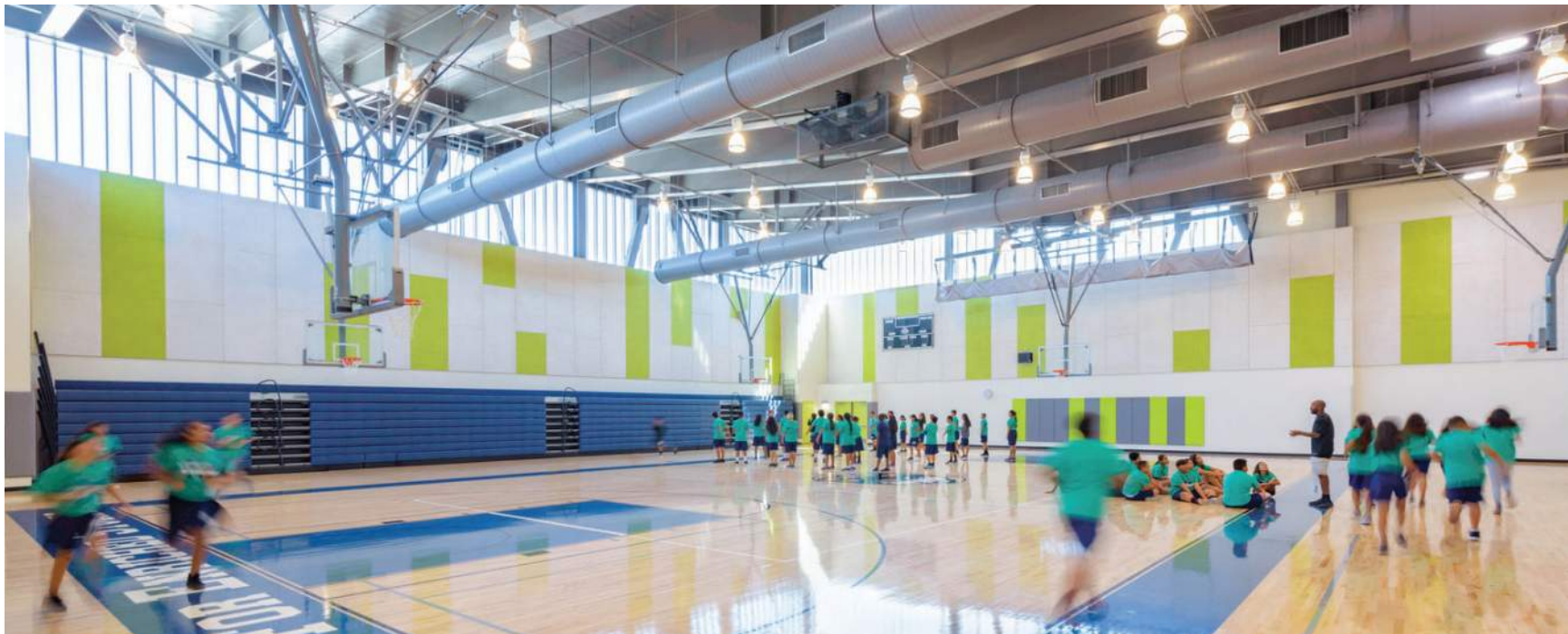


GYM BUILDING

PROGRAM DESCRIPTION

The High School Physical Education Program and Athletics Programs at CUSD parallel the academic goals of inspiring students to become lifelong learners who continue learning beyond and outside of the school environment. Students' lifestyles today are very different from their parents'. TV, video games, texting and online social networks are now replacing the neighborhood kickball game. Playing in front yards is not as common as it was in the past. Children are spending more time

sitting and less time running, jumping and playing. CUSD aims to stimulate students' engagement in exercise as a lifelong habit raising their awareness of fitness as an essential part of healthy growth and personal development. Committing to daily exercise helps teens learn how to balance the pressures of work, have higher self-esteem, have higher self-confidence and it helps them be more attentive in class and perform better in academic work.

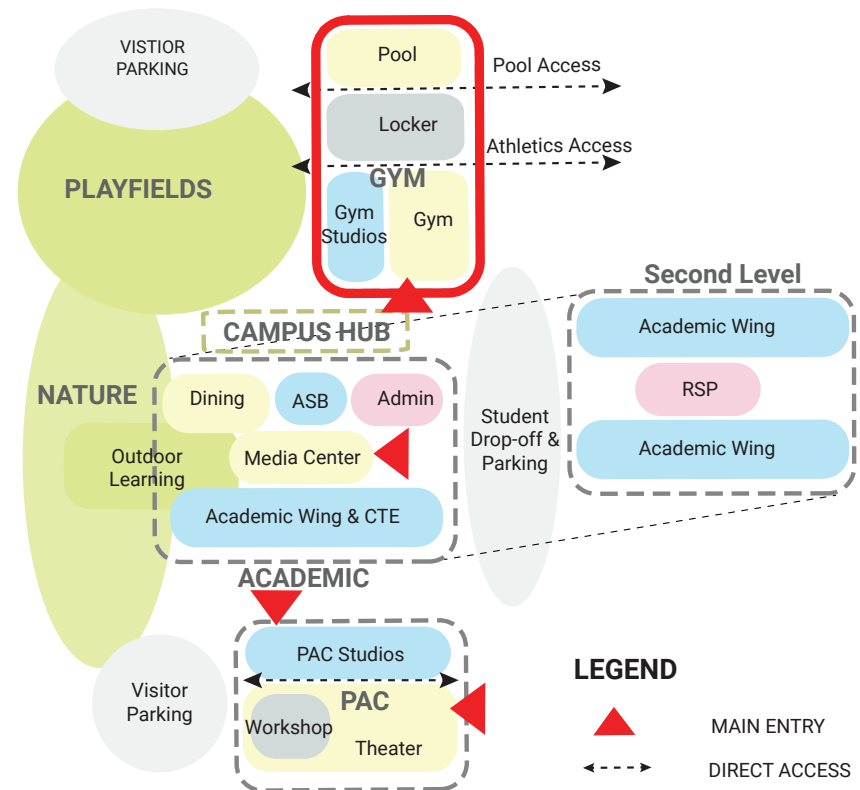


Physical Education Goals: The goal of the physical education curricula is to ensure that all students will:

1. Learn about the health issues that affect their lives
2. Become more physically fit
3. Have a greater understanding of the need for physical fitness and health
4. Gain the skills to become more productive individuals through physical activity and training
5. Learn team activities and sportsmanship
6. Have a healthy lifestyle

SPATIAL RELATIONSHIPS AND ADJACENCIES

KEY PLAN



SPACE CONSIDERATIONS

The High School Physical Education Program is clustered with other spaces that are shared with the public since CUSD's schools are to serve as a center of gravity for the community. Spaces for this program can be located at the edge of the site for the ease of access for the community. The spaces needed to support the High School Physical Education Program and Athletic Program consisting of both indoor and outdoor spaces to support multiple athletic activities simultaneously both during school hours and after hours for athletics and classes offered to the public.

The outdoor spaces should provide ample space for the different sports-related P.E. exercises and athletics programs each school offers. Proper orientation of courts and play fields and shaded bleachers is essential to protect students and spectators from the sun. Courts should be multipurpose (i.e. a basketball/volleyball court), finished in low albedo colors if budget allows or covered with shade structures. Bathrooms and drinking fountains should be easily accessible to students and community using the outdoor courts and fields. P.E. teachers and Athletics coaches will have keys to the bathrooms and keep them locked except for during class time or after school events.

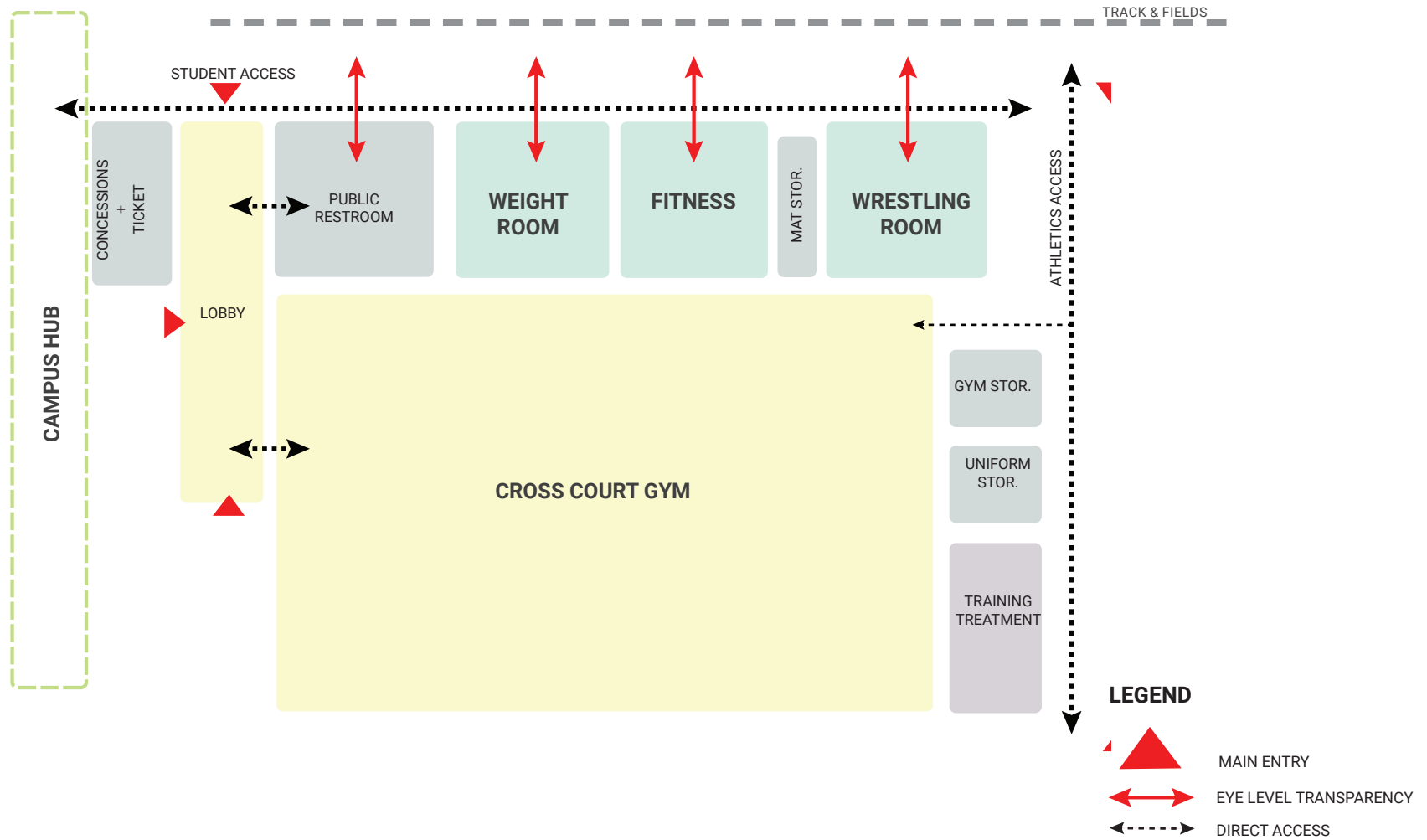
The Gym Lobby should showcase school pride by housing athletic awards and the Gym should be a welcoming beacon for the community. The Gym serves as a fitness center should be flexible and open, supporting several indoor athletic programs. It

should have high ceilings, natural daylight and the capacity for natural ventilation instead of purely relying on mechanical systems. Since gyms are often used for school and community gatherings, gyms should allow for darkening but not full blackout for films or presentations. To increase flexibility, it should be equipped with movable fabric/ netting walls to allow the gym to expand and contract as needed to accommodate multiple classes. Additional indoor spaces include: Athletic Weight Room, Wrestling Room, and a P.E. Fitness Room which can be used for classes such as aerobics and spinning. Space planning details essential for the indoor spaces include: 1) Doorways wide enough to allow large equipment to pass through and 2) lockable closets along one wall to store yoga mats, weights, jump-ropes, and other small equipment

The Pool Program must provide direct access to pool bleachers for visitors. This access should be separated from Athletics access and secured. The lifeguard's office and ticket booth can share one office space that have eye to both pool area and Pool entry. The Pool Accessories Storage Room is for items used in the pool only.

SPATIAL RELATIONSHIPS AND ADJACENCIES

GYM BUILDING | GYMNASIUM



INDIVIDUAL SPACE DESCRIPTION

LOBBY

Spatial Program:

(1) at 1,300 to 1,350 SF each.

Activities Description:

The Lobby serves as both a post and pre-function gathering space supporting athletic and school activities as well as a point of entry to the athletic heart of the campus displaying trophies, awards, and special recognitions awarded to students.

Adjacencies and Support Spaces:

- Concession
- Public Restrooms
- Cross Court Competition Gym

Finishes and Materials:

- Floor: Epoxy coated concrete, walk off mats
- Walls: Painted gypsum board, decorative wall covering with graphics or natural finish
- Ceiling: Varies by design
- Full lite vision panel at doors

Millwork/ Fixtures:

- Display casework with adjustable shelving near entry

Furnishings:

- N/A

Technology / Electrical:

- Digital Signage
- Ceiling Loudspeakers
- Wireless network access
- Wall mounted telephone
- Outlets for general room requirements
- IT - Domain names for AV

CROSS COURT COMPETITION GYM

Spatial Program:

(1) at 11,500 to 12,000 SF

Activities Description:

A variety of athletic competition, physical education, and sports activities to include basketball, and physical conditioning as well as a variety of school assembly functions and activities. The Cross-Court Gym can flex into (3) smaller spaces by using top roll divider curtains located in between basketball courts.

Adjacencies and Support Spaces:

- Lobby
- Weight Room
- Fitness Room
- Wrestling Room
- Locker Rooms

Finishes and Materials:

- Floor: Athletic wood sprung flooring
- Walls: Painted gypsum board, acoustical panels including barrel sound diffuser tiles, protective wall padding panels
- Ceiling: Exposed structure with acoustical board attached to underside of deck
- Door with view panel or sidelite

Millwork/ Fixtures:

- (2) top roll divider curtains

Furnishings:

- Collapsible bleachers

Technology / Electrical:

- Ancillary audio
- Score board with video play capacity
- Outlets for general room requirements
- Wireless network access
- Synchronized clock system
- IT - Domain names for AV

WEIGHT ROOM

Spatial Program:

(1) at 1,600 SF

Activities Description:

The Weight Room supports regular strength training programs utilizing a variety of specialized equipment and machines to increase strength for sports and fitness activities. All weight lifting machines shall be set up in a circuit to strengthen different groups of muscles. Free weights including barbells, dumbbells and benches may be separated from the stationary weight machines.

Adjacencies and Support Spaces:

- Cross court gym
- Fitness
- Wrestling

Finishes and Materials:

- Floor: Rubber sports flooring appropriate for weight rooms
- Walls: Painted gypsum board or acoustical wall treatment
- Ceiling: Suspended acoustical tile (ACT) or exposed structure with acoustical roof deck
- Door with view panel or sidelite
- Roller shade with visually transparent sunscreens at windows

Millwork/ Fixtures:

- Full height storage with media cabinet, lockable.

Furnishings:

- Teacher's workstations with task chairs
- File cabinets for workstations
- Free weights

Technology / Electrical:

- Wall volume control panel
- Wall microphone input panel – audio and microphone connections for portable equipment, 1 faceplate with 2 data port, duplex power outlet
- Aerobic machines to be purchased by District

- Cardiovascular machines to be purchased by District
- Outlets for general room requirements and equipment
- Wireless network access
- Wall clock speaker with Bluetooth capacity
- Telephone
- Synchronized clock system
- IT - Domain names for AV

FITNESS ROOM

Spatial Program:

(1) at 1,600-1,700 SF

Activities Description:

Fitness Center facilities support regular strength training programs utilizing various equipment that enables students to increase endurance and strength for sports and fitness activities. The type of fitness equipment and machines shall be determined by the program requirements. A separate weight-lifting space may be required adjacent the Fitness Center for strength training.

Adjacencies and Support Spaces:

- Cross Court Gym
- Weight Room
- Wrestling Room

Finishes and Materials:

- Floor: Athletic Rubber flooring
- Walls: Vinyl wall cover over gypsum board or tack-able surface, mirror, markerboard
- Ceiling: suspended acoustical tile (ACT)
- Door with view panel or sidelite
- Roller shade with visually transparent sunscreens at windows

Millwork/ Fixtures:

- Full height storage with media cabinet, lockable.

Furnishings:

- All equipment machines to be purchased by District and shall be set up in a circuit to strengthen different groups of muscles.

Technology / Electrical:

- Wall microphone input panel – Audio and microphone connections for portable equipment, 1 faceplate with 2 data port, duplex power outlet
- Aerobic machines to be purchased by District
- Cardiovascular machines to be purchased by District
- Various weight-lifting equipment to be purchased by District
- Power and data boxes shall be designed to supply equipment machines as needed and where the equipment machines are located.
- Outlets for general room requirements
- Wireless network access
- Synchronized clock system
- IT - Domain names for AV

WRESTLING ROOM

Spatial Program:

(1) at 1,600 SF each.

Activities Description:

Area to be used for the wrestling program. Includes Mat Storage.

Adjacencies and Support Spaces:

- Cross court gym
- Fitness
- Weight room
- Mat Storage (Support Space)

Finishes and Materials:

- Floor: Epoxy coated concrete
- Walls: Impact wall pads, painted gypsum board, or acoustical wall treatment
- Ceiling: suspended acoustical tile (ACT)
- Door with view panel or sidelite
- Roller shade with visually transparent sunscreens at windows

Millwork/ Fixtures:

- Full height storage with media cabinet, lockable.

Furnishings:

- Wrestling mats

Technology / Electrical:

- Wall speakers with Bluetooth capacity
- Wall volume control panel
- Wall microphone input panel – audio and microphone connections for portable equipment, 1 faceplate with 2 data port, duplex power outlet
- Outlets for general room requirements
- Wireless network access
- Synchronized clock system
- Telephone
- IT - Domain names for AV

TRAINING TREATMENT

Spatial Program:

(1) at 874 SF each.

Activities Description:

Physical therapy room for treatment of physical injuries using Sports Medicine with whirlpool, equipment for heat/cold applications and treatment tables for taping injuries.

Adjacencies and Support Spaces:

- Cross court gym

Finishes and Materials:

- Floor: Epoxy coated concrete
- Walls: Vinyl wall cover over gypsum board or tack-able surface
- Ceiling: Suspended acoustical tile (ACT)
- Door with view panel or sidelite
- Roller shade with visually transparent sunscreens at windows

Millwork/ Fixtures:

- Counter with upper and lower cabinets, lockable

- Sink with clean outs (hot and cold water)

Furnishings:

- Teacher's desk with no outlets attached to desk
- Task chair to use at teacher's desk
- Treatment tables
- Student cots with privacy curtains
- Whirlpool tables

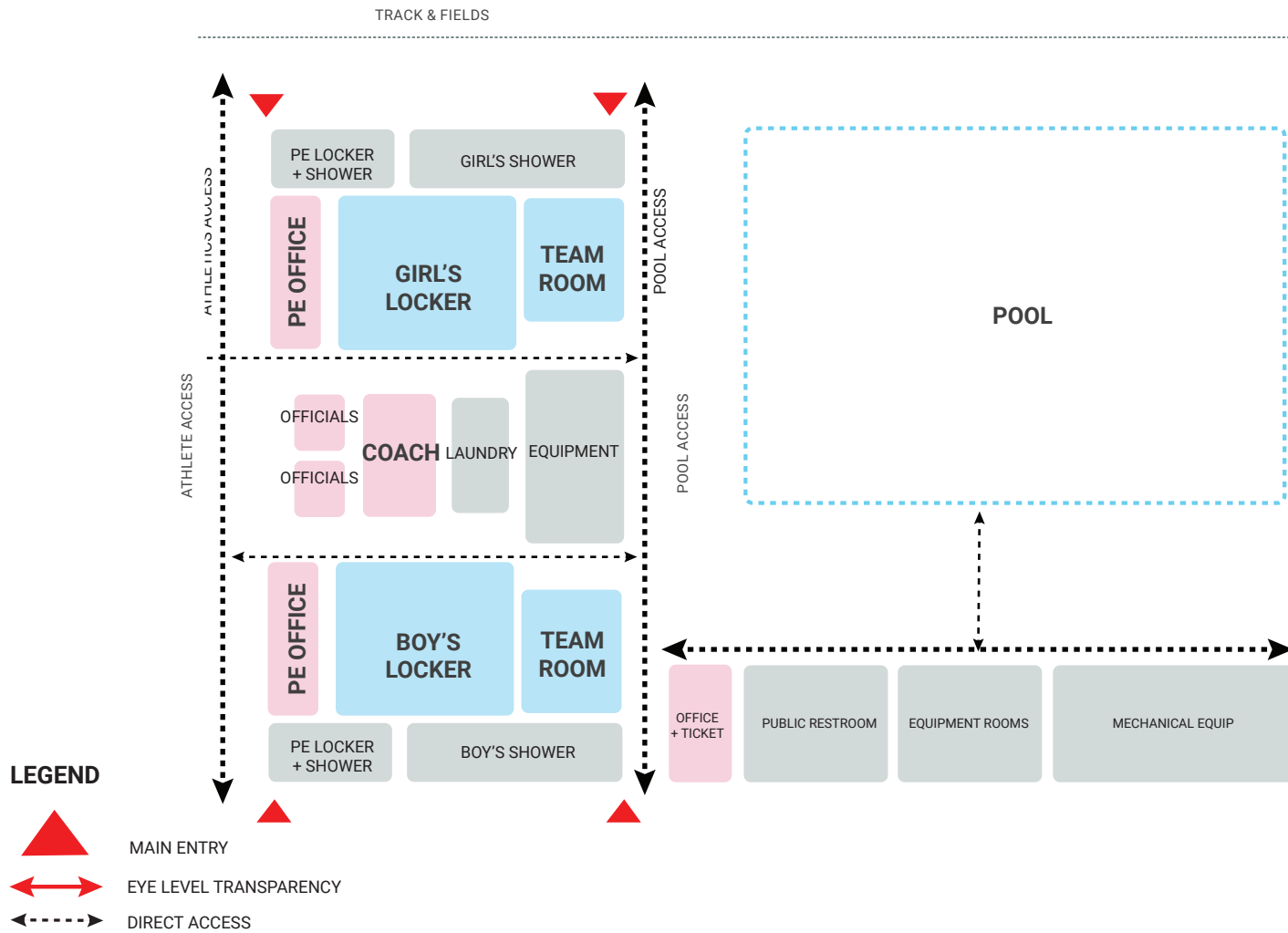
Technology / Electrical:

- (1) Ice maker to be purchased by District
- (1) Refrigerator to be purchased by District
- Whirlpool with table stands to be purchased by District
- (1) Hydrocollator to be purchased by District
- Ceiling mounted speaker
- Outlets for general room requirements
- Wireless network access
- Synchronized clock system
- Telephone
- IT - Domain names for AV



SPATIAL RELATIONSHIPS AND ADJACENCIES

GYM BUILDING | LOCKER ROOMS & POOL PROGRAM



INDIVIDUAL SPACE DESCRIPTION

LOCKER ROOMS

Spatial Program:

(2) at 1,500 SF TO 1,600 SF each.

Activities Description:

Provide changing and storage for student/athlete casual clothing and physical education/ athletic clothing. Activities to include changing, team meetings, showering, drying, and toilet functions for all student physical education activities as well as athletic competition teams.

Adjacencies and Support Spaces:

- Shower
- Team Room
- Coach's Office
- PE Office
- Equipment Storage Room

Finishes and Materials:

- Floor: Epoxy coated concrete
- Walls: Painted drywall
- Ceiling: Suspended acoustical tile (ACT)
-

Millwork/ Fixtures:

- Clothes/towel hooks
- Girl's education box lockers 12"W x 24"H x 12"D
- ADA Lockers 12"W x 72"H x 12"D
- Floor drains in locker rooms, shower/drying, and toilet areas
- Individual showers, per code
- Toilets and sinks, per code
- Drinking fountains, per code

Furnishings:

- N/A

Technology / Electrical:

- Master shower control
- Outlets for general room requirements
- Wireless network access
- Synchronized clock system

TEAM ROOMS

Spatial Program:

(1) at 450 SF to 500 SF each.

Activities Description:

Team Room provides storage for casual clothes for P.E. Class, female interscholastic teams' uniforms and visiting teams' as well. The rooms will double as locker rooms for the visiting teams during a game. This is also where sports team meetings happen during break times.

Adjacencies and Support Spaces:

- Locker Room

Finishes and Materials:

- Floor: Epoxy coated concrete
- Walls: Painted gypsum board, tackable surface, acoustical wall treatment, wall treatments to be floor to ceiling
- Ceiling: Suspended acoustical tile (ACT)

Millwork/ Fixtures:

- 12"x12"x24" lockers in general locker room
- 15"x15"x36" lockers
- Lockers to be integrated with fixed benches
- Cabinet around the TV for protection

Furnishings:

- N/A

Technology / Electrical:

- Wall mounted Phone at ticket counter
- Outlets for general room requirements
- Wireless network access

PE OFFICES

Spatial Program:

(2) at 450 SF to 500 SF each.

Activities Description:

Office space for multiple faculty and coaching staff to work and to have visual supervision over the locker room. Miscellaneous equipment storage.

Adjacencies and Support Spaces:

- Locker Room
- PE Locker and Shower (support)
- Coach's Office

Finishes and Materials:

- Floor: Epoxy coated concrete or carpet tiles
- Walls: Painted gypsum board, tackable surface, acoustical wall treatment, wall treatments to be floor to ceiling
- Ceiling: Suspended acoustical tile (ACT)

Millwork/ Fixtures:

- N/A

Furnishings:

- PE workstations with storage cabinets below and task chairs
- TV Carts
- Exterior signage

Technology / Electrical:

- Portable TV screens
- Outlets for general room requirements
- Data network for PE's computer workstation
- Intercom phones at each station
- Wireless network access
- IT- Domain names for AV

OFFICIAL/ COACH'S OFFICES

Spatial Program:

- (1) Coach's Office at 400-450 SF
- (2) Official's Offices at 150 each

Activities Description:

Work room or changing room with storage space for athletic event officials and coaches

Adjacencies and Support Spaces:

- Athlete Access
- Locker Rooms

Finishes and Materials:

- Floor: Epoxy coated concrete
- Walls: Painted drywall.
- Ceiling: Suspended acoustical tile (ACT)

Millwork/ Fixtures:

- Lockers integrated with bench (Official's Offices)

Furnishings:

- Mobile worktables with lockable storage below and task chairs
- Rolling TV cart (Coach's Office)

Technology / Electrical:

- Mobile TV flat screen (Coach's Office)
- Outlets for general room requirements
- Telephone
- Wireless network access