



Whitmer Lift-A-Thon

Supported by Whitmer Athletic Club



WHAT IS IT? : The Whitmer High School Football team is holding our 4th annual Whitmer Football LIFT-A-THON to emphasize the importance of off-

season workouts and provide support for our Football team. The athletes have done a tremendous job during the off-season and their hard work is what will make this fundraiser a success. Additionally, this will be a great way to promote the football program. The “lift-a-thon” is basically a fundraiser, similar to a “walk-a-thon,” in which players solicit pledges.

WHEN/WHERE: Saturday, March 9th (10am-12pm) in the Whitmer High School weight room. All parents and sponsors are invited to attend to join the fun.

PURPOSE: The LIFT-A-THON is a major fundraiser for the Football Program. This fundraiser will help pay for meal money, socks, shorts and overall football program.

Goal/ Rewards: THIS IS FOR YOU. Each person should raise \$100. By reaching your goal of \$100, you will receive LIFT-A-THON t-shirt, both pairs of game socks and a \$30 meal fee credit. For every \$50 raised after your goal of \$100, you will receive a \$10 gift card. If you only raise \$50, you will receive a LIFT-A-THON t-shirt. Also, at the completion of the event, weight club t-shirts will be handed out to each deserving athlete who reaches a total lift of 1000lbs, 1100lbs, 1200lbs, 1300lbs, 1400lbs and 15000lbs club.

PROCEDURES: Each participant with the help of his parents, family, neighbors and friends will seek sponsors to donate any amount towards the Lift-A-Thon. Record all information neatly and accurately on the sponsor form. The participant will acquire a maximum lift in the **BENCH PRESS, SQUAT, DEAD LIFT, and HANG CLEAN** and will have a total from those lifts. A coach will witness the lift and certify the weight lifted with a signature on the pledge form. Collect all pledges from sponsors and turn the form and the money into **Coach Winters by March 9th.**

START RIGHT NOW GETTING PLEDGES!! Get started by telephoning people you know and going out to see people. People like to help; we are so fortunate that we literally have hundreds of former players and families of former players in our community, and people who LOVE our Football Program. Just give them a chance to help by asking them for a donation.

COLLECT THE DONATION. Fill in one line on the collection sheet for each donation. Set up a time/date to collect money from your pledges. Turn in the money to Coach Winters no later than Saturday, March 9th. You may turn in money to Coach Winters at any time before the due date. **Tell people who wish to write checks to make the check payable to Whitmer Football.**

Remember: This is one of the ways you can help your own program. This money will help pay for the needs of our program. Your participation is critical, so do your share to help OUR TEAM. This money will be spent on you and on the Football Program!

THE LIFT-A-THON CHECKLIST

The LIFT-A-THON is held for your benefit, so you will want to help yourself and your TEAM by giving your best effort. The first thing to remember is that you must ask people to support you. () PARENTS () FAMILY FRIENDS () GRANDPARENTS () AUNTS () NEIGHBORS () BROTHERS AND SISTERS () UNCLES () COUSINS () PERSONAL FRIENDS () TEACHERS () CHURCH MEMBERS () PARENTS' CO-WORKERS

*Note: choose the amount most appropriate to your contributor---but be aware that the more you ask for, the more of a donation you will get. Set up a time/place to collect the money. If they pay with a Check, it should be made out to Whitmer Football. Make sure you write the name of the contributor and the amount donated on your pledge sheet.)

