

# REGUPOL SPORTS ELITE TRAINING SYSTEMS STRENGTH CENTER







- Location:** Kennedy Collegiate Institute  
Windsor, Ontario
- Application:** High Performance Weightroom
- Product(s):** **REGUPOL aktivpro roll**  
**REGUPOL crash**
- Installation:** Gym-Con

Mark Fitzgerald, former NHL Anaheim Ducks strength and conditioning coach spent over a year envisioning how a state-of-the-art gym could take hold in the former six-lane pool of Kennedy Collegiate Institute that once overflowed with OFSAA championship swim teams. The gym, a partnership between Greater Essex County School District and Elite Training Systems (ETS), opened in Spring 2020 in Kennedy Collegiate Institute a secondary school in Windsor, ON. "Architecturally and structurally, this space is beautiful," said Fitzgerald. "There are 14 ornate arches outlining the space with brick-patterned walls and 5,000 square feet of open space. It took the right design and products to optimize this space and bring to life my vision."

Ask our experts about the optimal solution for your project:  
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Athletic performance centers like ETS are different from the regular gym and fitness centers. The focus here is on providing an environment where individuals and small groups can train to improve various aspects of their athleticism. Exercise and workout routines are geared toward improving an athlete's speed, agility, strength, power, flexibility and quickness. Each program component requires a tailored space and specialized equipment.

Fitzgerald worked with a team at **REGUPOL** to design a custom flooring solution. This solution included the 1-inch **aktivpro roll** system in Thunder Gray with eight inlaid weightlifting platforms and integrated synthetic training turf. Made from the highest quality recycled rubber and EPDM color granules, **aktivpro roll** has helped revolutionize the way athletes train. "The **aktivpro roll** system removes the change in elevation of floors and reduces the tripping hazard posed by raised platforms. The result is an open space that flows nicely allowing our athletes to train better and smarter," said Fitzgerald. "And, we have more athletes training at one time, a factor that impacts our bottom line."

In addition to being extremely attractive, (with some sound absorbing characteristics), **REGUPOL aktivpro roll** is durable enough to withstand the impact of dropped heavy weights and protect the subfloor. Sinking the **crash** platform into rubber flooring delivers cushion and shock absorption, reducing the potential for injury and stress on athletes' bones and joints. It is ideal for professional, collegiate, and youth athletic performance programs, as well as general fitness facilities, and is available in 25 standard colors with custom color and logo capabilities.

"I am a sports trainer, not a flooring expert," continued Fitzgerald. "I turned to **REGUPOL** for their level of expertise, first-class customer service and customization capabilities. The team offered the right information, advice, and answers when I needed them. The result is a visually striking floor that reflects the



school's pride, represents the ETS brand, and will withstand the daily rigors of gym life for years to come."

Through the partnership, the facility is accessible to Kennedy students through their physical education classes or extra-curricular activities. After school hours, ETS serves the community, including several elite athletes like NFL Seattle Seahawks' Luke Willson and Zack Kassian, of the Edmonton Oilers in the NHL.

ETS in Windsor is the second location for Fitzgerald. His flagship gym in Whitby, ON, also features **REGUPOL** flooring.



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RAAP-2020.01.0004V1