impact of our work. These references are categorized for your convenience to help you connect with affiliates that have the expertise and insights most relevant to your specific project.

Whether you are seeking detailed insights into our methods, firsthand accounts of our effectiveness, or professional opinions on the outcomes we can deliver, our references can provide unique perspectives affirming our leadership in the field of athletic training, development, and performance.

Professional Athletes:

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David Taylor

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Phone: (937) 206-2453

TJ Dillashaw

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Phone: (209) 743-7838

Elite Coaches:

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Phone: (908) 963-8906

John Meyers

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Phone: (858) 752-2113

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Phone: (714) 749-0094

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Phone: +61 414 477 745

Don't Just Take Our Word for It...

...Let Their Success Stories Inspire Your Decision

Take the Next Steps:

YOUR SUCCESS STORY

STARTS HERE

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Facebook: The Treigning Lab

Instagram: [treigning_lab](https://www.instagram.com/treigning_lab)

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|---|----|------------------|--|
| Metabolic Testing Lab | | | |
| Inbody 580 | 1 | 13005 | www.inbodyusa.com/products/inbody580/ |
| BPBlo Grey Package | 1 | 2800.75 | www.inbodyusa.com/products/inbody580/ |
| BSM 270 stadiometer | 1 | 0 | www.inbodyusa.com/products/inbody580/ |
| In Body 580 package w/tax-shipping | | | www.inbodyusa.com/products/inbody580/ |
| Cardio Coach Pro | 1 | 12820.25 | www.korr.com/ |
| Cardio Coach Rolling Cart | | 499 | www.korr.com/ |
| Cardio Coach Meta Breather (100 count) | | 758.1 | www.korr.com/ |
| Cardio Coach Total Cost - w/tax-ship | | 14203.47 | www.korr.com/ |
| Muscle D 1707 folding w/tax-shipping | 1 | 2299.62 | www.muscle-d.com/products/light-commercial-folding-treadmill |
| Moxy NIR/SMo2 w/tax-shipping | 2 | 3732 | www.moxymonitor.com/ |
| MX3 Advanced Hydration System | 2 | 5000 | www.mx3diagnostics.com/products |
| Stages SB20 & Ipad stand w/shipping,tax, ipad stand | 1 | 3500 | www.stagescycling.com/en_us/stages-sb20-smart-bike-indoor-cycle |
| Rouvyv Cycling App (5 device) | 1 | 500 | www.rouvy.com/ |
| Computer Mouse | 1 | 25 | www.amazon.com/s?k=mouse&ref=nh_sh_ss_1s-doa-p_4_2 |
| Lenovo Yoga 7i - 16GB-512GBSSD | 1 | 1049.99 | www.bestbuy.com/site/searchpage.jsp?st=lenovo+yoga+14generation&_dyncharset=UTF-8&_dynSessConf=&depca117071&type=page&sc=Global&cp=1&nrp=&np=&qlisten=&af=true&hitet=&uscc=All+Categories&ks=960&keys=keys |
| Ipad - 10th generation | 1 | 450 | www.bestbuy.com/ |
| Cables, Cords, & accessories | 1 | 150 | www.bestbuy.com/ |
| Cleaning Supplies | 1 | 150 | www.uline.com/Product/BrowseWebClass.htm |
| Supply Cabinet & Furniture | 1 | 1000 | www.medco-athletics.com/catalogsearch/result/?estorage%20cabinets |
| Physician Stool | 1 | 250 | www.medco-athletics.com/athletic-edge-rolling-stool |
| Client Chair Recliner | 1 | 500 | www.amazon.com/ |
| Decorating Posters | 1 | 1500 | www.ikonick.com/ |
| Lactate Plus N & Extra Strips | 1 | 375 | www.novameters.com/lactate-plus/ |
| Welch Allyn Diagnostic Spirometer | 1 | 2309.56 | www.medicaldevice depot.com/Spirometers-sr20.htm |
| Keto Mojo Glucose Meter Bundle | 1 | 83.34 | www.shop.keto-mojo.com/ |
| Smart TV -55" | 2 | 750 | www.bestbuy.com/ |
| Smart TV 24" | 1 | 150 | www.bestbuy.com/ |
| Infinium CLEO Capnography & SpO2 Monitor | 1 | 1500 | www.medicaldevice depot.com/Spirometers-sr20.htm |
| Oxi-Go The Premier Finger Pulse Oximeter | 10 | 220 | www.medicaldevice depot.com/Spirometers-sr20.htm |
| Tax | | 5262 | |
| | | 62148.73 | |
| Photobiomodulation Room | | | |
| LightStim LED Bed | 1 | 65000 | www.lightstim.com/products/lightstim-led-bed |
| Pro Panel | 3 | 19500 | www.lightstim.com/products/lightstim-propanel |
| Lightstim Handheld | 5 | 1250 | www.lightstim.com/products/lightstim-for-pain |
| Towels, Cleaning, Sanitizer | 6 | 0 | www.lightstim.com/collections/all |
| Full Spectrum with Himalayan Salt Bar | 1 | 8000 | www.goldende-signsaunas.com/collections/saunas-himalayan-salt-bar |
| Storage, Table, Baskets | 1 | 1000 | www.ikea.com |
| Tax | | 8764.38 | |
| | | 102614.38 | |
| Molecular Hydrogen/ Compression Therapy Room | | | |
| Recliners (relaxation chairs) | 3 | 1200 | www.amazon.com/ |
| Molecular Hydrogen machines | 3 | 9000 | www.thereigninglab.com/ |
| Compression Full Body Kit Normatec (3 sets standard, short, tall) | 9 | 1446 | www.hyperice.com/ |
| Storage, furniture | 1 | 1000 | www.ikea.com |
| Tax | 1 | 2335.78 | |
| | | 26549.78 | |
| Cryotherapy / CSP Plunge Room | | | |
| Xcryo Application Machine | 1 | 17000 | |
| Tax | | 1572.2 | |
| Swim Ex (Extra Small) cold plunge | 1 | | www.swimex.com/pool/hot-cold-plunge-pool/ |
| Worst Case | 1 | 101,260 | 101,260 |
| Best Case | | 85430 | |
| Storage, towels, changing partitions, etc | 12 | | |
| Dressing Room (or space) | MF | | 2000 |
| Tax Included | | | |
| | | 121832.2 | |
| Golf Simulator Room | | | |
| Carl's EYE XO Golf Package | 1 | 31000 | www.shop.carlfofet.com/eyexo-golf-simulator-package |
| Netting/Soundproofing | 1 | 5000 | |
| Tax | | 3330 | |
| | | 39330 | |
| Performance Based Software | | | |
| TL Performance Suite APP - AI Interfaced HRV | | 250000 | http://suite.trainingtab.app |
| 100 User License w/HR straps - Device Active | | | |
| Tax Included | | | |
| Trainer Room | | | |
| Adjustable Treatment Tables-3 section (Athletic Edge) | 2 | 5500 | www.medco-athletics.com/essential-l-thera-p-electric-treatment-table |
| Treatment and Storage Table (Athletic Edge) | 2 | 4000 | www.rehabmart.com/product/athletic-edge-treatment-cabinet-with-sliding-doors-38855.html |
| Treatment and Storage Cabinet (Athletic Edge) | 4 | 2000 | www.medco-athletics.com/catalogsearch/result/?estorage%20cabinets |
| Rolling Stools (Athletic Edge) | 2 | 500 | www.medco-athletics.com/athletic-edge-rolling-stool |
| Boost Anti-gravity treadmill w/shorts-tax-shipping | 1 | 46763.51 | www.boosttreadmills.com/ |
| Vibration Training Device (Power Plate) | 1 | 15000 | www.powerplate.com/collections/whole-body-vibration |
| Movement Screen Analysis System (kinetisense)- 5 year contract | 1 | 22500 | www.kinetisense.com/ |
| Compression/Cold Therapy(Game Ready) | 1 | 32077.49 | www.gameready.com/ |
| Acoustic Therapy (Stem Wave) | 1 | 54995 | www.stemwave.com/ |

| | | | | |
|---|---|-------|----------|--|
| Pulse XL Pro | 1 | 31200 | | www.pulsepemf.com/pemfmachines/ |
| Pulse XL Pro Cart | 1 | 250 | | www.pulsepemf.com/pemfmachines/ |
| Pulse Chair Pad | 1 | 2600 | | www.pulsepemf.com/pemfmachines/ |
| Pulse Contoured Bed | 1 | 3750 | | www.pulsepemf.com/pemfmachines/ |
| Pulse Dual Rings | 1 | 1350 | | www.pulsepemf.com/pemfmachines/ |
| Pulse Large Square Pad | 1 | 1000 | | www.pulsepemf.com/pemfmachines/ |
| Pulse Paddles | 1 | 1995 | | www.pulsepemf.com/pemfmachines/ |
| Pulse Rocker | 1 | 200 | | www.pulsepemf.com/pemfmachines/ |
| Pulse Massage Table | 1 | 400 | | www.pulsepemf.com/pemfmachines/ |
| Pulse Fiel | 1 | 0 | | www.pulsepemf.com/pemfmachines/ |
| Pulse Tonal w/tax | 1 | | 47560.77 | www.pulsepemf.com/pemfmachines/ |
| Blood Flow Restriction Kaatsu | 1 | | 1199.95 | www.kaatsu.com/ |
| Blood Flow Restriction extra bands Kaatsu | 1 | | 600 | www.kaatsu.com/ |
| Ultrasound - Sonicator 740x | 1 | | 1500 | www.mettletelectronics.com/sonicator-740/ |
| Electrical Stimulation (H-Wave System) | 1 | | 7000 | www.h-wave.com/store/ |
| Trainer Supplies - Tape/Bandages/etc | 1 | 5000 | 5000 | |
| Tax | | | 22773.19 | |

268969.91

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|--|------|----------|----------|--|
| Batting Cages | | | | |
| #72 Nylon Cage | 1 | 10126.24 | 10126.24 | |
| #72 Nylon Sliding Divider Panel | 2 | 1946.72 | 3893.44 | |
| Shipping Netting To Location | 1 | 1062.5 | 1062.5 | |
| 5 MM Sports Turf: 15W x 90L - 3 Rolls w/Velcro | 4050 | 4.7 | 19035 | |
| Delux Batter's Box: 7 x 12 TERRACOTTA | 3 | 449 | 1347 | |
| Shipping All Turf To Location | 1 | 1875 | 1875 | |
| Custom Mount Posts w/Base Plates: 15H | 8 | 2200 | 17600 | |
| Shipping Posts To Customer Location | 1 | 3437.75 | 3437.75 | |
| Hardware: Cable, Eyebolts, Turnbuckles, Clamps, Threaded Rod, Carbiners, Pulleys | 1 | 2500 | 2500 | |
| Shipping Hardware To Location | 1 | 500 | 500 | |
| Installation | 1 | 25000 | 25000 | |
| Tax | 1 | 7989.84 | 7989.84 | |
| Spinball iPitch Pitching Machine | 2 | 17555 | 35110 | |
| Tax | | | 3247 | |

132723.77

| | | | | |
|-------------------------------|---|--|----------|--|
| Endless Pool | | | | |
| Commercial Elite Endless Pool | 1 | | 88242.94 | www.endlesspools.com/ |
| Installation | 1 | | 11000 | www.endlesspools.com/ |
| Permits | 1 | | 3500 | www.endlesspools.com/ |
| Tax Included | | | | |

102742.94

| | | | | |
|---|---|--|--------|--|
| Hyperbaric Room | | | | |
| ASME PVHO -HPOTTECH ATLANTIS HYPERBARIC CHAMBER | 1 | | 200000 | |
| Entertainment Center | 1 | | | |
| Installation | 1 | | | |
| Support | 1 | | | |
| Treigning Lab Hyperbaric Training Certification | 1 | | | |
| Tax | | | 18500 | |

218500

| | | | | |
|--|--|--|--------|--|
| WAVI Brain Wave Analysis - TBI-CTE-Concussion data analysis | | | | |
| Tax | | | 15000 | www.wavimed.com/ |
| | | | 1387.5 | |

16387.5

| | | | | |
|--|----|------|------|--|
| Crossfit Room | | | | |
| Multi post 10-12 post functional crossfit rig | 1 | 8995 | 8995 | |
| Rubber Flooring - District | 1 | | 0 | |
| Wood Gym Rings | 6 | 39 | 234 | |
| Climbing Ropes | 4 | 59 | 236 | |
| 5lbs-70lbs Rubber Hex Set | 1 | 2495 | 2495 | |
| Three Tier Dumbbell Stadium Racks | 2 | 795 | 1590 | |
| 9/18/26/35/44/53 Kettle Bells Singles | 2 | 449 | 898 | |
| Kettle Bell Commercial Storage Rack | 2 | 449 | 898 | |
| Resistance Band 5-125 Set 5 | 10 | 59 | 590 | |
| Loop Band Sets of 5 (Extra Light to Extra Heavy) | 10 | 19 | 190 | |
| Bumper Plate Set 10/25/35/45 | 6 | 695 | 4170 | |
| Premium Capacity 1500lb Cross Fit Bar | 8 | 499 | 3992 | |
| Hex Bars - Chrome | 2 | 249 | 498 | |
| Vertical Barbell Storage | 1 | 399 | 399 | |
| Wall Balls : 6,8,12,14,16,18,20,25,30 (1 each) | 2 | 1195 | 2390 | |
| 2 Tier Wall Ball Storage | 3 | 795 | 2385 | |
| Sand Bags - Extra Small - Extra Large | 1 | 299 | 299 | |
| PFG Rower | 2 | 995 | 1990 | |
| PFG Ski Erg | 2 | 799 | 1598 | |
| Concept 2 Bike Erg | 2 | 1499 | 2998 | |
| PFG Air Bikes | 2 | 795 | 1590 | |
| Commercial Push Sleds | 2 | 495 | 990 | |
| AB Mat | 10 | 20 | 200 | |
| GHD Glute Ham Developer Commercial | 2 | 799 | 1598 | |
| Commercial Flat Benches | 4 | 495 | 1980 | |
| Parallette Set | 4 | 195 | 780 | |
| Cross Fit Timer - Digital | 2 | 99 | 198 | |
| Lock Jaw Collars | 20 | 39 | 780 | |
| Climbing Peg Boards | 1 | 199 | 199 | |

| | | | |
|--------------------------------|----|------|------|
| Yoke | 2 | 799 | 1598 |
| Foam Rollers - Premium | 10 | 25 | 250 |
| Lacross Balls | 10 | 29 | 290 |
| Power Cage - Commercial | 2 | 3995 | 7990 |
| PFG Dual Adjustable Pulley | 1 | 4995 | 4995 |
| Commercial FID Benches | 2 | 795 | 1590 |
| Mini Cable Functional Trainer | 1 | 2995 | 2995 |
| Dip Attachments Rig | 2 | 195 | 390 |
| 30 ft Battle Ropes w/Cover | 4 | 95 | 380 |
| Rolling Storage Cart | 2 | 695 | 1390 |
| 20"/24"/30 Covered Plyo Box | 3 | 179 | 537 |
| Bosu Balls | 4 | 69 | 276 |
| Slam Ball Set (10,15,20,25,30) | 3 | 299 | 897 |
| Reverse Hyper | 1 | 799 | 799 |
| Freight-Delivery-Installation | 1 | 7900 | 7900 |

| | | | |
|-----------------|--|--|------------|
| Total w/out tax | | | 77437 |
| Tax - 9.25% | | | 7162.9225 |
| | | | 84599.9225 |

Weight Room

Sorinex Equipment

| | | | |
|---|----|--------|--------|
| P00016 Base Camp Uber Package (w/custom laser cut logo) | 3 | 6499 | 19497 |
| Base Camp Uber Package includes: | | | |
| Batwing Abbreviated Arch | | | |
| Full Arch w/custom laser cut logo plate | | | |
| Rack with 4 way holes and laser cut numbering front and back | | | |
| 2 pair sandwich style j-hooks with UHMW bar protection | | | |
| 12 urethane utility pins (6 bolt-on, 6 moveable) for plate storage, | | | |
| band compatibility, band and chain storage, dips | | | |
| 2 split change urethane utility pins | | | |
| 1 pair self-locking 42" low safety bars with numbered holes (whitch pins) | | | |
| 1 pair 24" half spotter bars (whitch pins) | | | |
| Indexing chin bar w/handles that rotate at 45 degree increments and adjust to set position on rack | | | |
| 1 pair roller pads for single leg work, hypers, handstand push-ups | | | |
| Safety strap spotter system | | | |
| Utility seat for step ups, box squats, Russian leans, jumps, hyper extensions | | | |
| Bolt on Utility Seat Storage w/2 bar storage | | | |
| Landmine attachment for torso and rotation work, back work, core | | | |
| P12572 NP4 Sorinex 0-90 bench | 3 | 1199 | 3597 |
| P01502 Sorinex performance bar black zinc - 20 kg | 6 | 399 | 2394 |
| US made black bushing bar 190,000 min tensile strength and 175,000 min yield strength black zinc short, bright zinc | | | 0 |
| P03505 Base camp high bridge | 2 | 249 | 498 |
| P11974 Power block pro 100 commercial set - no stand | 6 | 1364 | 8184 |
| P05674 Sorinex rolling power block cart - standard - up to Pro 125's | 6 | 629 | 3774 |
| P02072 Sorinex frankenhyer glute ham-hyper | 3 | 3599 | 10797 |
| *2.1" laser cut wrenches included for assembly | | | 0 |
| P11308 Base camp jammer arms V2 - adjustable (pair) | 3 | 1299 | 3897 |
| P02347 Functional cable column 95" for basecamp & XL series (single) | 3 | 2199 | 6597 |
| P02283 Selectorized lat pull / low row machine - rack attachment | 2 | 2999 | 5998 |
| P08532 Iron bear side (8' height) - low profile feet | 4 | 550 | 2200 |
| P00393 Iron bear kettlebell tier | 0 | 489 | 0 |
| P00394 Medicine ball tier | 0 | 264 | 0 |
| P00232 Dynamax standard medicine ball - 8lb | 0 | 105 | 0 |
| P00224 Dynamax standard medicine ball - 10lb | 0 | 110 | 0 |
| P00225 Dynamax standard medicine ball - 12lb | 0 | 115 | 0 |
| P00226 Dynamax standard medicine ball - 14lb | 0 | 121 | 0 |
| P00227 Dynamax standard medicine ball - 16lb | 0 | 127 | 0 |
| P00229 Dynamax standard medicine ball - 20lb | 0 | 140 | 0 |
| P09500 Sorinex USA Ductile KB - 8kg (powder coat) | 0 | 40 | 0 |
| P09501 Sorinex USA Ductile KB - 12kg (powder coat) | 0 | 50 | 0 |
| P09502 Sorinex USA Ductile KB - 16kg (powder coat) | 0 | 60 | 0 |
| P09503 Sorinex USA Ductile KB - 20kg (powder coat) | 0 | 70 | 0 |
| P09504 Sorinex USA Ductile KB - 24kg (powder coat) | 0 | 85 | 0 |
| P09505 Sorinex USA Ductile KB - 28kg (powder coat) | 0 | 100 | 0 |
| P09506 Sorinex USA Ductile KB - 32kg (powder coat) | 0 | 110 | 0 |
| P10004 Sorinex Bosco Legendary Bumper - 45lb | 24 | 449 | 10776 |
| P10002 Sorinex Bosco Legendary Bumper - 25lb | 12 | 249 | 2988 |
| P10000 Sorinex Bosco Legendary Bumper - 10lb | 24 | 139 | 3336 |
| P05034 Sorinex Urethane Change Plate - 5lb | 12 | 28 | 336 |
| P05035 Sorinex Urethane Change Plate - 2.5lb | 12 | 14 | 168 |
| P04380 ProLoc 1 Magnetic Collars (Pair) | 6 | 58.75 | 352.5 |
| P03893 Professional Installation Set Up-calibration-inspection | 1 | | 9175 |
| Wolf Wedges/Slant Boards | 12 | 44.99 | 539.88 |
| The Solo TTB Bar | 10 | 119 | 1190 |
| Weight Plates for TTB Solo Bar | 6 | 79 | 474 |
| TTB Pro Bar | 12 | 79 | 948 |
| TRX Suspension Trainer | 6 | 279.95 | 1679.7 |
| Weighted Vest 10lbs | 10 | 119.95 | 1199.5 |
| Weighted Vest 20lbs | 10 | 149.99 | 1499.9 |
| Weighted Vest 30lbs | 5 | 169 | 845 |
| Rogue Weight Releasers | 6 | 205 | 1230 |
| #0 Pair Orange Rogue Monster Bands | 6 | 17 | 102 |
| #1 Pair Red Rogue Monster Bands | 6 | 20 | 120 |
| #2 Pair Blue Rogue Monster Bands | 6 | 38.5 | 231 |
| #3 Pair Green Rogue Monster Bands | 6 | 39 | 234 |

- [Wolf Wedges / Slant Boards](#)
- [The Solo TTB Bar](#)
- [The Weight Plates for the Solo TTB Bar](#)
- [The TTB Bar Pro](#)
- [The TRX Suspension Trainer](#)
- [Weighted Vest 10lbs](#)
- [Weighted Vest 20lbs](#)
- [Weighted Vest 30lbs](#)
- [Rogue Weight Releasers](#)
- [#0 pair Orange Rogue Monster Bands](#)
- [#1 pair Red Band Rogue Monster Bands](#)
- [#2 pair Blue Band Rogue Monster Bands](#)
- [#3 pair Green Band Rogue Monster Bands](#)

| | | | |
|------------------------------------|----|---------|------------------|
| #4 Pair Black Rogue Monster Bands | 6 | 48 | 288 |
| #5 Pair Purple Rogue Monster Bands | 6 | 57 | 342 |
| Thera Band Stability Trainers | 24 | 55.17 | 1324.08 |
| Physio Balls 55cm | 6 | 57 | 342 |
| Physio Balls 65cm | 6 | 60 | 360 |
| Air Ex Mats with Eyelets | 24 | 75 | 1800 |
| Exer Fly Wheel Ultimate | 2 | 21401 | 42802 |
| Exer Fly Wheel Rack | 6 | 9812.95 | 34877.7 |
| SKLZ Slider | 12 | 29.99 | 359.88 |
| Tax Gormex | | | 11739.75 |
| Freight Sominex | | | 16447.19 |
| Tax Ancillary Items | | | 8582.94 |
| | | | 224123.02 |

| |
|---|
| #4 pair Black Band Rogue Monster Bands |
| #5 pair Purple Band Rogue Monster Bands |
| Thera-Band Stability Trainers |
| Physio Balls 55cm |
| Physio Balls 65cm |
| Air Ex Mats With Eyelets |
| Exer Fly Wheel Ultimate |
| Exer Fly Wheel Rack |
| SKLZ Slider |

| | | | |
|---|---|----------|------------------|
| Kelso | | | |
| 00310684 A400 9' Half Rack Long Base - custom decal (yes) | 3 | 14720 | 44160 |
| 00315084 A400 Bench Rack BLK-black upholstery-STA22 | 3 | 1840 | 5520 |
| 00317688 Half Rack Long Base Insert With 6' Platform - custom decal (yes) | 3 | 3820 | 11460 |
| 310838B Rack Pulley Assist Station 9' | 3 | 687 | 2061 |
| 310803B Rack Squat Assist Handle Set | 3 | 249 | 747 |
| 310851B Rack Landmine (left) | 3 | 263 | 789 |
| 310805 Rack Light Weight Bar | 3 | 494 | 1482 |
| 310820B Rack Pull up Handle Set | 3 | 561 | 1683 |
| 00302084 A400 Functional Trainer Bk - custom decal (No) ??? | 3 | 7500 | 22500 |
| 003221B Functional Trainer (FT) Floor Mounted Base | 3 | 240 | 720 |
| 300824 Infinity Accessory Kit | 3 | 375.96 | 1127.88 |
| 00150484 A400 Squat Pro Bk -black upholstery | 2 | 13540 | 27080 |
| 00155084 A400 Belt Squat Bk | 0 | 11730 | 0 |
| 00322284 A400 Runner blk | 2 | 10860 | 21720 |
| 00293684 A400 Seated Calf -blk | 0 | 9780 | 0 |
| 00262184 A400 Standing Hip | 1 | 13200 | 13200 |
| 001035 Power Console 115V/60 HZ COMP - raven black | 1 | 7780 | 7780 |
| Decal Lift Platform 6 ft Set Up -315429 | 1 | 300 | 300 |
| Decal Lift Platform 6 ft Set Up -EA 315370 | 3 | 220 | 660 |
| Decal FT Rack Set Up | 1 | 300 | 300 |
| Decal FT Rack EA | 3 | 100 | 300 |
| Parts | 1 | 1470 | 1470 |
| Installation | 1 | 20742 | 20742 |
| Shipping | 1 | 14410.99 | 14410.99 |
| Tax | 1 | 14483.82 | 14483.82 |
| | | | 214696.69 |

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|---|
| #4 pair Black Band Rogue Monster Bands |
| #5 pair Purple Band Rogue Monster Bands |
| Thera-Band Stability Trainers |
| Physio Balls 55cm |
| Physio Balls 65cm |
| Air Ex Mats With Eyelets |
| Exer Fly Wheel Ultimate |
| Exer Fly Wheel Rack |
| SKLZ Slider |
| Tax Gormex |
| Freight Sominex |
| Tax Ancillary Items |

Total Weight Room **438819.71**

| | | | |
|--|---|--------|--------|
| Speed & Agility Area & Turf | | | |
| Swift Speed Timing System | 1 | 9499 | 9499 |
| Swift Jump Testing System | 1 | 1799 | 1799 |
| Swift Jump Testing Yard Stick | 1 | 1108 | 1108 |
| Swift Dyna Sled | 1 | 5000 | 5000 |
| L-100 Dyna Sled Annual Subscription | 1 | | 0 |
| Swift App Annual Fee | 1 | 750 | 750 |
| Techno Gym Skill Mill Treadmill | 1 | 14,460 | 14460 |
| Woodway Curve Treadmill | 1 | 7995 | 7995 |
| 1080 Motion 2 | 1 | 16500 | 16500 |
| Run Rocket | 1 | 2819 | 2819 |
| First Place Adjustable Hurdles | 1 | 203 | 203 |
| Plyo Boxes 3" | 1 | 175 | 175 |
| Plyo Boxes 6" | 1 | 195 | 195 |
| Plyo Boxes 12" | 1 | 320 | 320 |
| Plyo Boxes 18" | 1 | 440 | 440 |
| Plyo Boxes 24" | 1 | 550 | 550 |
| Titan Fitness 3-1 (12", 14", 16") | 1 | 74.99 | 74.99 |
| Rogue Sled Dog w/High Bar Attachment | 1 | 626.87 | 626.87 |
| Rogue Sled Harness & Strap | 1 | 81.86 | 81.86 |
| Rogue Sprint Sleds | 1 | 388.51 | 388.51 |
| Resistance Chains For Running 1/2" Chain Kit | 1 | 125.74 | 125.74 |
| Resistance Chains For Running 5/8" Chain Kit | 1 | 197.02 | 197.02 |
| Smart Hurdles 1 | 1 | 110.41 | 110.41 |
| Smart Hurdles 2 | 1 | 116.55 | 116.55 |
| Smart Hurdles 3 | 1 | 67.45 | 67.45 |
| Smart Hurdles 4 | 1 | 79.72 | 79.72 |
| Smart Hurdles 5 | 1 | 92 | 92 |
| First Place Banana Steps 6" | 1 | 16 | 16 |
| First Place Banana Steps 12" | 1 | 17.12 | 17.12 |
| First Place Banana Steps 18" | 1 | 19.95 | 19.95 |
| First Place Banana Steps 24" | 1 | 22.95 | 22.95 |
| First Place Speed Ropes | 1 | 18.35 | 18.35 |
| First Place Mini Bands Yellow (pack of 10) | 1 | 23.26 | 23.26 |
| First Place Mini Bands Green (pack of 10) | 1 | 25.71 | 25.71 |
| First Place Mini Bands Blue (pack of 10) | 1 | 28.17 | 28.17 |
| First Place Mini Bands Black (pack of 10) | 1 | 30.62 | 30.62 |
| cones | 1 | 36.76 | 36.76 |
| cone carrier | 1 | 4.95 | 4.95 |
| Colored Cones | 1 | 20 | 20 |
| Hexagon Agility Rings (Pack of 6) | 1 | 24.99 | 24.99 |
| Walki Hopper Ball For Kids | 1 | 15.99 | 15.99 |
| Walki Hopper Ball For Adults | 1 | 23.99 | 23.99 |
| The Cat Bungee | 1 | 147.24 | 147.24 |

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| Swift Speed Timing System |
| Swift Jump Testing System |
| Swift Jump Testing Yard Stick |
| Swift Dyna Sled |
| L-100 DynaSled Annual Subscription |
| Swift App Annual Fee |
| Techno Gym Skill Mill Treadmill |
| Woodway Curve Treadmill |
| 1080 Motion 2 |
| Run Rocket |
| First Place Adjustable Hurdles |
| Plyo Boxes 3" |
| Plyo Boxes 6" |
| Plyo Boxes 12" |
| Plyo Boxes 18" |
| Plyo Boxes 24" |
| Titan Fitness 3-1 (12", 14", 16") |
| Rogue Sled Dog w/ highbar attachment |
| Rogue Sled Harness and Strap |
| Rogue Sprint Sleds |
| Resistance Chains For Running 1/2" Chain Kit |
| Resistance Chains For Running 5/8" Chain Kit |
| Smart Hurdles 1 |
| Smart Hurdles 2 |
| Smart Hurdles 3 |
| Smart Hurdles 4 |
| Smart Hurdles 5 |
| First Place Bannana Steps 6" |
| First Place Bannana Steps 12" |
| First Place Bannana Steps 18" |
| First Place Bannana Steps 24" |
| First Place Speed Ropes |
| First Place Mini Bands Yellow (pack of 10) |
| First Place Mini Bands Green (pack of 10) |
| First Place Mini Bands Blue (pack of 10) |
| First Place Mini Bands Black (pack of 10) |
| Cones |
| Cone Carrier |
| Colored Cones |
| Hexagon Agility Rings (pack of 6) |
| Walki Hopper Ball For Kids |
| Walki Hopper Ball For Adults |
| The Cat Bungee |

| | | | |
|--|---|--------|-----------------|
| Elite Bosu Ball | 1 | 269.99 | 269.99 |
| Skip fit | 1 | 17.99 | 17.99 |
| Fittight System | 1 | 2500 | 2500 |
| Fittight Tripods | 1 | 75 | 75 |
| Fittight Clips | 1 | 9.5 | 9.5 |
| Fittight Neurocognitive Performance Course | 1 | 349 | 349 |
| Rock Mats | 1 | 82.32 | 82.32 |
| Black Board For Training Foot And Ankle | 1 | 150.9 | 150.9 |
| Sand Dune Stepper | 1 | 279 | 279 |
| Ultimate Stability Tube | 1 | 95.9 | 95.9 |
| Ultimate Stability Vest | 1 | 235.9 | 235.9 |
| Ultimate Stability Ball | 1 | 95.9 | 95.9 |
| Ultimate Stability Pump | 1 | 19 | 19 |
| Reactive Agility Balls | 1 | 12.21 | 12.21 |
| Tax | | | 6330.96 |
| | | | 74773.74 |

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|---|
| Elite Bosu Ball |
| Skip Fit |
| Fit Light System |
| Fit Light Tripods |
| Fit Light Clips |
| Fit Light Neurocognitive Performance Course |
| Rock Mats |
| Black Board Training for foot and ankle |
| The Sand Dune Stepper |
| Ultimate Stability Tube |
| Ultimate Stability Vest |
| Ultimate Stability Ball |
| Ultimate Stability Pump |
| Reactive Agility Balls |

| | | | |
|---------------------------------------|--|--|-----------------|
| Wrestling Mats & Wall Mats | | | |
| Classic RSP-625 | | | 19115.2 |
| UWW International Markings | | | 1600 |
| Light Weight Custom Wall Padding | | | 9207.36 |
| Mat Tape | | | 275 |
| CA State Tax | | | 1811.85 |
| CA County Tax | | | 75.5 |
| CA Special Tax | | | 301.97 |
| CA Special Tax | | | 151 |
| Cleaning Supplies | | | 1000 |
| | | | 33537.88 |

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|---|--|--|--------------|
| Hydration Stations & Nutrition | | | |
| Facility water filter systems | | | |
| Free Standing Hot/Cold Dispensers | | | |
| Custom Stainless Steel Water Bottles Issued | | | |
| Refrigerator/stocked TL Hydrogen Water | | | |
| Healthy Vending Machine/stocked by TL | | | 30000 |

| | | | |
|--------------|--|--|--------------|
| AED-machines | | | 15000 |
|--------------|--|--|--------------|

| | | | |
|------------------------|--|--|--------------|
| Nutrition Room/Kitchen | | | 50000 |
|------------------------|--|--|--------------|

| | | | |
|-------------------------------|--|--|---------------|
| Miscellaneous Over Reach Fund | | | 100000 |
|-------------------------------|--|--|---------------|

| | | | |
|-------|--|--|-------------------|
| Total | | | 2169430.46 |
|-------|--|--|-------------------|

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|--|--|--|-----------------------|
| Section II | | | |
| Treigning Lab project Fee | | | 400000 |
| Hyperbaric Training & Consulting | | | 80000 |
| Metabolic Testing Center Training & Consulting | | | 80000 |
| Staff consulting & hiring services | | | 80000 |
| Recovery Center Training & Consulting | | | 80000 |
| Nutritional Consulting & Training | | | 80000 |
| Director/coordinator of operations | | | 150000 |
| Content Coordinator/Media-content-communicaton | | | 80000 |
| Sports Coordinator-facility adviser | | | 150,000 |
| Athletic Trainer & Consulting | | | 80000 |
| Independent contractor advisers | | | 100000 |
| Treigning Lab (TM)License Fee | | | 100000 |
| Section II Costs | | | \$1,460,000.00 |

Total Cost of Project

3629430.46

EXHIBIT "B"

PHASE 1/ SCOPE OF SERVICES

PHASE 1

| Metabolic Testing Lab | | # units | |
|---|-------|---------|--------------------|
| Inbody 580 | 1 | 13005 | |
| BPBio Grey Package | 1 | 2800.75 | |
| BSM 270 stadiometer | 1 | 0 | |
| In Body 580 package w/tax-shipping | | | 17188.75 |
| Cardio Coach Pro | 1 | 12820.3 | |
| Cardio Coach Rolling Cart | | 499 | |
| Cardio Coach Meta Breather (100 count) | | 758.1 | |
| Cardio Coach Total Cost - w/tax-ship | | | 14203.47 |
| Muscle D 1707 folding w/tax-shipping | 1 | | 2299.62 |
| Moxy NIR/SMo2 w/tax-shipping | 2 | | 3732 |
| MX3 Advanced Hydration System | 2 | | 5000 |
| Stages SB20 & Ipad stand w/shipping,tax, ipad stand | 1 | | 3500 |
| Rouvvy Cycling App (5 device) | 1 | | 500 |
| Computer Mouse | 1 | | 25 |
| Lenovo Yoga 7i - 16GB-512GBSSD | 1 | | 1049.99 |
| Ipad - 10th generation | 1 | | 450 |
| Cables, Cords, & accessories | 1 | | 150 |
| Cleaning Supplies | 1 | | 150 |
| Supply Cabinet & Furniture | 1 | | 1000 |
| Physician Stool | 1 | | 250 |
| Client Chair Reclinder | 1 | | 500 |
| Decorating Posters | 1 | | 1500 |
| Lactate Plus N & Extra Strips | 1 | | 375 |
| Welch Allyn Diagnostic Spirometer | 1 | | 2309.56 |
| Keto Mojo Glucose Meter Bundle | 1 | | 83.34 |
| Smart TV -55" | 2 | | 750 |
| Smart TV 24" | 1 | | 150 |
| Infinium CLEO Capnography & SpO2 Monitor | 1 | | 1500 |
| Oxi-Go The Premier Finger Pulse Oximeter | 10 | | 220 |
| | | | 56886.73 |
| Tax | 7.75% | | 4408.721575 |
| Total | | | 61295.45 |

| Performance Based Software | |
|--|---------------|
| TL Performance Suite APP - AI Interfaced HRV | |
| 100 User License w/HR straps - Device Active | |
| No Taxes | |
| Total | 250000 |

| Crossfit Room | |
|---|-------------|
| Multi post 10-12 post functional crossfit rig | 1 8995 8995 |
| Rubber Flooring _District | 1 0 0 |
| Wood Gym Rings | 6 39 234 |
| Climbing Ropes | 4 59 236 |
| 5lbs-70lbs Rubber Hex Set | 1 2495 2495 |
| Three Tier Dumbbell Stadium Racks | 2 795 1590 |

| | | | |
|--|----|------|----------|
| 9/18/26/35/44/53 Kettle Bells Singles | 2 | 449 | 898 |
| Kettle Bell Commercial Storage Rack | 2 | 449 | 898 |
| Resistance Band 5-125 Set 5 | 10 | 59 | 590 |
| Loop Band Sets of 5 (Extra Light to Extra Heavy) | 10 | 19 | 190 |
| Bumper Plate Set 10/25/35/45 | 6 | 695 | 4170 |
| Premium Capacity 1500lb Cross Fit Bar | 8 | 499 | 3992 |
| Hex Bars - Chrome | 2 | 249 | 498 |
| Vertical Barbell Storage | 1 | 399 | 399 |
| Wall Balls : 6,8,12,14,16,18,20,25,30 (1 each) | 2 | 1195 | 2390 |
| 2 Tier Wall Ball Storage | 3 | 795 | 2385 |
| Sand Bags - Extra Small - Extra Large | 1 | 299 | 299 |
| PFG Rower | 2 | 995 | 1990 |
| PFG Ski Erg | 2 | 799 | 1598 |
| Concept 2 Bike Erg | 2 | 1499 | 2998 |
| PFG Air Bikes | 2 | 795 | 1590 |
| Commercial Push Sleds | 2 | 495 | 990 |
| AB Mat | 10 | 20 | 200 |
| GHD Glute Ham Developer Commercial | 2 | 799 | 1598 |
| Commercial Flat Benches | 4 | 495 | 1980 |
| Parallette Set | 4 | 195 | 780 |
| Cross Fit Timer - Digital | 2 | 99 | 198 |
| Lock Jaw Collars | 20 | 39 | 780 |
| Climbing Peg Boards | 1 | 199 | 199 |
| Yoke | 2 | 799 | 1598 |
| Foam Rollers - Premium | 10 | 25 | 250 |
| Lacross Balls | 10 | 29 | 290 |
| Power Cage - Commercial | 2 | 3995 | 7990 |
| PFG Dual Adjustable Pulley | 1 | 4995 | 4995 |
| Commercial FID Benches | 2 | 795 | 1590 |
| Mini Cable Functional Trainer | 1 | 2995 | 2995 |
| Dip Attachments Rig | 2 | 195 | 390 |
| 30 ft Battle Ropes w/Cover | 4 | 95 | 380 |
| Rolling Storage Cart | 2 | 695 | 1390 |
| 20/24/30 Covered Plyo Box | 3 | 179 | 537 |
| Bosu Balls | 4 | 69 | 276 |
| Slam Ball Set (10,15,20,25,30) | 3 | 299 | 897 |
| Reverse Hyper | 1 | 799 | 799 |
| Freight-Delivery-Installation | 1 | 7900 | 7900 |
| Total w/out tax | | | 77437.00 |
| Tax 7.75% | | | 6001.37 |
| Total | | | 83438.37 |

| Weight Room | | | |
|---|---|------|-------|
| Sorinex Equipment | | | |
| P00016 Base Camp Uber Package (w/custom laser cut logo) | 3 | 6499 | 19497 |
| Base Camp Uber Package includes: | | | |
| Batwing Abbreviated Arch | | | |
| Full Arch w/custom laser cut logo plate | | | |
| rack with 4 way holes and laser cut numbering front and back | | | |
| 2 pair sanwhich style j-hooks with UHMW bar protection | | | |
| 12 urethand utility pins (6 bolt-on, 6 moveable) for plate strorage, | | | |
| band compatability, band and chain storage, dips | | | |
| 2 split change urethane utility pins | | | |
| 1 pair self-locking 42" low saftety bars with numbered holes (w/hitch pins) | | | |
| 1 pair 24" half spotter bars (w/hitch pins) | | | |
| Indexing chin bar w/handles that rotate at 45 degree increments and adjust | | | |

| | | | |
|---|----|--------|---------|
| to set position on rack | | | |
| 1 pair roller pads for single leg work, hypers, handstand push-ups | | | |
| Safety strap spotter system | | | |
| Utility seat for step ups, box squats, Russian leans, jumps, hyper extensions | | | |
| Bolt on Utility Seat Storage w/2 bar storage | | | |
| Landmine attachment for torso and rotation work, back work, core | | | |
| P12572 NP4 Sorinex 0-90 bench | 3 | 1199 | 3597 |
| P01502 Sorinex performance bar black zinc - 20 kg | 6 | 399 | 2394 |
| US made black bushing bar 190,000 min tensile strength and 175,000 min yield strength black zinc shaft, bright zinc | | | 0 |
| P03505 Base camp high bridge | 2 | 249 | 498 |
| P11974 Power block pro 100 commercial set - no stand | 6 | 1364 | 8184 |
| P06674 Sorinex rolling power block cart - standard - up to Pro 125's | 6 | 629 | 3774 |
| P02072 Sorinex frankenhyper glute ham-hyper | 3 | 3599 | 10797 |
| *2-1" laser cut wrenches included for assembly | | | 0 |
| P11308 Base camp jammer arms V2 - adjustable (pair) | 3 | 1299 | 3897 |
| P02347 Functional cable column 95" for basecamp & XL series (single) | 3 | 2199 | 6597 |
| P02283 Selectorized lat pull / low row machine - rack attachment | 2 | 2999 | 5998 |
| P08532 Iron bear side (8' height) - low profile feet | 4 | 550 | 2200 |
| P00393 Iron bear kettlebell tier | 0 | 489 | 0 |
| P00394 Medicine ball tier | 0 | 264 | 0 |
| P00232 Dynamax standard medicine ball - 8lb | 0 | 105 | 0 |
| P00224 Dynamax standard medicine ball - 10lb | 0 | 110 | 0 |
| P00225 Dynamax standard medicine ball - 12lb | 0 | 115 | 0 |
| P00226 Dynamax standard medicine ball - 14lb | 0 | 121 | 0 |
| P00227 Dynamax standard medicine ball - 16lb | 0 | 127 | 0 |
| P00229 Dynamax standard medicine ball - 20lb | 0 | 140 | 0 |
| P09500 Sorinex USA Ductile KB - 8kg (powder coat) | 0 | 40 | 0 |
| P09501 Sorinex USA Ductile KB - 12kg (powder coat) | 0 | 50 | 0 |
| P09502 Sorinex USA Ductile KB - 16kg (powder coat) | 0 | 60 | 0 |
| P09503 Sorinex USA Ductile KB - 20kg (powder coat) | | 70 | 0 |
| P09504 Sorinex USA Ductile KB - 24kg (powder coat) | | 85 | 0 |
| P09505 Sorinex USA Ductile KB - 28kg (powder coat) | 0 | 100 | 0 |
| P09506 Sorinex USA Ductile KB - 32kg (powder coat) | 0 | 110 | 0 |
| P10004 Sorinex Bosco Legendary Bumper - 45lb | 24 | 449 | 10776 |
| P10002 Sorinex Bosco Legendary Bumper - 25lb | 12 | 249 | 2988 |
| P10000 Sorinex Bosco Legendary Bumper - 10lb | 24 | 139 | 3336 |
| P05034 Sorinex Urethane Change Plate - 5lb | 12 | 28 | 336 |
| P05035 Sorinex Urethane Change Plate - 2.5lb | 12 | 14 | 168 |
| P04380 ProLoc 1 Magnetic Collars (Pair) | 6 | 58.75 | 352.5 |
| P03893 Professional Installation Set Up-callibration-Inspection | 1 | | 9175 |
| Wolf Wedges/Slant Boards | 12 | 44.99 | 539.88 |
| The Solo TIB Bar | 10 | 119 | 1190 |
| Weight Plates for TIB Solo Bar | 6 | 79 | 474 |
| TIB Pro Bar | 12 | 79 | 948 |
| TRX Suspension Trainer | 6 | 279.95 | 1679.7 |
| Weighted Vest 10lbs | 10 | 119.95 | 1199.5 |
| Weighted Vest 20lbs | 10 | 149.99 | 1499.9 |
| Weighted Vest 30lbs | 5 | 169 | 845 |
| Rogue Weight Releasers | 6 | 205 | 1230 |
| #0 Pair Orange Rogue Monster Bands | 6 | 17 | 102 |
| #1 Pair Red Rogue Monster Bands | 6 | 20 | 120 |
| #2 Pair Blue Rogue Monster Bands | 6 | 38.5 | 231 |
| #3 Pair Green Rogue Monster Bands | 6 | 39 | 234 |
| #4 Pair Black Rogue Monster Bands | 6 | 48 | 288 |
| #5 Pair Purple Rogue Monster Bands | 6 | 57 | 342 |
| Thera Band Stability Trainers | 24 | 55.17 | 1324.08 |
| Physio Balls 55cm | 6 | 57 | 342 |
| Physio Balls 65cm | 6 | 60 | 360 |
| Air Ex Mats with Eyelets | 24 | 75 | 1800 |

| | | | |
|--|-------|----------|--------------------|
| Exer Fly Wheel Ultimate | 2 | 21401 | 42802 |
| Exer Fly Wheel Rack | 6 | 5812.95 | 34877.7 |
| SKLZ Slidez | 12 | 29.99 | 359.88 |
| Freight Sorinex | | | 16447.19 |
| Tax Sorinex | | | 11739.75 |
| Tax Ancillary Items | 7.75% | | 7191.1196 |
| Total | | | 222731.1996 |
| Keiser | | | |
| 003106B4 A400 9' Half Rack Long Base - custom decal (yes) | 3 | 14720 | 44160 |
| 003150B4 A400 Bench Rack BLK-black upholstery-STA22 | 3 | 1840 | 5520 |
| 003176B Half Rack Long Base Insert With 6' Platform - custom decal (yes) | 3 | 3820 | 11460 |
| 310838B Rack Pulley Assist Station 9' | 3 | 687 | 2061 |
| 310803B Rack Squat Assist Handle Set | 3 | 249 | 747 |
| 310851B Rack Landmine (left) | 3 | 263 | 789 |
| 310805 Rack Light Weight Bar | 3 | 494 | 1482 |
| 310820B Rack Pull up Handle Set | 3 | 561 | 1683 |
| 003020B4 A400 Functional Trainer Blk - custom decal (No) ??? | 3 | 7500 | 22500 |
| 00321B Functional Trainer (FT) Floor Mounted Base | 3 | 240 | 720 |
| 300824 Infinity Accessory Kit | 3 | 375.96 | 1127.88 |
| 001534B4 A400 Squat Pro Blk -black upholstery | 2 | 13540 | 27080 |
| 001550B4 A400 Belt Squat Blk | 0 | 11730 | 0 |
| 003232B4 A400 Runner blk | 2 | 10860 | 21720 |
| 002936B4 A400 Seated Calf -blk | 0 | 9780 | 0 |
| 002621B4 A400 Standing Hip | 1 | 13200 | 13200 |
| 001035 Power Console 115V 60 HZ COMP - raven black | 1 | 7780 | 7780 |
| Decal Lift Platform 6 ft Set Up -315429 | 1 | 300 | 300 |
| Decal Lift Platform 6 ft Set Up -EA 315370 | 3 | 220 | 660 |
| Decal FT Rack Set Up | 1 | 300 | 300 |
| Decal FT Rack EA | 3 | 100 | 300 |
| Parts | 1 | 1470 | 1470 |
| Installation | 1 | 20742 | 20742 |
| Shipping | 1 | 14410.99 | 14410.99 |
| Tax | 1 | 14483.82 | 14483.82 |
| | | | 214696.69 |
| Total Weight Room | | | 437427.89 |

| Speed & Agility Area & Turf | (Turf Appropriated By District) | | |
|--|--|--------|-------|
| Swift Speed Timing System | 1 | 9499 | 9499 |
| Swift Jump Testing System | 1 | 1799 | 1799 |
| Swift Jump Testing Yard Stick | 1 | 1108 | 1108 |
| Swift Dyna Sled | 1 | 5000 | 5000 |
| L-100 Dyna Sled Annual Subscription | 1 | | 0 |
| Swift App Annual Fee | 1 | 750 | 750 |
| Techno Gym Skill Mill Treadmill | 1 | 14,460 | 14460 |
| Woodway Curve Treadmill | 1 | 7995 | 7995 |
| 1080 Motion 2 | 1 | 16500 | 16500 |
| Run Rocket | 1 | 2819 | 2819 |
| First Place Adjustable Hurdles | 1 | 203 | 203 |
| Plyo Boxes 3" | 1 | 175 | 175 |
| Plyo Boxes 6" | 1 | 195 | 195 |
| Plyo Boxes 12" | 1 | 320 | 320 |
| Plyo Boxes 18" | 1 | 440 | 440 |
| Plyo Boxes 24" | 1 | 550 | 550 |

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|--|---|--------|--------|
| Titan Fitness 3-1 (12",14"16") | 1 | 74.99 | 74.99 |
| Rogue Sled Dog w/High Bar Attachment | 1 | 626.87 | 626.87 |
| Rogue Sled Harness & Strap | 1 | 81.86 | 81.86 |
| Rogue Sprint Sleds | 1 | 388.51 | 388.51 |
| Resistance Chains For Running 1/2" Chain Kit | 1 | 125.74 | 125.74 |
| Resistance Chains For Running 5/8" Chain Kit | 1 | 197.02 | 197.02 |
| Smart Hurdles 1 | 1 | 110.41 | 110.41 |
| Smart Hurdles 2 | 1 | 116.55 | 116.55 |
| Smart Hurdles 3 | 1 | 67.45 | 67.45 |
| Smart Hurdles 4 | 1 | 79.72 | 79.72 |
| Smart Hurdles 5 | 1 | 92 | 92 |
| First Place Banana Steps 6" | 1 | 16 | 16 |
| First Place Banana Steps 12" | 1 | 17.12 | 17.12 |
| First Place Banana Steps 18" | 1 | 19.95 | 19.95 |
| First Place Banana Steps 24" | 1 | 22.95 | 22.95 |
| First Place Speed Ropes | 1 | 18.35 | 18.35 |
| First Place Mini Bands Yellow (pack of 10) | 1 | 23.26 | 23.26 |
| First Place Mini Bands Green (pack of 10) | 1 | 25.71 | 25.71 |
| First Place Mini Bands Blue (pack of 10) | 1 | 28.17 | 28.17 |
| First Place Mini Bands Black (pack of 10) | 1 | 30.62 | 30.62 |
| cones | 1 | 36.76 | 36.76 |
| cone carrier | 1 | 4.95 | 4.95 |
| Colored Cones | 1 | 20 | 20 |
| Hexagon Agility Rings (Pack of 6) | 1 | 24.99 | 24.99 |
| Waliki Hopper Ball For Kids | 1 | 15.99 | 15.99 |
| Waliki Hopper Ball For Adults | 1 | 23.99 | 23.99 |
| The Cat Bungee | 1 | 147.24 | 147.24 |
| Elite Bosu Ball | 1 | 269.99 | 269.99 |
| Skip fit | 1 | 17.99 | 17.99 |
| Fitlight System | 1 | 2500 | 2500 |
| Fitlight Tripods | 1 | 75 | 75 |
| Fitlight Clips | 1 | 9.5 | 9.5 |
| Fitlight Neurocognitive Performance Course | 1 | 349 | 349 |
| Rock Mats | 1 | 82.32 | 82.32 |
| Black Board For Training Foot And Ankle | 1 | 150.9 | 150.9 |
| Sand Dune Stepper | 1 | 279 | 279 |
| Ultimate Stability Tube | 1 | 95.9 | 95.9 |
| Ultimate Stability Vest | 1 | 235.9 | 235.9 |
| Ultimate Stability Ball | 1 | 95.9 | 95.9 |
| Ultimate Stability Pump | 1 | 19 | 19 |
| Reactive Agility Balls | 1 | 12.21 | 12.21 |

| |
|----------|
| 68442.78 |
| 5304.32 |
| 73747.10 |

Tax 7.75%

Wrestling Mats & Wall Mats

| | |
|-----------------------------------|---------|
| *Classic RSP-625 | 19115.2 |
| *UWW International Markings | 1600 |
| *Light Weight Custom Wall Padding | 9207.36 |
| *Mat Tape | 275 |
| *CA State Tax | 1811.85 |
| *CA County Tax | 75.5 |
| *CA Special Tax | 301.97 |
| *CA Special Tax | 151 |
| Cleaning Supplies | 1000 |

33537.88

* These area exact costs from the merchant

| | | | |
|--|--------|-------------|-----------------|
| Treigning Lab project Fee | 400000 | 33% Phase 1 | 132000 |
| Athletic Trainer & Consulting | | | 80000 |
| Treigning Lab Licensing Fee (1/2 price - 1 year) & up to 200 Performance Suite users | | | 80000 |
| Total Phase 1 Cost | | | \$ 1,231,446.68 |

EXHIBIT "C"

CONSULTANT'S CERTIFICATION REGARDING BACKGROUND CHECKS

Pursuant to Education Code Section 45125.1, CONSULTANT has conducted criminal background checks, through the California Department of Justice, of all employees providing services to the _____ Unified School District, pursuant to this AGREEMENT, and that none have been convicted of serious or violent felonies, as specified in Penal Code Sections 1192.7(c) and 667.5(c), respectively.

As further required by Education Code Section 45125.1, below is a list of the names of the employees of the undersigned who may come in contact with pupils:

[INSERT LIST OF NAMES]

I declare under penalty of perjury under the laws of the State of California that the foregoing is true and correct.

Date _____, 20__

[Name of Consultant]

By its: _____