

## MEMORANDUM

**To:** Jessica Porter, Assistant Town Manager  
Leigh Jackson, Recreation Director  
Jenny Saccardo, Beede Center General Manager

**From:** Christoph and Betsy O'Donnell

**Date:** May 1, 2025

**Re:** Honoring the Wishes of Maisey O'Donnell

**Goal:** To fulfill Maisey's wishes by building a dedicated Dryland Training Room at the Beede Center, establishing it as the premier public diving facility for training and competition in Greater Boston.

**Background:** Maisey often told us that she wished she could have dryland training equipment available at the Beede Center. She repeatedly shared that a trampoline and dry diving board (a "dry board") would enhance her and her teammates' training. A *trampoline with spotting rig* allows a diver to learn new dives more quickly and safely. A *dry board* allows a diver to practice over a soft mat, without fear of a hard landing in a pool.

Photographs of the trampoline, spotting rig and belt, and the dry board and landing pit, are included on the following page.

**Budget:** Three pieces of equipment would need to be purchased to provide a trampoline to assist in training divers: a foldable trampoline, a spotting rig, and a step-in spotting belt. These components are available for about \$13,000.

Foldable Trampoline <sup>1</sup>	\$8,885.00
Spotting rig <sup>1</sup>	\$3,969.00
Spotting belt <sup>1</sup>	<u>\$ 205.00</u>
Total	\$13,059.00

Three pieces of equipment would need to be purchased to provide a dry board to assist in training divers: a springboard, a stand for the springboard, and a dryland diving landing pit. These components are available for less than \$20,000.

Springboard <sup>1</sup>	\$6,174.00
Dive stand <sup>1</sup>	\$4,550.00
Landing Pit <sup>1</sup>	<u>\$5,655.00</u>
Total	\$16,379.00

The construction cost for a dedicated Dryland Training room at the Beede Center would depend on various factors, including the size of the space, materials used, site preparation required, and so forth. More work will be needed to determine actual costs; however, a very preliminary assessment of construction costs suggests a dedicated Dryland Training room could be \$500,000.

**Source of Funds:** Funds for the cost of dryland equipment as outlined above (assume \$50,000 or less) have been raised from family, friends, and the diving community who knew and loved Maisey.

Funds for the cost of construction to build a dedicated Dryland Training room (assume around \$500,000) have been identified and would be made available for this project.

The logistics around planning for the project, gaining approval for construction and acquiring the dryland training equipment, among other things, will need to be worked out with the Town and the Recreation Department.

We look forward to working with the Town and the Recreation Department to realize Maisey's dream.

<sup>1</sup> Source: Springboards and More (<https://springboardsandmore.com/>)

Trampoline/Spotting Rig



Trampoline/Spotting Rig & Belt in use

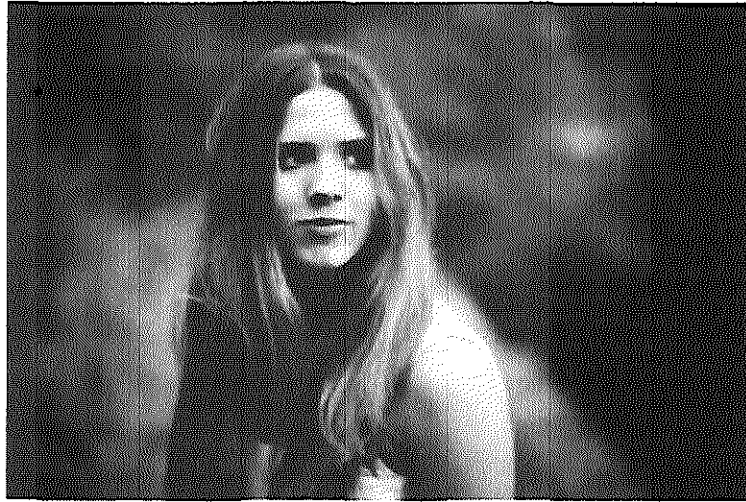


Dry Board/Pit at Harvard University



Dry Board/Pit and Spotting Rig





### **Maisey O'Donnell as an Athlete**

Maisey was an outstanding student at CCHS and a gifted athlete, finding success in local, state and national diving competitions. She was mentally strong and excelled under pressure. A two-time Massachusetts MIAA Division I State Diving Champion, she was undefeated in her Junior and Senior seasons. She was the three-time North Sectionals Champion and Dual County League Champion and a four-year CCHS varsity letter winner. In club diving, as a four-year member of Boston Area Diving, she earned AAU All-American honors her junior year and competed at USA Diving Nationals and Red, White and Blue Nationals.

### **The Project Goal**

To fulfill Maisey's wishes by building a Dryland Training Room at the Beede Center, establishing it as the premier public diving facility for training and competition in Greater Boston.

# “I wish we had a dry board.”

This was what Maisey told her parents many times after returning from springboard diving practice at the Beede Center. She repeatedly shared that a trampoline and dry diving board (a “dry board”) would enhance her and her teammates’ training. A trampoline with spotting rig allows a diver to learn new dives more quickly and safely. A dry board with spotting rig allows a diver to practice over a soft mat, without fear of a hard landing in a pool.

Maisey understood intuitively that to compete at the highest levels of sport, a developing athlete needs more than athletic talent and excellent coaching. For a sport like diving, an athlete also needs a world-class facility.

## Benefits of Dryland Training

Maisey recognized that dryland training is an essential complement to training in the pool. She observed from competing nationally that divers with access to dryland training equipment could accelerate their development and growth.

The key benefits of a separate dryland training room include:

- Progress: leads to mastering a dive more quickly
- Safety (physical): allows diver to practice new dives without experiencing impact (breaking the water surface)
- Safety (mental): takes away the “fear” component when learning a new dive versus learning in water
- Repetition: builds consistency of dives more efficiently (e.g., less time getting in and out of the pool, drying off between dives, etc.)
- Coaching: enables 1:1 attention to identify areas of specific focus for a dive
- Strength: helps improve gross motor skills needed to improve as a diver
- Learning: helps a diver understand basic bio-mechanics of a dive

### The Beede Center Diving Well

The Beede Center was designed to have a designated diving “well,” separate from the nearby swimming pool. This design removes a barrier many young divers face: pool access. The Beede Center allows divers to train with greater frequency and repetition, improving their diving skills. Indeed, CCHS divers have won 28 MIAA Division I State Diving championships since the Beede Center opened in 2006 (15 girls’ titles, 13 boys’ titles).

### Site Location

Several sites were considered for The Maisey O’Donnell Dryland Training room. The most promising was the staff parking lot at the lower level because 1) it enables the dryland training room to be adjacent to the existing diving pool; 2) the site is relatively level and will easily accommodate expansion of the Beede Center; and 3) the site does not interfere with existing exhaust vents nor does it appreciably affect the sight lines of the existing building.

### Schematic Plan

The proposed structure assumes the following:

- Concrete footings set at 4’0” below grade plus an insulated slab on grade
- Metal panel siding for exterior
- Simple steel skeleton
- 50’x21’ room or 1,050 gross square feet
- New access door from existing diving well (with glass panel to observe room use)
- New exit door from addition to outside (safety requirement)
- 2’x4’ typical LED lights
- Minor reconfiguration of the staff parking area.

# PROJECT COST & FUNDING

## Construction Cost Estimate

The construction cost for a dedicated Dryland Training room at the Beede Center would depend on various factors, including the size of the space, materials used, site preparation required, and so forth. The proposed 21'x50' addition suggests a preliminary construction cost of \$750K to \$950K.

This estimate will be refined further as we solicit feedback from subcontractors, and as we work with the design team and the Town of Concord to finalize details and select finishes.

## Equipment Cost

Three pieces of equipment would need to be purchased to provide a trampoline to assist in training divers: a foldable trampoline, a spotting rig, and a step-in spotting belt. These components are available for about \$13K.

Trampoline <sup>1</sup>	\$8,885
Spotting rig <sup>1</sup>	\$3,969
Spotting belt <sup>1</sup>	<u>\$205</u>
Total	\$13,059

Three pieces of equipment would need to be purchased to provide a dry board to assist in training divers: a springboard, a stand for the springboard, and a dryland diving landing pit. These components are available for less than \$17K.

Springboard <sup>1</sup>	\$6,174
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Total	\$16,379

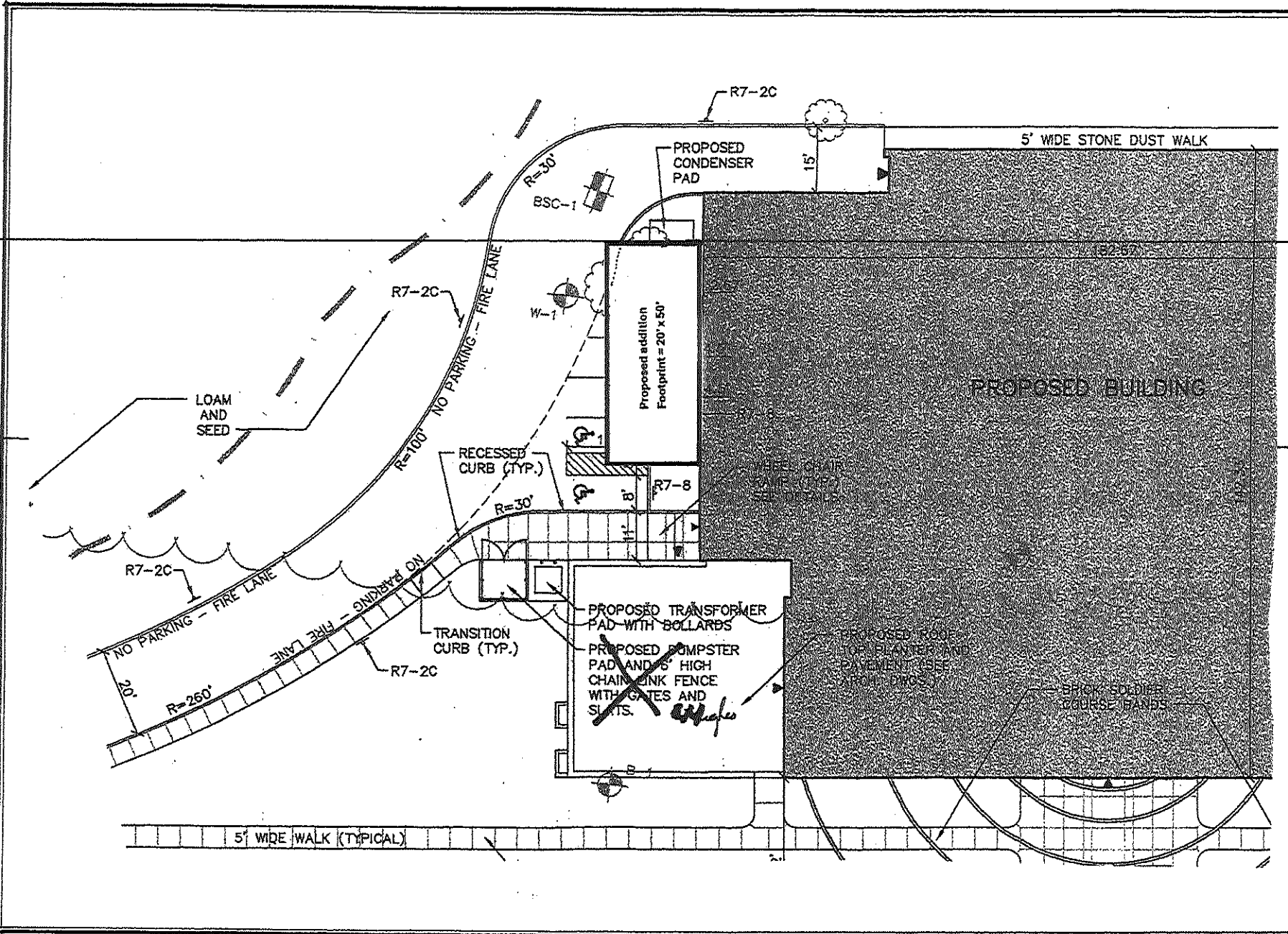
## Source of Funds

Funds for the cost of dryland equipment as outlined above have been raised from friends, family, and the diving community who knew and loved Maisey. As of June 16, 2025, more than \$300K from a total of over 640 gifts have been received for The Maisey O'Donnell Fund.

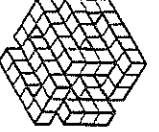
Additional funds for the cost of construction to build a Dryland Training room (including ~\$500,000 from a private foundation) would be made available for this project.

<sup>1</sup>Springboards and More (<https://springboardsandmore.com/>)

\$ 980,000

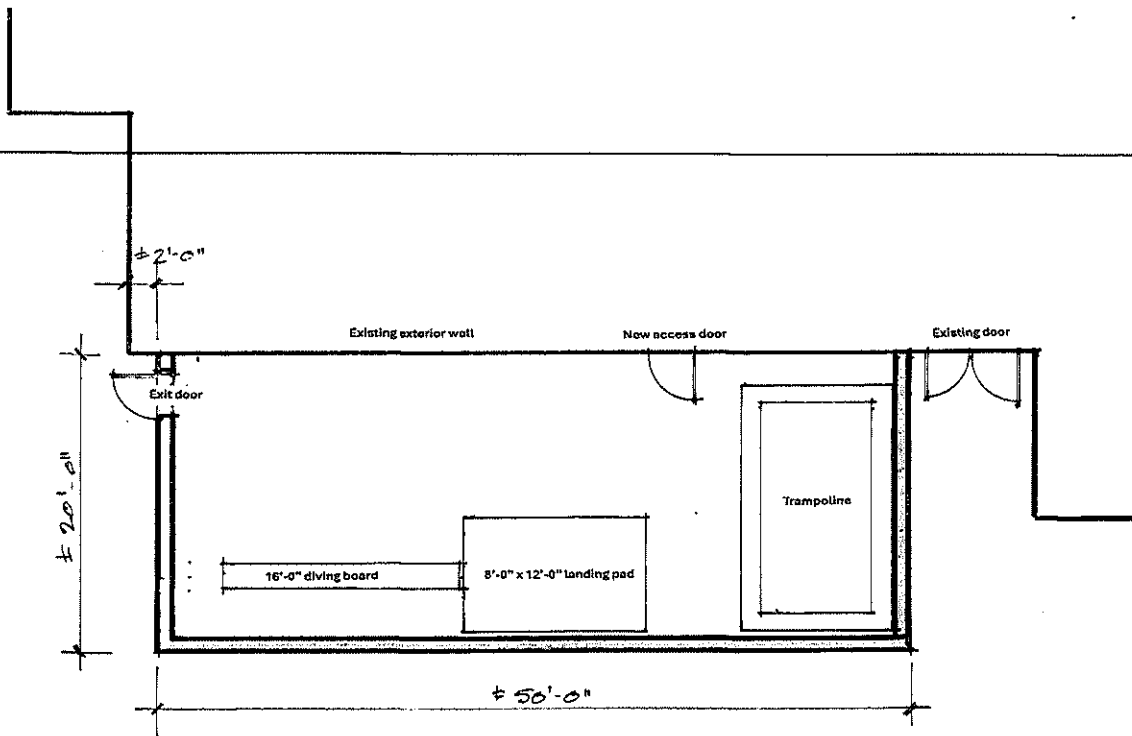


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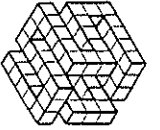
# Beede Center Addition

6.14.25



Plan  
Scale 1/8" = 1'-0"

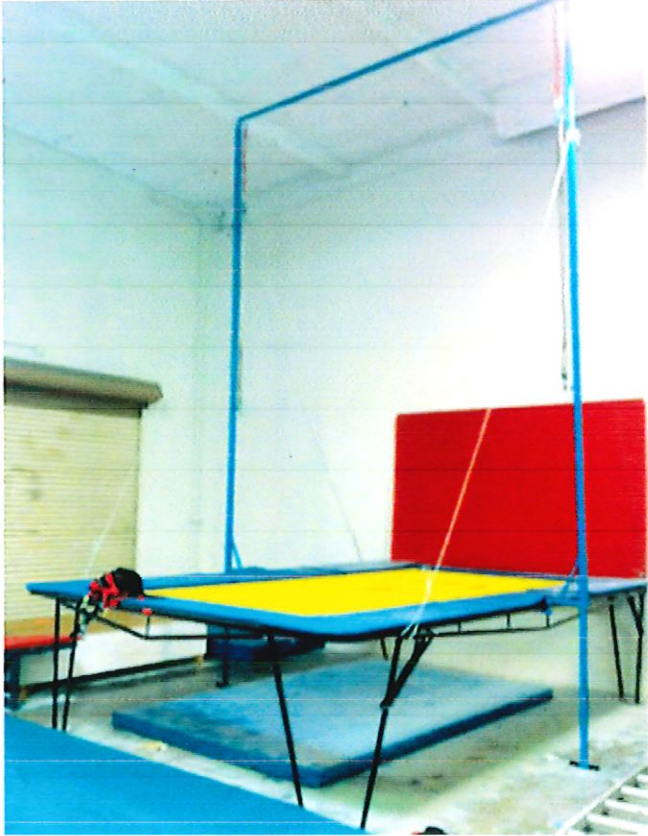
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# Beede Center Addition

5.22.25

# 1



Trampoline/Spotting Rig



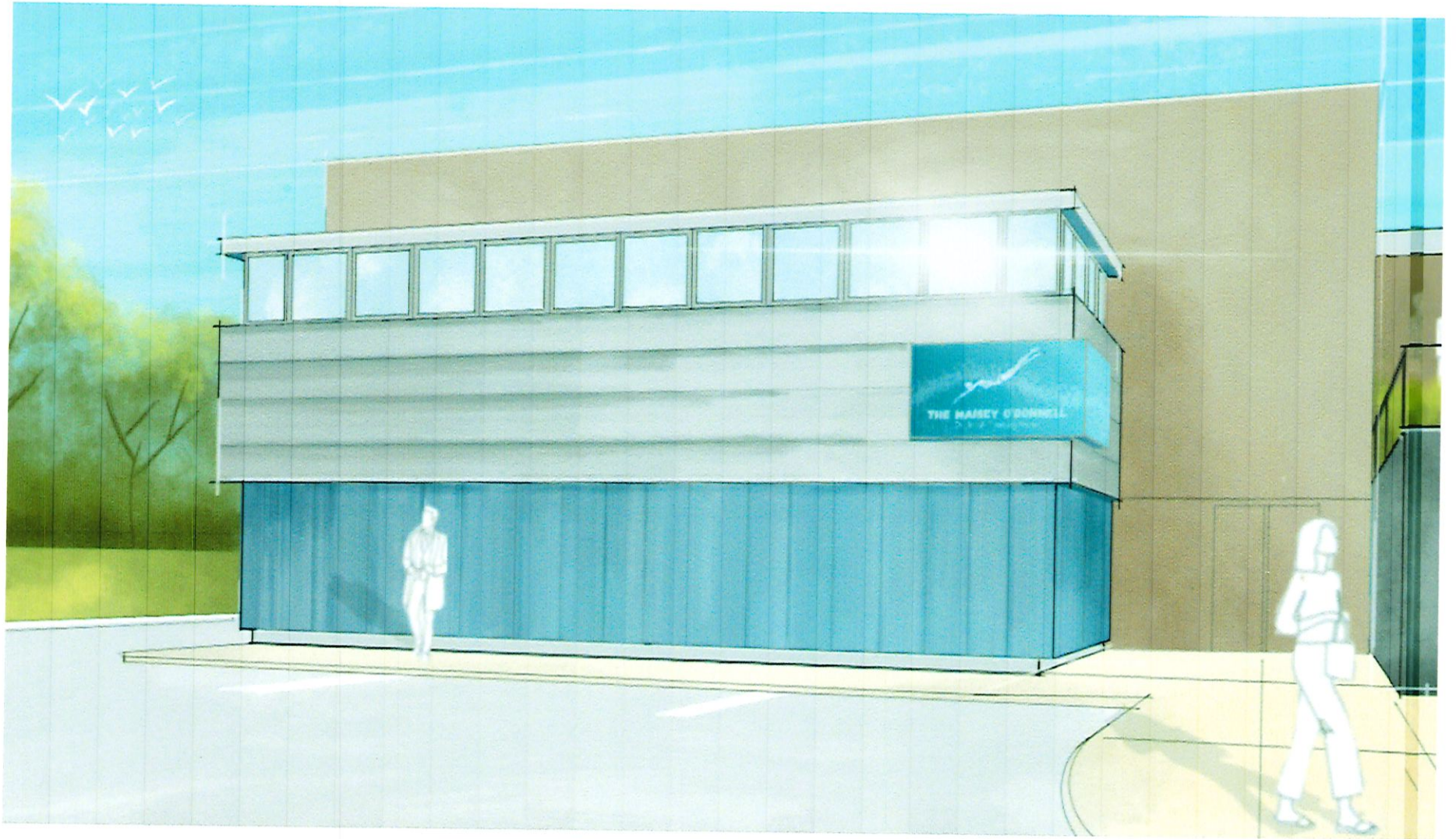
Trampoline/Spotting Rig & Belt in use



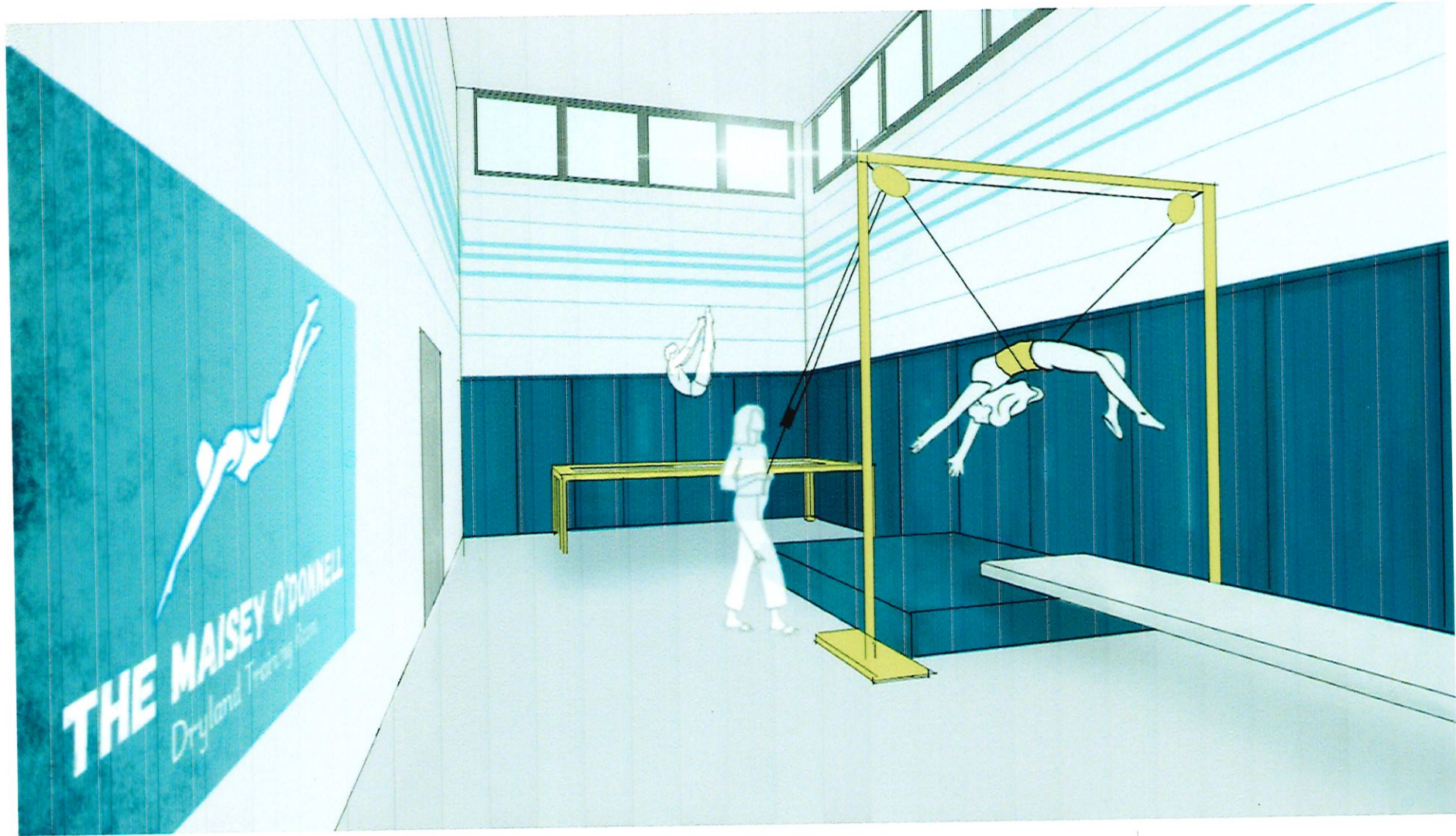
Dry Board/Pit at Harvard University



Dry Board/Pit and Spotting Rig



THE MAISEY O'DONNELL DRYLAND TRAINING ROOM



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