



FALCON FOOTBALL LIFT-A-THON



Dear Player/Parents:

The **Elmira High School Football** team is sponsoring our 1st annual **LIFT-A-THON** to emphasize the importance of our off-season workouts and to provide support for our program by raising funds to pay for our new equipment and gear.

- Each player will perform three core exercises, squat, power clean and bench press.
- Each player will get **\$.01 / \$.05 / \$.10** donations per pound (**flat donations are acceptable**). The amount of your pledge will be based on the player's combined weight lifted.
- **This is our main football fundraising event – Player goal is \$60.00 and Team goal is \$3,000.00.**
- Important Dates:
 - Lift-A-Thon – Thursday August 15th (4:00pm-6:00) in the Weight Room.
 - ALL PLEDGE MONEY AND FORMS MUST BE HANDED IN ON OR PRIOR TO OUR FIRST PRACTICE ON MONDAY AUGUST 19TH TO A FOOTBALL COACH
 - MAKE CHECKS PAYABLE TO: Elmira High School Football.

Player Name: _____

Combined Squat, power clean and bench: Total = _____ pounds

NAME	PHONE #	CONTRIBUTION		Cash or Check	Total Amount
		(\$.01 / \$.05 / \$.10)	(Flat Donation)		
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					
13.					
14.					
15.					
16.					
17.					
18.					
19.					
20.					

Total: \$ _____