

**Connect with us**

RPS205.com

Facebook.com/RPS205

Twitter.com/RPS205

Youtube.com/RPS205Communications

For Immediate Release: Aug. 25, 2015

Contact: Cathy Bayer

815-489-7211 or 815-378-2079

cathy.bayer@rps205.com

Lincoln Middle School Wins \$100K Fitness Center Grant

ROCKFORD – Lincoln Middle School is one of three Illinois schools to receive a state-of-the-art fitness center through the National Foundation for Governors' Fitness Councils. The center is worth approximately \$100,000 and includes strength training equipment, cardio fitness equipment and interactive exercise games, plus the design, delivery and installation of the equipment. Gov. Rauner's office issued a news release earlier this month announcing the award. The Rockford School Board formally accepted the grant at its meeting tonight.

The National Foundation for Governors' Fitness Councils recognizes schools that promote physical activity and wellness. RPS 205 has worked to improve student outcomes in academic, social emotional and physical objectives through several initiatives; this fitness center will help.

Lincoln Principal Jason Grey and Travis Woulfe, Executive Director of Improvement and Innovation, received a letter from the National Foundation Program Director Kelly McKeag: "We recognize Lincoln Middle as a leading example of a proactive, innovative school with a fierce commitment to physical education and the overall success of its students. Regardless of the hurdles faced, your school continues to strive towards its health and fitness goals. We wish to commend these efforts and help you achieve these goals by awarding your school a brand new fitness center."

The fitness room will be installed in an outdated technology lab. "This lesser-used space will become something the whole school can benefit from," said Principal Jason Grey. This facility will improve services to students for before and after-school activities, physical education and athletic programs. Also, the Rockford School Board in June approved land acquisition to provide additional green space for students to use for physical education and athletics.

RPS 205 plans to spend less than \$4,000 preparing the space. Operations and Maintenance funds will cover that cost. Aside from the site prep, funding for the design, equipment, delivery and installation is all covered through the grant; no additional taxpayer dollars will be used for this facility.

State Sen. Steve Stadelman, Rockford Mayor Larry Morrissey and Rockford Ald. Jamie Getchius wrote letters supporting the RPS 205 grant proposal. District officials will work with Governors' Fitness Councils staff on a dedication ceremony in October before the facility will open to students.

###