



**Polaris K-12 School
Resolution #23**

**Purchasing and Installing a Powerlifting Rack in the Polaris Weight Room
Submitted by Augie Martinez, Joshua Pak, Maggie Cothron & Jesse Tyrell
on behalf of Polaris Student Leadership & Operational Group
October 31, 2023**

Be it resolved by Polaris K-12 School (Students, Staff, and PTA),

1. **Whereas**, Whereas Polaris k-12 does not have a Squat rack;
2. **Whereas**, Polaris K-12 currently does not have a safe way to squat;
3. **Whereas**, The Physical Activity Guidelines for Americans, 2nd edition, issued by the US Department of Health and Human Services, recommend that children and adolescents ages 6 through 17 years do 60 minutes or more of moderate-to-vigorous physical activity daily;
4. **Whereas**, Legs are often the most neglected body part, according to a body health survey;
5. **Whereas**, Data from the National Survey of Children's Health show that in 2021-2022, 17.0% of youth ages 10 to 17 were obese.
6. **Whereas**, WebMD states that squats boost bone mineral density, increase practical strength, reduce the likelihood of lower back pain, stabilize knees, increase flexibility, and burn calories;
7. **Whereas**, an elliptical would need to be removed to make room for the squat rack.
8. **Whereas**, Coach Greg endorses the institution of a squat rack and would facilitate this progress and any needed arrangements for the weight room.
9. **Whereas**, the range of price of a desired squat rack would be \$300-\$800.
10. **Whereas**, we would use the input of Coach Greg in our final purchase request.

11. **Whereas**, Op-group pledges to raise adequate funds if this resolution is passed.

Therefore be it resolved, Removing an elliptical and rearranging the weight room to make room for a squat rack will be necessary. Fundraising will start immediately after approval, and a purchase request will be made to both Coach Greg, the Polaris PTA, and Principal Tia.