



## LIFT-A-THON FORM

Dear Player/Parents:

The **New Richmond High School Football** team is sponsoring our 3rd annual **LIFT-A-THON** to emphasize the importance of our off-season workouts and to provide support for our program.

- Each player will perform two core exercises, the **squat** and **bench**. We will take the players combined score to get his final weight.
- Each player will get **\$.01 / \$.05 / \$.10** donations per pound (flat donations are acceptable). The amount of your pledge will be the result of the players combined squat and bench scores.
- **We are asking each player to get a minimum pledge total of \$75 Dollars. GO LIONS!**

**Important Dates:**

- **Lift-A-Thon- in the Weight Room Monday and Tuesday June 8<sup>th</sup> and 9th.**
- **ALL PLEDGE MONEY AND FORMS MUST BE HANDED INTO COACH STRATTON AT THE LIFT-A-THON.**
- **MAKE CHECKS PAYABLE TO:NEW RICHMOND SPORTS FOUNDATION.**

**Player Name:** \_\_\_\_\_

**Grade:** \_\_\_\_\_

NAME	PHONE #	CONTRIBUTION (\$ .01 / \$.05 / \$.10 / Flat Donation)	Cash or Check	Total Amount
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				
18.				

**Total** \_\_\_\_\_