

RFA - 2025-0002
Date Recv'd 6-3-2024

**REDBUD HEALTH CARE DISTRICT
REQUEST FOR ASSISTANCE (RFA)**
(Please Type or Print All Information)

1. Subject of Request Middletown High School P.E.
Weight Room
(Starting Date For New Programs) _____
 2. Requesting Organization MHS Physical Education Department
 3. Street Address 20932 Big Canyon Road
City Middletown Zip 95461
Telephone (707) 533-3416
Web Site _____
E-Mail vox.holt@middletownusd.org
 4. Individual Accountable For Funds: Name Rox Holt & Wyatt Holt
Title PE teachers
 5. Amount Requested (\$) 50,000.⁰⁰ Grant Period 2024-2025
 6. Background And Basic Information Regarding Organization
(Use additional pages, as necessary, to fully describe information required)
 7. Justification
(Use additional pages, as necessary, to fully describe information required)
- 7.1 Intended Use Of Funds In Detail

**7.2 How Intended Use Of Funds Will Further Delivery Of Health Care Services
Within Redbud Health Care District**

7.3 Detailed Basis For Funds Requested

6. The Middletown High School Physical Education department teaches students from 9th-12th grades. Some of our classes consist of 45 students. Both teachers have classes at the same time for multiple periods which means there are times that over a quarter of the student body is with us. We share the gym and the weight room. MHS requires students to pass 2 years of P.E. to graduate. Our goal is to provide students with an array of activities and choices when it comes to health and fitness. We want to give our students a foundation for them to carry with them into their adult lives.

7.1 We intend to use every dollar given. We could spend well up to \$50,000 if we had it. We will be purchasing new flooring and replacing the holes that are in the current floor. We will have treadmills, stationary bikes and row machines. We will also have an area for squat stands, racks, bars and plates and dumbbells varying in sizes. We are wanting some kettlebells in various sizes as well. Included in our quote are 4 new doors. The doors are very outdated and extremely unsafe.

7.2 Being a physical education teacher in today's world is not easy. With the uprising in social media and video games, in addition to the pandemic, movement and motivation amongst teens severely lacks and, as a result, anxiety, depression, mental health struggles and obesity are at an all time high and are increasing. There have been many studies to show the benefits of what positive physical activity experiences can have on our youth. One study from the Preventative Medicine journal, stated that positive exercise related attitudes may provide an increase in the likelihood of continuing moderate to vigorous physical activity into adulthood.

7.3 We are coming to you asking for help as we only receive \$150.00 each for our P.E. program from our district. We will not receive anymore from the school, county or state. That is not nearly enough to provide our classes with any sort of good equipment. A lot of our equipment is old and broken. We do the best we can with that we have, but we need help and the students deserve better. At this point, only 1 class is really able to utilize the weight room because of the poor condition it is in. Our weight room not only is for our P.E. department, but also all of our sports teams. There could be many students who would benefit from a revamped, more safe weight room with new equipment for them to access. Not only is our equipment for our sports games running low, our weight room is severely in need of new machines and equipment. Our weight room is outdated, ugly and unsafe. With mental health and obesity on the rise in our youth today, it is vital that we do all we can to provide a safe, positive, and encouraging environment. It is our goal to instill lifelong fitness and healthy habits to our students that they can utilize while in high school and once they leave to be on their own. When looking at facilities around the county, ours is in the worst condition. Our district is hurting and there is no funding that they have for us. The students are paying the price for it.

Search

CrossFit® Equipment New Gear Barbells Plates Rigs & Racks Shoes Apparel 3 Ships Free Zeus Programming

YOUR CART

173 Items



18MM Level 1.5

PF0012-100

Ships in 4-6 Weeks Available only in CONUS 48 states. Pick-up not available

Choose a color: Apollo Black

[Edit](#)

[Remove](#)

12 +

\$9,926.76
@ \$827.23



Rogue SML-2C Squat Stand

RF0479-FBSG-C2476-S

Rig Color: Satin Black

Upright Type: Standard

Choose a Pull-up Bar: Single 1.25" Pull-up Bar

[Edit](#)

[Remove](#)

3 +

\$1,545.00
@ \$515.00



50LB Rogue Rubber Hex Dumbbell - Pair

IP0509-50-2

[Remove](#)

4 +

\$700.00
@ \$175.00



45LB Rogue Rubber Hex Dumbbell - Pair

IP0509-45-2

[Remove](#)

4 +

\$600.00
@ \$150.00



40LB Rogue Rubber Hex Dumbbell - Pair

IP0509-40-2

[Remove](#)

4 +

\$540.00
@ \$135.00



35LB Rogue Rubber Hex Dumbbell - Pair

IP0509-35-2

[Remove](#)

\$460.00
@ \$115.00

30LB Rogue Rubber Hex Dumbbell - Pair

IP0509-30-2

[Remove](#)

\$400.00
@ \$100.00

25LB Rogue Rubber Hex Dumbbell - Pair

IP0509-25-2

[Remove](#)

\$360.00
@ \$90.00

20LB Rogue Rubber Hex Dumbbell - Pair

IP0509-20-2

[Remove](#)

\$280.00
@ \$70.00

15LB Rogue Rubber Hex Dumbbell - Pair

IP0509-15-2

[Remove](#)

\$220.00
@ \$55.00

10LB Rogue Rubber Hex Dumbbell - Pair

IP0509-10-2

[Remove](#)

\$400.00
@ \$40.00

5LB Rogue Rubber Hex Dumbbell - Pair

IP0509-5-2

[Remove](#)

\$250.00
@ \$25.00

45LB Rogue Deep Dish Plate Pair

USC0003-45-2

[Remove](#)

\$1,080.00
@ \$180.00



35LB Rogue Deep Dish Plate Pair
USC0003-35-2

[Remove](#)

\$1,002.00
@ \$167.00

- 6 +



25LB Rogue Deep Dish Plate Pair
USC0003-25-2

[Remove](#)

\$708.00
@ \$118.00

- 6 +



10LB Rogue USA Olympic Change Plate Pair
USC0005-10.0-2

[Remove](#)

\$414.00
@ \$69.00

- 6 +



45LB Rogue Color Echo Pair
IP0119-45-2

[Remove](#)

\$1,200.00
@ \$200.00

- 6 +



35LB Rogue Color Echo Pair
IP0119-35-2

[Remove](#)

\$1,032.00
@ \$172.00

- 6 +



25LB Rogue Color Echo Pair
IP0119-25-2

[Remove](#)

\$858.00
@ \$143.00

- 6 +



15LB Rogue Echo Pair V2
IP0527-15-2

[Remove](#)

\$390.00
@ \$65.00

- 6 +



10LB Rogue Echo Pair V2
IP0527-10-2

[Remove](#)

\$270.00
@ \$45.00

- .6 +



The Bella Bar 2.0 - Black Zinc

RA2894-BLBR

Free Shipping

[Remove](#)

- 6 +

\$1,410.00
@ \$235.00

#5 Purple Echo Band

IP0307

3 Ships Free Item

Choose Single or Pair: Single

[Edit](#)

[Remove](#)

- 3 +

\$93.00
@ \$31.00

#4 Black Echo Band

IP0306

3 Ships Free Item

Choose Single or Pair: Single

[Edit](#)

[Remove](#)

- 3 +

\$75.75
@ \$25.25

#3 Green Echo Band

IP0305

3 Ships Free Item

Choose Single or Pair: Single

[Edit](#)

[Remove](#)

- 3 +

\$59.25
@ \$19.75



#2 Blue Echo Band

IP0303

3 Ships Free Item

Choose Single or Pair: Single

[Edit](#)

[Remove](#)

- 3 +

\$37.50
@ \$12.50

#1 Red Echo Band (Pair)

IP0302-2

3 Ships Free Item

[Remove](#)

- 3 +

\$51.00
@ \$17.00

#0 Orange Echo Band (Pair)

IP0301-2

3 Slaps Free Rom

[Remove](#)

- 3 +

\$42.00
@ \$14.00



40LB Rogue Kettlebell

IP0094

[Remove](#)

- 3 +

\$210.00
@ \$70.00



35LB Rogue Kettlebell

IP0005

[Remove](#)

- 3 +

\$195.00
@ \$65.00



26LB Rogue Kettlebell

IP0004

[Remove](#)

- 3 +

\$165.00
@ \$55.00



18LB Rogue Kettlebell

IP0003

[Remove](#)

- 5 +

\$200.00
@ \$40.00



13LB Rogue Kettlebell

IP0002

[Remove](#)

- 5 +

\$175.00
@ \$35.00



9LB Rogue Kettlebell

IP0001

[Remove](#)

- 5 +

\$150.00
@ \$30.00



Rogue Echo Bike V3.0
IP0895
Free Shipping

Quantity: Single
[Edit](#)

- 4 +

[Remove](#)

\$3,380.00
@ \$845.00
\$295.00

[Empty Cart](#)

Subtotal (173 items)

\$28,879.26

Est. Shipping & Tax

Country *

United States

Region *

CA

Zip Code *

95467

[Get Quote](#)

Shipping & Handling

\$-.-

Tax

\$-.-

Est. Total

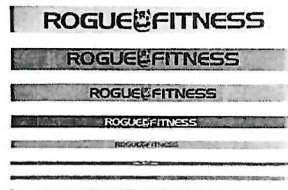
\$28,879.26

[Checkout](#)

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\$25.00



Rogue Monster Bands
\$15.50



Rogue Kettlebells
\$30.00



Rogue Dumbbells
\$25.00

Rogue Plat
\$135.00

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United States

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Jeri-Co Garage Doors Incorporated

P.O. Box 845 Middletown, CA 95461

Focused on Reliable Reputation since 1988

CA License #: 871637

Date: 6/3/24

Customer: MUSD

Invoice: ESTIMATE

Job Address: Weight Room

Phone: 707-533-3416

Email: roxi.holt@middletownusd.org

Description:

Take out and dispose existing damaged roll up doors

Furnish and install

4- Porvене model 231 non-insulated commercial roll up sheet doors

Chain hoist operation, kicks locks and chain hoist locks for security

Estimated total: \$5,000.00 each

Job total: \$20,000.00

Enjoy your day and thank you,

Kurtis Woodard

INSTAGRAM: [jeri_co_garage_doors](#)

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