

# Worth the Wait

Custom equipment maximizes workout space

**I**T'S ONE OF THE BEST MIDSIZE WEIGHT rooms in the country."

That's how Rob Phillips, UL Lafayette's strength and conditioning coordinator, describes the Ragin' Cajuns' workout

"We had seven multipurpose stations, seven dumbbell stations and 10 Olympic platforms that took up 85 to 90 percent of the space. Now we have 10 of each that take up less than 50 percent of our space," Phillips said. "Also, we had about 10 specialized accessory pieces and now we have around 40."

Lana Bowers, catcher for the Ragin' Cajuns softball team, said the weight room is "very organized and more people can be in there at once and not get in each other's way. There are also new TV screens with our sport-specific workouts posted on them."

Those television screens enable strength and conditioning coaches to post new workouts quickly when one group of student-athletes leaves and another arrives. The coaches can also use them for presentations when they are recruiting student-athletes.

All Ragin' Cajun athletic teams train in the weight room on a staggered schedule.

"The number one thing any athlete can have, other than the specific skill of that sport, is strength. It's important for so

many reasons, from injury prevention to injury rehab," said Scott Farmer, the university's senior associate athletic director.

UL Lafayette recently hired a second full-time assistant strength coach.

"We concentrate on giving our coaches what they need to recruit quality student-athletes and we concentrate on giving our student-athletes what they need to be successful in the classroom and on the fields and courts of play," Farmer said. ■




Thanks to customized equipment, the weight room can accommodate more student-athletes simultaneously.



Members of the softball team work out.

area in the Athletic Center on Reinhardt Drive.

In the spring, the facility was overhauled from top to bottom. Light fixtures were replaced; multipurpose, staph-resistant flooring was installed; and the room was repainted. Over the summer, the area was filled with new customized equipment that uses space more efficiently.

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