Sturgis Brown High School

12930 E. Hwy. 34

Sturgis, SD 57785

(605) 347-2686, Ext 155

sage.robinson-miller@k12.sd.us

Dear Community Member:

Hello! On behalf of the Sturgis Brown High School weight lifting program, we would like to share some exciting news with you. We are about to host a giant event. On Saturday, March 27th, there will be an alumni basketball game – with a twist! All of the proceeds will go toward the Scooper High School Weight Room. We would love to have your support for this event!

About 10 years ago, when the new wrestling facility was built, the old wrestling room was turned into the current weight room. A few hardworking staff members did the best job they could (on a small budget) at setting up a functional weight room for our students and athletes to use. Many of the items, such as dumbbell racks, benches, and weight trees were built to give us a “starting point” toward a high school weight room. Other items, such as bars, dumbbells, weight machines, and weight plates were received as “hand-me-downs” to fill in some gaps for the time being. These items were enough to have one or two weight lifting classes a year – serving approximately 60 students annually.

I am proud to say, 10 years later, the Scooper Weight Lifting Program has taken a giant leap in its participant level. Sturgis Brown High School now offers four different levels of weight lifting classes (Fitness/Weight Lifting I, II, III, and Athletic Enhancement), which are offered in as many as seven of our eight blocks a year. Over 150 students are enrolled each year in these courses! Not only is the weight room used during the school day, but we now also provide supervised lifting opportunities (either before or after school) to all students who are interested, AND most of our athletic teams incorporate weight room time into their practice schedule. The weight room has become a place that encourages students/athletes to increase their strength, confidence, overall health and well-being.

Despite all of the increased participation, we have only been able to afford a few new items over the years. Much of the equipment in the weight room is the same hand-made and hand-me-down items from several years ago. The Scooper weight room is ready for a face lift! We are holding this exciting alumni basketball game as a way to raise money to purchase high quality, efficient equipment that can be enjoyed by current and future Scoopers for many years to come.

The organizers of this fundraiser include Sage Robinson-Miller (Weight Lifting Teacher and Certified Athletic Trainer for the Meade School District) and six Fitness/Weight Lifting III students – who are organizing this fundraiser as their Senior Experience (project). We have included two other items with this letter: 1) the alumni game flyer/poster – we would love it if you would post the poster at your place of business and 2) sponsor information – we would not only greatly appreciate your attendance at this fun event, but we also ask that you consider becoming an event sponsor. We are proud to be Scoopers and can’t wait to host this great event to benefit our weight room.

Thank you so much for all of your support!

 Sincerely,

**Fundraiser Organizers:**

* Sage Robinson-Miller – Fitness/Weight Lifting Teacher
* Anthony Porter – Fitness III Student
* Aubree Johnson – Fitness III Student
* Carsey Barden – Fitness III Student
* Cody Goldade – Fitness III Student
* Colton Reichert – Fitness III Student
* Luke Boettcher – Fitness III Student
* Karly Morris – Fitness Student

 Mrs. Sage Robinson-Miller, ATC, CSCS

 Fitness/Weight Lifting Teacher

 Certified Athletic Trainer

 Certified Strength & Conditioning Specialist

 Sturgis Brown High School