



FOOTBALL

Those Who Stay Will Be Champions!

LIFT-A-THON FUNDRAISER

What Is A Lift-A-Thon?

You might have heard of a walk-a-thon or a read-a-thon where a person obtains sponsors who pledge money for each mile you walk or each book you read. Our football lift-a-thon is similar except our players gain sponsors for each pound that they maximum bench press.

What Is The Purpose?

The purpose of our lift-a-thon this year is to help pay for a new Titan leg extension-leg curl strength training machine for the weight room. This item cost \$800 plus freight. This addition to our weight room will help our athletes improve their athletic performance by getting bigger, faster and stronger. We will also use the funds to purchase incentive items: boonie hats, spirit packs and staff apparel.

WHO MAY PARTICIPATE?

Any present 9-12th grade Eagle football player is encouraged to participate. There are individual incentives they can earn like lifting medals, team spirit packs & team boonie hats.

WHERE AND WHEN?

The NC Eagles Football Lift-a-thon maximum bench press test will be held in our weight room on Monday, July 24th at 8:45 AM. Each NCHS football team participant will be tested for their maximum bench press. They must bring their completed pledge form with them to the weight room on max bench press test day. Our football players will begin getting pledges from their family members, friends and neighbors on Monday, July 24th and must stop taking pledges on Thursday, July 27th. Lift-a-thon pledges and donations must all be collected and turned in on Friday, July 28th.