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Athletes Making Strides in Newly Remodeled Weight Room

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Dexter, Missouri - Athletes are taking advantage of the new and upgraded weight room at Dexter High School. Both middle school and high school athletes have been working hard in their newly remodeled weight room. With more weight lifting equipment and better design, more athletes can get their work-out done in a timely fashion and ready to hit the field or court.

Through local donations from the community the Dexter Schools were able to purchase new equipment and upgrade the entire weight room.

"There was a need for a facility upgrade," commented Dexter's head football coach Kevin Goltra. "A few business men offered to help and a complete overhaul was made. I think this is the best high school weight room in southeast Missouri."

The weight room is designed so that any athlete from middle school to high school can utilize the equipment.

"Every sport, every athlete have the opportunity to use this facility," continued Goltra.

"We have rehab equipment, kettle bells, and nine new racks and platforms. We can also do two or more major lifts at a time and within a 35-40 minute window which will give our football athletes more time on the field during practices."

Earlier in 2017 prior to the renovation, the Goltra's weight lifting athletes participated in weight lifting competition in Scott City and earned a first place finish. It is his hope that they continue to compete and perhaps host a competition in the future.

With the new renovations, athletes can increase their productivity 30 - 40% during weight lifting classes. They are able to put 3 students to each station now.

"The weight room is absolutely gorgeous. It is the vision of many people and it took many to make it happen," commented Dexter High School Activities/Athletic Director Aaron Pixley. "The room has new paint, flooring, ceiling, and equipment. Something that our kids deserve. It will be a valuable tool for all our athletes in every sport. Every athlete (male and female) is highly encouraged to make their workouts daily and now they have something to be proud of."

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