**2016 Raising the Bar Lebanon Lift a Thon**

**Saturday, May 14th, 2016 Lebanon Junior High and Lebanon High School**

 **“In this world a man must either be anvil or hammer.” Henry Wadsworth Longfellow**

**Junior High Weight Room Team/Time Assignments**

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| **Team** | **Time** | **Coaches** |
| Football | 8:00 am | All Football Coaching Staff |
| Baseball/Softball | 9:00 am | Baseball/Softball Coaching Staff |
| Boys/Girls TrackBoys/Girls XC | 10:00 am | Track and XC Coaching Staff |
| -Boys/Girls Golf-Boys/Girls Swimming-Boys/Girls Bowling | 11:00 am | Golf, Swimming, and Bowling Coaching Staff |
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**\*\*\*Be sure to arrive :15 before your time slot with your team for check in and warm up so that you can start at your assigned time.\*\*\***

**High School Weight Room Team/Time Assignments**

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| **Team** | **Time** | **Coaches** |
| Wrestling | 8:00 am | Wrestling Coaching Staff |
| Boys Basketball and Girls Basketball | 9:00 am | Boys and Girls Basketball Coaching Staff |
| Boys and Girls Soccer | 10:00 am | Boys and Girls Soccer Coaching Staff |
| Volleyball Boys and Girls Tennis | 11:00 am | Volleyball, Boys, and Girls Tennis Coaching Staff |
|  |  |  |

**When:** Saturday, May 14th, 2016

**Events:**  Squat/Bench/Deadlift

**Grades:** 9, 10, 11, 12

**Sequence of events after check in/warm up:** Squat :20 min, Bench :20 min, Deadlift :20 min.

**2 Ways to get your pledges:**

1. Sponsor per pound lifted (.10 cents per lb.)
2. Cash donation ( $25)

**2 Ways to Tally your score:**

1. Final Tally of pounds lifted will be the sum of your 1 rep max for each lift
2. Choose an approximate weight and go for max reps. We will use the reps you complete for selected weight to determine your 1 rep max for each lift using a conversion chart and take the sum of those to give your final score.

**What team you should represent:**

1. You will represent the current team you are participating in (spring sport).
2. If not in a spring sport, you will represent the next season you participate in (e.g., if not in a spring sport, but play a fall sport, then represent the fall sport).
3. Seniors, you may choose which team to represent if you are two or more sport athlete.

**What you will need on Saturday May 14th:**

**\*\*\*Be sure to arrive :15 minutes before your time slot for check in and warm up\*\*\***

1. Signed Waiver
2. Completed Pledge Sheet
3. Athletic Clothing/Shoes
4. :60 minute commitment with your team

**Format:**

1. Check in with entire team to collect waivers and pledge sheets
2. Team warm up
3. Play team music
4. Coaches on hand will move your team through the three lifts
5. Sequence-:20 min for squat, :20 min for bench, :20 min for deadlift
6. Distribute final score sheet and pledge sheet signed by coaches back to each athlete.

**Awards:**

1. Top two money earners will receive a plaque.
2. Top overall Male and Female lifter will receive engraved sledge hammers (see quote at the top).

**Money:**

\*\*\*Money will be due by Friday, May 20th to your team’s head coach. Head coach will turn into Mr. Stewart.

**EVENT GOAL:** Each Warrior Student Athlete will “Raise the Bar” for Lebanon Athletics with a goal of securing $100 each through pledges and donations for the 2016 Lebanon Lift-a-thon to **further enhance** our training facilities.

What does **further enhancement** entail?

 As coaches and athletes in 2016 and beyond it is essential to stay current and well versed in all modes and means for training our athletes. We want to provide them with the edge it takes to win at a high level. The district has taken a bold step toward beginning a process to further our athletes and the district's overall athletic success with the recent renovations and addition of training equipment at both the junior high and high school campuses. These renovations and fresh resources combined with the release of the new strategic athletic plan for Lebanon City School District have set the tone for raising the bar for our athletes.

 Two of the three objectives developed in the athletic strategic plan by community members, school board members, administration, and staff were to compete and win at the state level and improve strength and conditioning programs. The district has made a tremendous impact in the beginning stages toward the redevelopment of our training facilities to facilitate reaching these goals.

 As a coaching staff and athletic department, we feel it is our responsibility to continue outfitting our weight rooms, gyms, and coaches with the implementations and resources that will benefit **All Lebanon Student Athletes.**  Attached you will find a list that was developed collaboratively by all Lebanon coaches. We feel that raising the money to fund the purchase of the items in this list will provide all athletes and coaches with the necessary tools to create a comprehensive training program to aid in producing state level competitors annually.