



PLAYERS NAME: _____



HENRY FORD II FOOTBALL 2017 LIFT-A-THON SATURDAY APRIL 22ND

Dear Player/Parents:

The Ford II Falcon Football Team is sponsoring our 2nd annual LIFT-A-THON to emphasize the importance of our off-season strength & conditioning program and to provide support for our football program this upcoming Summer & Fall.

- Each player will perform two of our core lifts: the Deadlift & Bench Press. We will take the players highest total weight lifted.
- Each player will get \$.01 / \$.05 / \$.10 / \$.25 etc. donations per pound (flat donations are acceptable). The amount of your pledge will be the result of the player's deadlift and bench press score.
- **We are asking each player to get a minimum pledge total of \$100 Dollars. GO FALCONS!!**

Important Dates:

- Lift-A-Thon- will be Saturday April 22nd at 9:00 AM. All PARENTS and SPONSORS are invited to attend.
- ALL PLEDGE MONEY AND FORMS MUST BE HANDED INTO Coach T or Coach Koehn by the day of the lift a thon.
- MAKE CHECKS PAYABLE TO: Falcon Champlon Parent Council

CONTRIBUTORS NAME	CONTRIBUTION (\$0.5 / \$.10 / \$.25 / Flat Donation)	TOTAL WEIGHT LIFTED	Total Amount
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			

TOTAL AMOUNT RAISED: \$ _____



HENRY FORD II FOOTBALL 2017 LIFT-A-THON



THE FALCON CHECKLIST

The lift-a-thon is 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.

- | | | |
|---------------------------------------|-------------------------------------------|--------------------------------------|
| <input type="checkbox"/> MOM & DAD | <input type="checkbox"/> FAMILY FRIENDS | <input type="checkbox"/> LAWYERS |
| <input type="checkbox"/> GRANDPARENTS | <input type="checkbox"/> PARENTS' FRIENDS | <input type="checkbox"/> NEIGHBORS |
| <input type="checkbox"/> AUNTS | <input type="checkbox"/> UNCLES | <input type="checkbox"/> DOCTORS |
| <input type="checkbox"/> BROTHERS | <input type="checkbox"/> SISTERS | <input type="checkbox"/> DENTIST |
| <input type="checkbox"/> COUSINS | <input type="checkbox"/> TEACHERS | <input type="checkbox"/> FRIENDS |
| <input type="checkbox"/> BANKS | <input type="checkbox"/> CHURCH FRIENDS | <input type="checkbox"/> RESTAURANTS |
| <input type="checkbox"/> BUSINESSES | | |

AT WORK

IF YOU HAVE A JOB, BE SURE TO LET YOUR EMPLOYER KNOW WHAT YOU ARE DOING AND ASK FOR SUPPORT. YOUR EMPLOYER MAY LET YOU COLLECT AT WORK.

ALSO, ASK MOM AND DAD TALK TO THEIR EMPLOYERS AND TO OTHER PEOPLE WHERE THEY WORK AND ASK FOR THEIR SUPPORT. LET THEM TAKE A PLEDGE SHEET WITH THEM TO WORK!!!

OUR TEAM GOAL IS: \$10,000

YOUR PERSONAL GOAL IS A MINIMUM OF: \$100