

2020 MSD FOOTBALL LIFT-A-THON FUNDRAISER

First, we would like to Thank you for your support of Our Program. This is one of our major fundraisers of the year. The following page will detail how our Lift-A-Thon works. Your tax-deductible donation and support is again greatly appreciated. We invite all the parents and community to come watch our annual Lift-A-Thon on Saturday April 25th starting at 10 am in the Stoneman Douglas Weight Room!! We will have Douglas attire for sale as well as a concession stand.

Thank you again for your support!

Make all checks payable to: "Douglas Gridiron Club"

	Sponsor Name	Per Pound	Fixed Donation	Total Donation
1				
2				
3				
4				
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Coach Quentin Short Head Football Coach Stoneman Douglas High School

GO EAGLES!!!!

LIFT-A-THON SPONSOR SHEET

DONATION INSTRUCTIONS:

- 1.) A PLAYER WILL MAX OUT IN THE 4 CATEGORIES OF Bench, Squat, Dead Lift, and Power Cleans.
- 2.) The player will lift the maximum amount of weight in each category. The player continues to increase the weight until he fails to lift the weight. (MAX OUT)
- 3.) The weight successfully lifted in each category is recorded and added together for a combined total weight lifted. The combined Total Weight will be entered below next to the player's name.
- 4.) We are asking for a minimum of \$.02 per pound donation or a minimum of a \$10 fixed donation. This is OUR MAJOR fundraiser with funds going to benefit our overall program.
- 5.) The per pound donation is calculated as follows:
COMBINED TOTAL WEIGHT X DONATION PER POUND = TOTAL DONATION
- 6.) The fixed donation is a set dollar amount donated no matter how much the player lifts. This donation can be given to the player immediately since it is not dependent upon their max weight lifted.
- 7.) The "TOTAL DONATION" column will be completed by the coaches.
- 8.) All Max Outs will be completed by May 1, 2018. You will be notified of the results and the amount of your donation owed upon completion.
- 9.) Make checks payable to "Douglas Gridiron Club".
- 10.) Each player is responsible for getting AT LEAST 10 Donations. These donations are tax deductible. We are very grateful for your support of OUR PROGRAM!!!

GO EAGLES!!!!!!