**Tippecanoe Football’s**

**First Annual LIFT-A-THON**



**WHEN/WHERE:** July 17th-20th in the weight room and HS gymnasium during regular lifting time.

**WHAT IS IT? :** The “Lift-a-Thon is basically a fundraiser similar to a “walk-a-thon” which players solicit pledges based on pounds lifted. Example, 5 cent per pound is pledged and if the player lifts a total of 600 lbs., the total pledge is $30.00

**PURPOSE-** The LIFT-A-THON is a major fundraiser for the Red Devil Football Program. The money raised with is used to ­­­­­­­­­­­­­­­­­buy new equipment and practice cloth.

**Procedures:** Each participant with the help of his parents, family, neighbors, and friends will seek sponsor to donate any amount towards the Lift-A-Thon. Record neatly and accurately all information on the sponsor form. The participant will acquire a maximum lift in the **BENCH** PRESS, **SQUAT** and HANG **CLEAN** and will have a total from those lifts. A coach will witness the lift and certify the weight lifted with a signature on the pledge form. Collect all pledges from sponsors and turn the form and the money into Coach Derge by July 10th 2017.

**START RIGHT NOW GETTING PLEDGES!!** Get started by telephoning people you know and also go out and see people. People like to help; we are fortunate that we literally have hundreds of former players and families of former players in our community, and people that love OUR Football Program. Just give them a chance to help by asking them for a donation.

**COLLECT THE DONATION**. Fill in one line on the collection sheet for each donation. Set up a time/date to collect money from your pledges. Turn in the money to Coach Derge no later than July 10th 2017. You may turn in money to Coach Derge at any time before the due date. Tell people who wish to write checks to make the check payable to the Tippecanoe Athletics- **Memo**- Football LIFT-A-THON.

**Remember:** This is one of the ways you can help your own program. This money will help pay for needs of our program. Your participation is critical, do your share to help OUR TEAM. This money will be spent on you and on the Football Program!

THE LIFT-A-THON CHECKLIST The lift-a-thon is held for your benefit, so you will want to help yourself and your TEAM by giving your best effort. The first thing to remember is that you must ask people to support you.

( ) PARENTS

( ) FAMILY FRIENDS

( ) GRANDPARENTS

( ) AUNTS

 ( ) BROTHERS AND SISTERS

( ) UNCLES

( ) COUSINS

( ) PERSONAL FRIENDS

( ) TEACHERS

( ) CHURCH MEMBERS

( ) PARENTS WORK

**LIFT-A-THON CONTACT SCRIPT**: Hi! My name is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I play football at Tippecanoe High School. We are conducting our annual lift-a-thon fund-raiser to raise money. The Lift-a-thon is a major fund- raiser we have to help us reach our goal of making our weight room a facility we can all be proud of and to help student athletes, like myself, reach our full potential. I am asking you to please make a pledge to help us achieve our goal. Some people chose to base their pledge on the number of pounds that I lift or others choose to make a flat contribution regardless of the weight lifted. Would you like for me to tell you about our weight lifting tests, or would you rather just make a flat contribution? (If they ask about your weightlifting, have a chart made for several pound/contribution amounts): We will be lifting before our summer camps in July. If I lift a total \_\_\_\_\_\_\_\_\_\_\_\_\_ pounds, and you donated 5 cents a pound; that would be\_\_\_\_\_\_\_\_\_\_\_; or if you donated 10 cents a pound, your contribution would be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (If they ask how much most people contribute): The \*average contribution is $20.00 but you can certainly donate less or better yet, even more. Any amount helps and we do appreciate any donation you can make. Thank you very much. Everyone in the program really appreciates your help. You can count on me and my teammates to work hard to have a great football season this year and represent the school and the community.

\*Note: choose the amount most appropriate to your contributor---but be aware that the more you ask for, the more of a donation you will get. Set up a time/place to collect the money. If they pay with a check, it should be made out to Tippecanoe Athletics Memo- Football LIFT-A-THON. Make sure you write the name of the contributor and the amount donated on your pledge sheet.)

**Tippecanoe LIFT-A-THON**

Sponsors may pledge either a fixed amount or a pledge per pound lifted. For example, a pledge could be a fixed amount such as $10, or a pledge could be 5¢ per pound, for instance. If the player were to lift a total of 600 pounds, then your total pledge at 5¢ per pound would be $30.00. Pledge monies will be collected AFTER lift total is achieved and the total weight has been certified.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Sponsor Individual/BusinessName | Dollar Amount Pledge | Pledge per Pound | TOTAL WEIGHT LIFTED | TOTALPLEDGE | PLEDGE COLLECTED (Y/N) |
| 1 |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |
| 8 |  |  |  |  |  |  |
| 9 |  |  |  |  |  |  |
| 10 |  |  |  |  |  |  |
| 11 |  |  |  |  |  |  |
| 12 |  |  |  |  |  |  |
| 13 |  |  |  |  |  |  |
| 14 |  |  |  |  |  |  |
| 15 |  |  |  |  |  |  |
| 16 |  |  |  |  |  |  |
| 17 |  |  |  |  |  |  |
| 18 |  |  |  |  |  |  |
| 19 |  |  |  |  |  |  |
| 20 |  |  |  |  |  |  |

**Tippecanoe High School Red Devils**

Joel Derge, Head Football Coach

Player\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 I, hereby certify that the above named player lifted the weight amounts below for the total as shown: Bench Press\_\_\_\_\_\_\_\_\_ Squat \_\_\_\_\_\_\_\_\_\_\_ Power Clean\_\_\_\_\_\_\_\_\_\_ TOTAL\_\_\_\_\_\_\_\_

 Coach’s Certification\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_