



DUVAL HIGH SCHOOL

WEIGHT ROOM RENOVATION

PROJECT OVERVIEW

The DuVal High School weight room, located adjacent to the auxiliary gym, will be upgraded with new equipment and reconfigured to accommodate more student-athletes during training sessions. The space, converted from the school's former girls' locker room. It will be redesigned to make better use of its footprint and expand the weight room to create a safer, more functional, and welcoming training environment.

Improvements include approximately 400 square feet of additional training space, new school-branded exercise equipment, upgraded heating and cooling, improved visibility for coaches, and comprehensive updates to the weight room, restroom, and team room.

PROJECT PARTNERSHIP

This project was made possible through the support of Sam Brin, the Pull Up Fund, and the Impact Fitness Foundation. Their partnership with Prince George's County Public Schools supports continued improvements to athletic facilities and opportunities for students.

AT A GLANCE

ADDRESS

9880 Good Luck Rd,
Lanham, MD 20706

NEIGHBORHOOD

Lanham, Goddard, Seabrook

PRINCIPAL

Lakeishia Strother

PROJECT TYPE

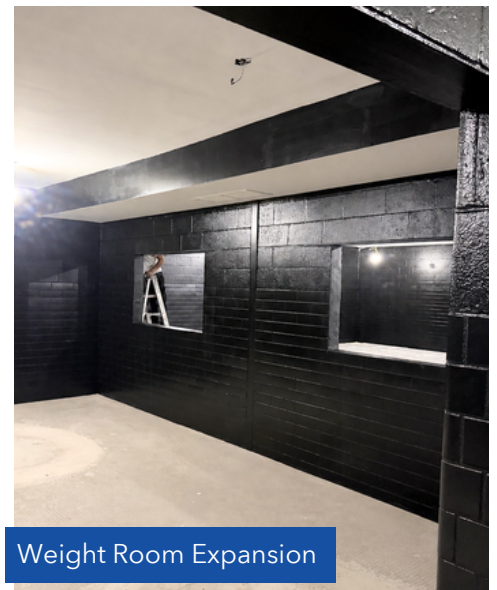
Weight Room Renovation

PROJECT BUDGET

\$250,000-\$300,000

PROJECT MANAGER

Don Howerton



Weight Room Expansion

PROJECT STATUS

Construction and interior improvements are underway. New weight-training equipment is expected to arrive during the first week of August, with project completion anticipated by August 15, 2026.

PROJECT FEATURES

Expanded Training Space

Removal of the former shower towers and associated plumbing will create approximately 400 square feet of additional space. The expanded area will include turf flooring to support exercises and training activities that cannot be performed on a traditional hard surface.

Improved Safety and Visibility

Two new openings between the main weight room and expanded training area will give coaches and trainers a clearer view of student-athletes throughout the facility.

Modernized Training Environment

The renovated space will feature new flooring, paint, LED lighting, and school-branded graphics featuring the DuVal logo and motivational messages.

New Exercise Equipment

New weight-training equipment customized in DuVal High School's colors will provide student-athletes with an updated and cohesive training environment.

Heating and Cooling Improvements

A new HVAC system will provide heating and air conditioning for the renovated weight room and adjacent coaches' office.

Restroom and Team Room Upgrades

The existing restroom will receive new fixtures, partitions, drains, lighting, paint, and epoxy flooring. New epoxy flooring will also be installed in the team room.



Main Weight Room



Bathroom



Weight Room Expansion

