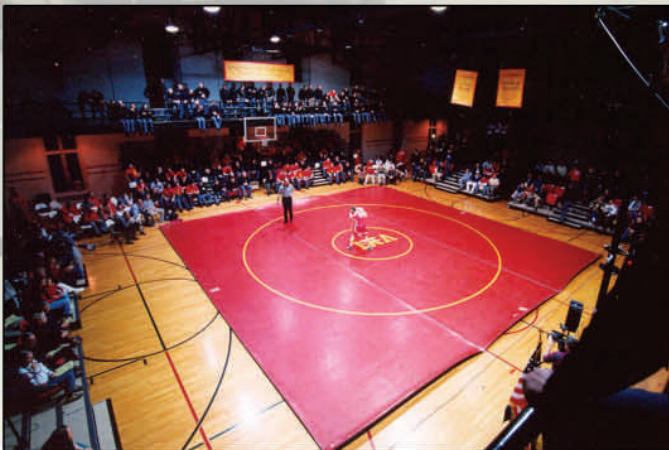


VMI Wrestling Facilities



VMI prides itself on providing the student-athlete with the tools to improve oneself not just intellectually, but physically. The ability to help every Keydet wrestler to reach his maximum potential has itself been brought to a new level in recent years with a massive renovation and refurbishing of the Charles S. Luck '20 Memorial Weight Room, located in Cocks Hall.

With over 9,000 square feet of space, the Luck Weight Room now contains over 17,000 lbs. of free weights, and 3,000 lbs. of dumbbell weights. Over 70 pieces of free weight training equipment are

available for the use of the student-athlete, and over 40 pieces of resistive training machine-type equipment.

Among the key acquisitions of the new renovations were the addition and enlargement of the dumbbell training area, which almost tripled in size and now contains weights ranging from five to 140 pounds. Five auto-spot benches were installed, among the newest and safest pieces of weight training equipment available on the market. Ten Olympic platforms were installed, with increased cushioning and padding for the weights. Five heavy-duty power racks, weighing 400 pounds each, were installed, and a number of back, leg, and neck machines were installed to complement existing equipment. Finally, the entire area was resurfaced with Tufflex rubberized floor.

A new addition to the list of facilities available to the student-athlete opened in the spring of 1998 - the Cardio Room. Located next to the Luck Weight Room, the Cardio Room is equipped with the latest in cardiovascular workout and fitness equipment - all in a pleasant atmosphere for Keydet athletes to train and excel.

The Athletic Training Room is located in Cameron Hall, with smaller auxiliary training rooms located in Clarkson-McKenna Hall and Patchin Field House. Under the supervision of Director of Sports Medicine Lance Fujiwara, M.S., ATC, the sports medicine staff implement prevention of injury and immediate treatment, and rehabilitation procedures for the injured athlete, as directed by a physician. The Cameron Hall Athletic Training Room features four whirlpools, seven treatment beds, and taping bench, and various pieces of rehabilitation and treatment equipment.

Across from the Athletic Training Room is the sports medicine department's rehabilitation center, which houses lifecycles, a stairmaster, and a versa-climber for cardiovascular conditioning of rehabilitating athletes.



Wrestling Practice Room

Charles S. Luck '20
Memorial Weight Room



Cameron Hall Sports
Medicine Facility