

# White House High Lift-A-Thon

## Thursday, March 22, 2018

Dear Potential Pledgers,

Hello, my son's name is \_\_\_\_\_. He will be competing in the 29th Annual White House Football Lift-a-Thon on Thursday March 22, 2018. It will be held in the Indoor Football Facility at the high school and will begin at 5:30p.m. I would like to invite you to come and watch him lift. I would also like to ask you to pledge one cent for every pound that he lifts or make a donation.

We will be doing the 4 major lifts (BENCH PRESS, SQUAT, INCLINE, And POWER CLEAN). On my last max, I totaled \_\_\_\_\_lbs. Thank you for sponsoring him. He and our football program appreciates your support. Checks to **White House High School**.

Parent/Guardian Signature: \_\_\_\_\_

SPONSOR	AMT PLEDGED	\$TOT	SPONSOR	AMT PLEDGED	\$TOT
1.		11.			
2.		12.			
3.		13.			
4.		14.			
5.		15.			
6.		16.			
7.		17.			
8.		18.			
9.		19.			
10.		20.			

**PRIZES TO BE AWARDED:**

1. Trophies will be awarded to the top lifts for the Varsity and freshmen teams.
2. A Most Improved Trophy will be awarded to the player who has improved the most from December to May. This player will be selected based on LBS. Increase, work habits and attitude.
3. The Power Ratio Trophy will be given to the player who has the highest ratio pounds lifted divided by body weight.
4. \$25.00 will be given to the player (Varsity & Freshman) who has the most people present to watch him lift.
5. Money Awards: \$200.00 will be given to the player (overall) who turns in the most money. 2nd place \$100.00 and 3rd place \$50.00.

Team Awards:

<b>White House High School Lift-A-Thon &amp; HUDL</b>		
<b>ITEM</b>	<b>AMOUNT RAISED</b>	<b>INCENTIVE</b>
<b>A</b>	<b>\$600.00</b>	<b>FEES COVERED</b>
<b>B</b>	<b>\$650.00</b>	Pick 1 (McDavids/Backpack/Gloves)
<b>C</b>	<b>\$700.00</b>	Pick 2 (McDavids/Backpack/Gloves)
<b>D</b>	<b>\$750.00</b>	Pick 3 (McDavids/Backpack/Gloves)
<b>E</b>	<b>\$800.00</b>	A-D plus Cleats
<b>F</b>	<b>\$900.00</b>	A-E plus Name in \$100 Drawing
<b>G</b>	<b>\$1,000.00</b>	A-F Plus Name in TV Drawing
<b>H</b>	<b>\$1,250.00</b>	A-G Plus Speed Flex Helmet