

STRENGTH AND CONDITIONING FOR EVERY ATHLETE

The way college should be: strong, healthy, and resilient.

For more than 114 years, SMC has steadfastly delivered on its promise to students and Spartanburg by investing in excellent education. Athletics at SMC drives belonging and retention. When student-athletes have access to quality strength and conditioning resources, they stay healthy, perform better, and succeed.

A focused strength and conditioning environment builds performance and prevents injury. Your support outfits a shared center with the tools and layout that serve multiple teams efficiently - mobility, power, recovery - so every athlete benefits from professional-grade training resources.

Your Investment Powers Performance and Prevents Injury

Quality strength and conditioning isn't a luxury - it's essential for competitive athletics and athlete wellbeing. Proper equipment, expert programming, and dedicated space reduce injury risk while improving speed, power, and endurance. Your investment provides:

- ❖ Shared strength and conditioning center serving all teams
- ❖ Professional-grade equipment for mobility, power, and recovery
- ❖ Efficient layout that accommodates multiple teams
- ❖ Injury prevention programming and resources
- ❖ Year-round training access for all student-athletes



**KEEPING
THE PROMISE**

THE CAMPAIGN FOR SPARTANBURG METHODIST COLLEGE

WHAT'S AT STAKE

If we invest: every student-athlete gains access to professional strength and conditioning resources that build performance, prevent injury, and create competitive advantage.

If we don't: limited training resources and uneven access increase injury risk, hinder performance development, and put SMC athletes at a competitive disadvantage.



Make a Transformational Investment

Keep the Promise: Build the Engine Behind Every Season

Ways to Give:

- Build the Strength & Conditioning Center
- Equip Professional-Grade Training Spaces
- Fund Performance & Recovery Resources

Naming Opportunities:

Strength & Conditioning Center - \$5 Million

Every space has the power to change a life. When you invest in strength and conditioning, you're ensuring that every student-athlete - across every sport - has access to the training resources that build competitive performance and protect long-term health.

The Strength & Conditioning Center serves all sports, creating shared excellence and team unity while providing the professional training environment student-athletes need to compete at the highest level.



Contact the Advancement Office

SPARTANBURG METHODIST COLLEGE

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