



Hale FOOTBALL
“Championships Start Here”

LIFT-A-THON FORM

Dear Player/Parent/Guardian(s):

The **Nathan Hale High School Football** team is sponsoring our 1st annual **LIFT-A-THON** to emphasize the importance of our off-season workouts and to provide support for our program. All Proceeds go back into the Football program.

- Each player will perform four core exercises, the **Squat, Bench Press, Power Clean and Deadlift**. We will take the players combined score to get his final weight.
- Each player will get **\$.01 / \$.05 / \$.10** donations per pound (**flat donations are acceptable**). The amount of your pledge will be the result of the players combined Squat, Bench Press, Power Clean and Deadlift amounts.
 - **Lift-A-Thon- Pledges due on Friday, August 6th @ 9:00-10:30am in the Weight Room.**
 - **ALL PLEDGE MONEY AND FORMS MUST BE HANDED IN to Coach Hegarty.**
 - **MAKE CHECKS PAYABLE TO: Grid Iron Club.**

Player Name: _____

Grade: _____

	PHONE #	CONTRIBUTION (\$.01 / \$.05 / \$.10 / Flat Donation)	Cash or Check	Total Amount
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				
18.				

Total _____