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AQUATICS & FITNESS—SUMMER 2018
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AQUATICS & FITNESS FEATURES



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RENOVATED FITNESS CENTER AT NORTHWESTERN COLLEGE

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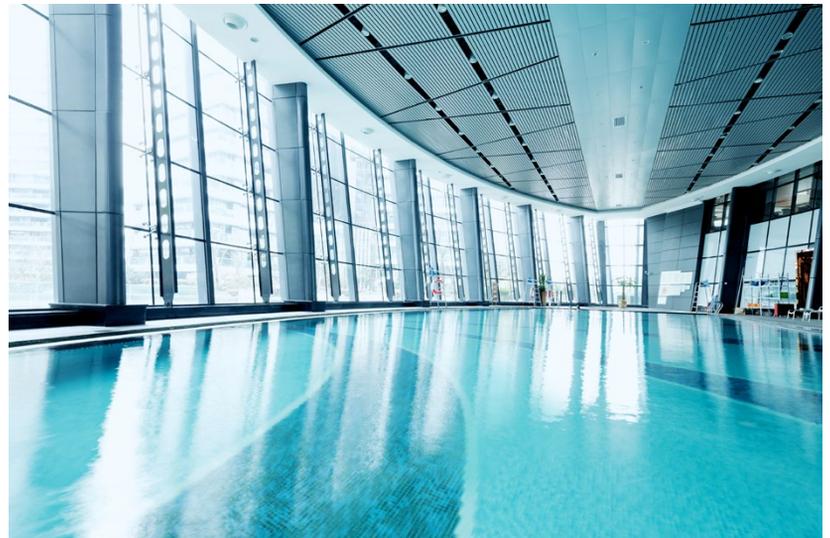
Northwestern students and members of the community are enjoying the results of a remodeling project that transformed what traditionally was referred to as the RSC Mini-Gym into a state-of-the-art fitness center. The \$2.2 million project equipped the center with Matrix cardio and resistance machines, free weights and other fitness gear. Gone are the white cement block walls and two-story-high ceiling. In its place is a floor plan that is both open and intimate.

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by Ellen Meyer

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Renovated Fitness Center

AT NORTHWESTERN COLLEGE

Northwestern students and members of the community are enjoying the results of a remodeling project that transformed what traditionally was referred to as the RSC Mini-Gym into a state-of-the-art fitness center.



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A Floor Plan At Once Open and Intimate

The \$2.2 million project equipped the center with Matrix cardio and resistance machines, free weights and other fitness gear. Gone are the white cement block walls and two-story-high ceiling. In its place is a floor plan that is both open and intimate, featuring curved half-walls topped with glass and cloud ceiling features in a variety of heights.

A game room area with pool, ping pong and foosball is part of the fitness center, as are three new racquetball courts. The entrance and existing locker rooms were remodeled and two new restrooms were added. New lighting and electrical systems were installed, and the mechanical system that provides heat and hot water for both the Rowenhorst Student Center and the Bultman Center was replaced.

Updated Technology Builds Motivation to Exercise

Developer's Fitness of Eagle, Idaho, designed the fitness equipment area and represented Matrix Fitness. The cardio machines—ellipticals, treadmills, cycles and stair climbers—all include video and the most up-to-date cardio training technology.

"There are so many more options," says Deidra Vander Woude, a sophomore from Chandler, Minnesota. "I can do a lot more, and because we have TVs and my iPod can hook up to it, I'm more motivated to exercise."

"It's been exciting to see the use of the area by our students, faculty and staff," says Dr. Earl Woudstra, professor of kinesiology and chair of the planning committee. "What's especially encouraging is to see the use by our general student population—those who aren't part of any athletic team. We've also heard very positive comments about the facility from prospective students and their parents."

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Creating an Impact on Academic Programs

Woudstra says the center is having a significant impact on the college's academic programs as well, with classes making use of the fitness equipment and racquetball courts. Students enrolled in a practicum as part of a career concentration in strength and conditioning are currently serving as personal trainers under the direction of Kyle Ochsner, Northwestern's certified strength and conditioning coach.

The design of the new fitness center provides a natural transition from the Rowenhorst Student Center, which was remodeled in 2007, to the four-court area of the DeWitt Fitness Center, renovated in 2011. Work on the former Mini-Gym began in June and was completed in October a few years ago.

Architect for the remodeling project was Cannon Moss Brygger Architects of Sioux City, and the general contractor was Hoogendoorn Construction of Canton, South Dakota.

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MAINTAINING THE Perfect Balance IN UNIVERSITY POOLS

by Ellen Meyer

In the most simple terms, over stabilization occurs when too much cyanuric acid is added to pool water. Over stabilization is a problem because cyanuric acid (CYA) can slow down chlorine's ability to kill pathogens and algae. To explain this, you need to know that hypochlorous acid (HOCl) is the active form of chlorine in pools. The concentration of HOCl is affected by both the pH and the CYA concentration.



At low pH, chlorine is in its full active HOCl form. At high pH, chlorine is present as the less active hypochlorite ion (OCl⁻). This is the primary reason why pH must be controlled. Keeping the pH below 7.8 ensures an adequate HOCl concentration is maintained.

Even with very low (<10 ppm) concentrations of CYA, the concentration of active chlorine (HOCl) is decreased significantly. It is important to control both pH and CYA concentrations to maintain an effective HOCl concentration. Disinfection rates are typically measured in terms of CT values, where C is the concentration of disinfectant and T is the time needed to inactivate the organism. When increasing CYA concentrations, the CT value increases. With more CYA, it takes more time and more disinfectant to kill the bacteria.

Pool Shocking

In a 2004 study performed by Lonza, eight identical 6,800 gallon pools were operated for three months at a test facility in Miami, Florida: two control pools with no CYA, two pools at 25-50 ppm CYA, two pools at 100-125 ppm CYA, and two pools at 200-250 ppm CYA.

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Algae and synthetic bather load were added to the pools once a week. Each week, 2 days after the contaminant additions, the pools were shocked with 10 ppm available chlorine using calcium hypochlorite (cal hypo). Results showed that increasing CYA concentrations led to increased algae counts. The pools with 25-50 CYA had almost twice as many algae as the pools without CYA, and the 100-125 ppm CYA pools had between 9 and 10 times the algae.

Despite its drawbacks, CYA is a useful tool because it stabilizes chlorine so that it is not degraded by sunlight. So the question is this: How do you maintain a chlorine residual without compromising its efficacy? The answer is to use as little CYA as necessary to maintain a chlorine residual and have a way to slowly and constantly add unstabilized chlorine to the water.

Commercial pools have been doing this for years. By adding a small amount of CYA to the pool, the chlorine residual is stabilized. Then, unstabilized products such as chlorine gas, sodium hypochlorite (liquid bleach), or cal hypo are used to provide a steady source of chlorine. In commercial pools, the chlorine feed

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is usually performed using feeding equipment and controllers.

The advantage of trichlor is that it is slow dissolving so daily additions of chemicals are not needed, and the equipment needed to feed trichlor to the water (i.e. a floater or tablet feeder) is simple and inexpensive. However, for every pound of trichlor added, about half a pound of cyanuric acid is added to the pool. With the use of trichlor, cyanuric acid concentrations can quickly build up and chlorine efficacy can be compromised. The unstabilized sanitizers, cal hypo and liquid bleach work

great as sanitizers, but because they are fast dissolving, the equipment needed to feed these products has been more complex and expensive.

The Dangers of Trichlor Tablets in Skimmers

There are now slow dissolve cal hypo tablets on the commercial market, with a formulation tailored to the needs of a commercial pool. Although these tablets dissolve very similarly to trichlor tablets, they cannot be used in trichlor feeders. Trichlor and cal hypo are incompatible and combining them can be extremely

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dangerous. Putting both of these tablets into a feeder could cause fire, explosion and the release of toxic gases and result in property damage, injuries or even death.

For commercial pools, the feeders are designed for use with the slow dissolve cal hypo tablets. Many pool professionals are wary of putting chlorine tablets in the skimmer. With trichlor, these worries are well founded. The combination of low pH and high chlorine of trichlor tablets can wreak havoc on pumps and other pool equipment. Cal hypo, on the other hand, has a high pH. Therefore when it is used, the water moving through the equipment will have high chlorine content, but the chlorine is not as active due to the high pH.

Cal hypo adds calcium to the water. This can be good for plaster surfaces, but, if left unchecked, too much calcium can lead to scaling and cloudy water. Like CYA from trichlor, calcium must be removed by draining and refilling the water. However, the amount of water needed to correct the calcium addition from cal hypo is much less than the amount of water needed to correct the CYA addition from trichlor. In addition to this advantage, cal hypo helps to protect pool plaster due to its calcium content and high pH.

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In summary, if you are maintaining your chlorine residual with trichlor or shocking with dichlor, not only are you adding chlorine to the pool, but you are also adding CYA. CYA hinders chlorine efficacy and should be maintained at the lowest concentration needed to maintain a chlorine residual. Slow dissolve cal hypo tablets are now available that offer the convenience of trichlor, without the CYA. These tablets and the proprietary, slow dissolving technology in them are long lasting and leave no trace of CYA. This non-stabilized chemistry helps to avoid over stabilization by giving the pool owner the choices of how much CYA to add and when. With slow dissolving cal hypo tablets, it is no longer necessary to choose between convenience and efficacy.



ABOUT THE AUTHOR: Ellen Meyer is Product Safety and Government Affairs Manager with Lonza's Water Treatment business, a leading global supplier of pool and spa chemicals. Meyer has a Ph.D. in chemistry and has been working in water treatment for over 25 years.



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For many colleges and universities, a key facility improvement on the Athletic Director's wish-list is adding indoor athletic training space. For some, having an indoor facility has gone from "nice to have" to "necessary to compete." Whether the need is for a new building or to add to an existing structure, certain basic issues have to be resolved for the project to move forward. On the list are topics including budget, architectural appearance and long-term cost of ownership regarding maintenance and operating cost. For many schools, the solution has been a steel-framed building system.

Budgets for athletic facilities usually require a substantial portion of funding to come from alumni and community contributions. A good example of how a building system provided the economical answer for a multi-purpose facility is the Schmidt-Bickle Indoor Training Facility located on Fort Hays State University campus in Hays, Kansas.

Funding for the project began with significant contributions from the families of Bob and Pat Schmidt and Don and Chris Bickle. Along with donations from others, the target of \$4.2 million was reached. Much to the surprise of school administrators, when bids were opened, the use of a steel building system came in under budget. This cost saving allowed the school to upgrade the building exterior and include options for more meeting space.

The 50,400 sq. ft. building serves as a multi-use training facility for sports such as football, baseball and track. With 186' clear span framing, the building has a full width, sixty-five-yard-long football field with artificial turf. For track and field training, there is a 70-yard track with jump pits. The building also includes batting cages, storage areas and a team meeting room.

Using a steel building system to create a world-class practice facility on their Ann Arbor, Michigan campus was the mission for the University of Michigan. With a total building size of over 104,000 square feet, the Al Glick Field House is 429 ft. x 216 ft. and reaches 85 feet in height at the highest point.

To allow the steel framed structure to match the appearance of other nearby campus facilities, the building was designed with masonry and brick walls similar to the existing structures. To provide

*Saginaw Valley State University
Ryder Center*





Bentonville, Arkansas Aquatics Facility



interior lighting while reducing electrical demand, the building utilizes translucent wall panels and windows. With interior features including a full-size practice field covered in “state-of-the-art” turf and observation decks for filming, the facility is considered one of the best in college football.

When Saginaw Valley State University began planning the new fieldhouse as part of their Ryder Center expansion, particular attention was placed on creating energy-efficient space. As part of the building system, designers chose insulated wall panels. These cost-effective panels not only reduced initial material expense but also provide long-term thermal efficiency to lower heating and cooling costs for the life of the building. Additionally, the insulated panels added an architectural element by using a varied color pattern to create visual interest.

Steel building systems are an ideal solution for indoor aquatic facilities as well. The Bentonville, Arkansas district developed an 82,700 sq. ft. multi-use facility that includes an indoor competitive pool and recreational pool with water slide components that extend out of and back into the building. The overall plan also included an

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elevated running track above the basketball court.

The inherent advantage of using optimized steel design to create clear, uninterrupted spans as wide as 300 feet between columns makes steel framing a great option for indoor ice hockey rinks, football and soccer fields. Further, with today’s computer-aided design, the systems’ approach reduces construction schedules and costs when compared to traditional alternatives.

A complete building system provides more than just structural framing. Building elements such as roof and wall systems can be included as part of the total building package. Having a single-source for the structure, roof and walls provides assurance that all elements of a structure are compatible.

Finally, a systems approach from Varco Pruden Buildings can include additional features such as insulation systems, doors and windows along with day-lighting options for roof and walls. When these items are included as part of a complete building package, issues related to maintenance, warranties and replacement, should they arise, are easier to resolve.

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Photo courtesy Robbins Flooring



REC FACILITY FLOORING TO ACCOMMODATE ALL ACTIVITIES

by Jamie Darpel

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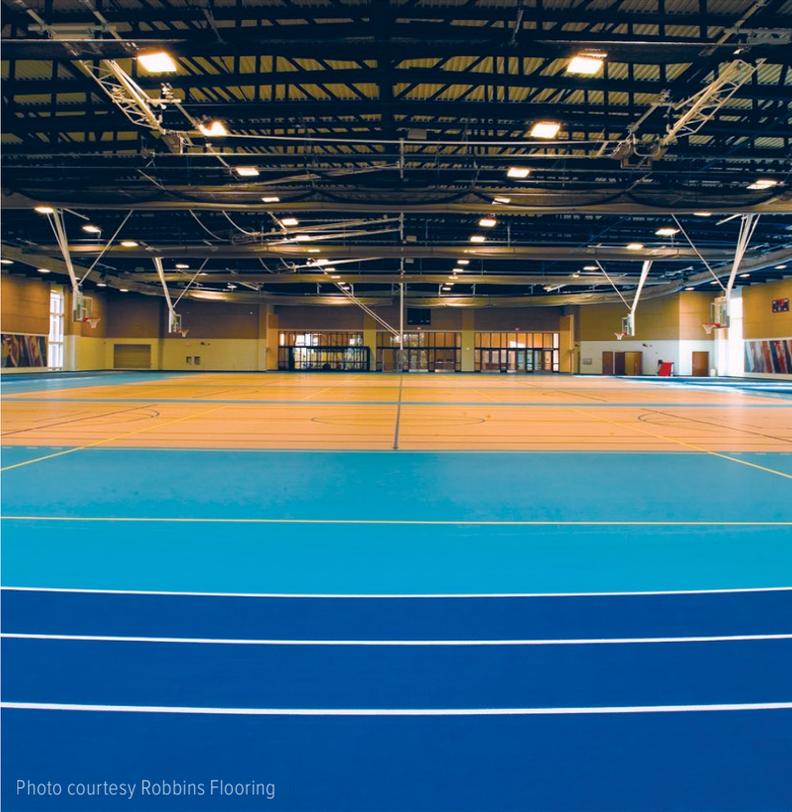


Photo courtesy Robbins Flooring

Hundreds of Thousands of Steps

In a true multipurpose rec center, choosing the right flooring can have a powerful effect on the overall success of the facility. With the rec center serving the university in a multitude of ways—and sometimes the community also—equipment, students, and shoes of every kind will come into daily contact with the floor.

Hundreds of thousands of steps will be taken on an annual basis. And with that much usage you need to make sure your floor can hold up under the stress to prevent unnecessary maintenance and repairs.

When Macalester College in St. Paul, Minnesota, opened their new state-of-the-art athletic and wellness complex, The Leonard Center, in 2008, the 53,000-square-foot facility not only provided new space for student fitness and intramural sports, but it also qualified the small NCAA Division III liberal arts college to host regional and national athletic competitions. With this opportunity, choosing the floor surfaces that accommodated all activities and competitions took an even higher precedence.

“When you try to do multiple sports on one surface, you sometimes run into issues,” said Assistant Director of Athletics Facilities Rob Osterman. The Leonard Center hosts numerous Macalester Scots athletes and intramurals whose sports include track, volleyball, basketball, tennis, baseball, and softball.

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Due to their need for versatility and a highly durable surface, Macalester looked at several synthetic floor options which tend to be a better fit for multipurpose facilities. They knew they would need multiple surfaces with a seamless transition to one another to accommodate the variety of activities. And since the facility would now host track and field competitions, damage from cleats was a major concern for the Macalester athletic department.

During their research of several products, they discovered a true spike-proof product that does not allow the floor to be penetrated by cleat spikes or other heavy equipment. Macalester contacted their local dealer to learn more about their options. They ultimately chose the spike-proof Pulastic SP 160 for their interior multipurpose space fused with Durathon Elite Track for their track surface.

The fusion floor also allows runners to seamlessly segue into other sports without having to stop the action and remove their spikes. "The Durathon track has been extremely helpful to our track team in that it's a fast surface; they like to use it in practice and for their competitions," observed a Macalester track coach. "You can high jump off it, you can pole vault off it, and the track and field team is very hard on surfaces. When you have surfaces that don't allow spikes, it becomes dangerous because they come in hard, they slip, the injury rates go way up."



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Working with a Local Dealer

In addition to the synthetic surfaces, dealer Anderson Ladd also installed flooring from the same manufacturer at Macalester for the racquetball courts and dance studios.

When making a selection of sports flooring, it is also important to choose a local experienced dealer that exclusively works with the manufacturer and specializes in the installation and finishing of sports flooring surfaces.

Currently, most users are doing the majority of their own research online before they contact the dealer or manufacturer (70% of users to be exact). With so many options to choose from this can be overwhelming and even frustrating. Facility directors or other decision makers must know the difference in flooring, even when every sports floor manufacturer says the same thing.

And, most decidedly, there is a difference. All sports flooring is not created equal, so it is even more important to work with a local knowledgeable dealer that can answer all questions and even allow coaches, athletic directors, or facility directors to “test drive” products in local gymnasiums.

Test Drive New Products

While ordering from the cheapest online alternative may appear to be the smartest way to purchase commodity products, making a decision based solely on limited research and the lowest price could result in a purchasing decision that ultimately costs the college or university far more in the long run.



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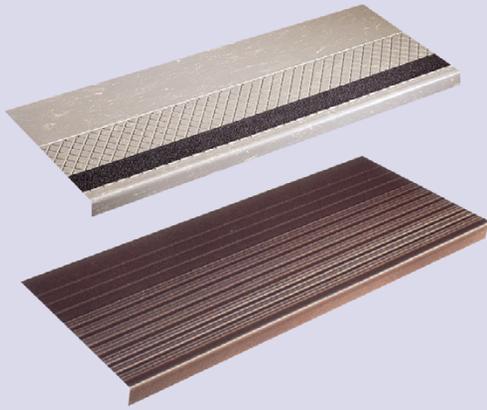
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“Anderson Ladd has done a great job of working with us, making sure we are 100% satisfied with the product, which we have been,” said Osterman. “I can’t say enough about our decision to go with this flooring and Anderson Ladd. We’re extremely pleased with the playability and the durability of these surfaces.”

The men and women’s track and field teams at Macalester College have proven to be consistently fierce competition in state conferences. Year after year, several members of each team have won indoor and outdoor MIAC (Minnesota Intercollegiate Athletic Conference) titles, including MIAC All-Conference Performer and MIAC Champion as well as All-American and National Competitors. 2017 also saw the women’s team set numerous Macalester indoor records. The right flooring can help competitors reach their—and their college’s—personal best.



ABOUT THE AUTHOR: Jamie Darpel is the Marketing Manager for Robbins Sports Surfaces (www.robbinfloor.com), a division of Robbins, Inc. She is in her seventh year leading the marketing efforts at Robbins and has over 12 years of experience as a marketing professional. She holds a BA from Northern Kentucky University.

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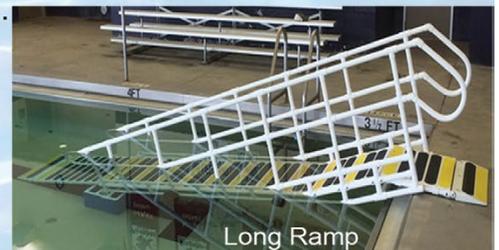
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