

Lift-A-Thon Fundraiser



Pledge Form

Those Who Stay Will Be Champions!

MECHANICS OF THE LIFT-A-THON

EACH PARTICIPANT WILL WARM-UP PRIOR TO THE ACTUAL BENCH PRESS TEST. THE PARTICIPANTS WILL BE GIVEN 3 ATTEMPTS TO REACH THEIR 1 REP MAXIMUM BENCH PRESS. THE SUCCESSFUL 1 REP MAXIMUM MUST BE VERIFIED AND APPROVED BY THE FOOTBALL COACHING STAFF DURING THE LIFT-A-THON BENCH PRESS TEST.

PLEDGE SHEET						
The NCHS Eagle Football team needs your financial support. Please give a pledge or donation to help us defray the costs of our new strength training machines. A pledge of any cents you can offer in sponsoring (player's name) and his 1 rep maximum bench press would be appreciated. This football player can 1 rep maximum bench press approximately pounds. We will post the names of all this year's lift-a-thon sponsors on our NC Eagle Football website in appreciation and recognition of your generous support and kindness. Sincerely, Coach Thompson Important Dates: July 24th-27th get pledges, Thurs., July 27 collect pledges & Fri., July 28 turn in pledges.						
Name Email Address	1 Rep Max Bench Press	Total Cents Pledged	Pledged Amount Due	Donations	Total Pledge Collected	Pledgee Signature
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Lift-A-Thon 1 Rep Max. Bench Press _____ Lbs. Football Staff Signature:_____