

The LB Poly Football team is sponsoring a LIFT-A-THON to emphasize the importance of our off-season workouts and to provide support for our football program.

#### PURPOSE:

The money raised will be used in the following ways:

1. Purchasing new player equipment including uniforms and practice equipment.
2. Purchasing new video equipment/ TV's / DVD players/recorders.
3. Supplying team meals during summer passing leagues and double days.
4. Purchasing flat screen televisions for the film room.

#### PROCEDURES:

- Each participant, with the help of his parents and family, will seek sponsors to donate any amount toward the LIFT-A-THON. Sponsors may pledge on a per pound basis (\$.05/\$.25/\$1.00) or may make a flat donation. The amount of the sponsor's final donation will be the result of the player's FINAL WEIGHT x the pledged amount.  
For example: If a player's FINAL WEIGHT lifted is 250 lbs and they receive a sponsorship of \$.25 per pound then that sponsor would make a donation of \$62.50.
- Each player will perform a maximum lift in the BENCH PRESS, SQUAT, and POWER CLEAN. The total of all three will represent his total amount lifted. This will represent his FINAL WEIGHT.

#### GOALS:

Our TEAM GOAL is to raise \$10,000.00. In order for us to achieve this goal, each participant needs to collect at least \$100.00 in donations.

#### IMPORTANT:

- The LIFT-A-THON will be held the week of August 16, 2011.
- ALL pledge money and forms must be handed in to Starr the day of the LIFT-A-THON or no later than August 24, 2011.

#### QUESTIONS ?:

Contact Starr Scott at 562-522-4533 or Coach Lara at 562-591-0581, xt 5152



**START RIGHT NOW!!  
GET PLEDGES!!**

Get started by telephoning people you know and go out and see people in your community. You don't need to be concerned about "how good" you sound when you talk to them. Everyone will know what you are talking about and what you need as soon as you tell him or her what your name is and that you are on the **Poly High School Football Team**.

People like to help; we are fortunate that we literally have hundreds of businesses in our city, and many people that love the game of football. 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. When you run out of room on your first collection sheet, and you will if you work hard, then get another from Starr. Turn in the money to Starr no later than August 24 , 2011. You may turn in money to Starr at any time if you wish to let her keep up with it instead of you doing so.

Tell people who wish to write checks to make the check payable to the **LB Poly Football**.

**Remember:** This is one of the ways you can help your own program. This money will help pay for the pads, equipment and jerseys that you wear, senior gifts, new helmets, new shoulder pads, and anything else we need in our program. As you know, it is expensive to equip football players and pay for facilities improvements on the scale that we need them. If we have the money we can continue to do those things. Your participation is critical, **do your share to help our team**.

Thanks for your participation! This money will be spent on you and LB Poly Football!!

Thank you very much,

Coach Lara

# THE JACKRABBIT CHECKLIST

The lift-a-thon is being run 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.

- |   |   |                                   |
|---|---|-----------------------------------|
| <input type="checkbox"/> MOM AND DAD      | <input type="checkbox"/> FAMILY FRIENDS   | <input type="checkbox"/> IN-LAWS  |
| <input type="checkbox"/> GRANDPARENTS     | <input type="checkbox"/> PARENTS' FRIENDS | <input type="checkbox"/> LAWYERS  |
| <input type="checkbox"/> AUNTS            | <input type="checkbox"/> NEIGHBORS        | <input type="checkbox"/> BROTHERS |
| <input type="checkbox"/> SISTERS          | <input type="checkbox"/> UNCLES           | <input type="checkbox"/> DOCTORS  |
| <input type="checkbox"/> BARBERS          | <input type="checkbox"/> COUSINS          | <input type="checkbox"/> DENTISTS |
| <input type="checkbox"/> INSURANCE AGENT  | <input type="checkbox"/> PERSONAL FRIENDS | <input type="checkbox"/> BANKS    |
| <input type="checkbox"/> BANKERS          | <input type="checkbox"/> TEACHERS         | <input type="checkbox"/> HOTELS   |
| <input type="checkbox"/> LOCAL BUSINESSES | <input type="checkbox"/> PHARMACISTS      |                                   |
| <input type="checkbox"/> RESTAURANTS      | <input type="checkbox"/> CHURCH FRIENDS   |                                   |

## AT WORK

If you have a job, be sure to let your employer know what you are doing and ask for their support. They may let you collect at work.

Also, let mom and dad talk to their employers and to their co-workers and ask them for their support. Let them take a pledge sheet with them to work!

**OUR TEAM GOAL \$10,000.00**



## LIFT-A-THON SCRIPT

Hi! My name is \_\_\_\_\_ and I play on the LB Poly High School Football Team. We are doing an annual fund-raiser called the lift-a-thon, and basically I'm asking you for a donation.

There are many facility costs and needed equipment costs for our football program. The Lift-a-thon will be one of the major fund-raisers that we have to help us pay for costs. We will be conducting this event annually. You can base your donation on the number of pounds that we lift, but most people want to make a contribution regardless of the weight we lift. Would you like for me to tell you about our weight lifting tests, or would you rather just make a set contribution?

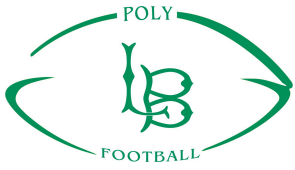
*(If they ask about your weightlifting):*

We will be lifting the week of August 16th 2011, if I lift a total of \_\_\_\_\_ pounds, and you donated 10 cents a pound; that would be \_\_\_\_\_; or if you donated 25 cents a pound, your contribution would be \_\_\_\_\_.

*(If they ask how much most people contribute):*

The average contribution is (\$15-20) / (\$40-50) (*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. Don't be afraid to ask for even \$100 if you think the contributor can afford it.*) , but you can certainly donate less or better yet, even more. Any amount helps and we do appreciate any donation you can make.

*(Collect the money. If they pay with a check, it should be made out to LB Poly Football. Make sure you write the name of the contributor and the amount donated on your collection sheet.)*



# LIFT-A-THON COLLECTION SHEET

Player Name: \_\_\_\_\_ Parent Ph # \_\_\_\_\_

Parent Email: \_\_\_\_\_ FINAL WEIGHT \_\_\_\_\_

Sponsor Name	Sponsor Ph#	Pledge/ Donation (\$ .05/\$ .25/\$ 1.00/ flat donation)	Total Due	Cash or Check
TOTAL				\$

**•ALL pledge money and this form must be handed in to Coach Lara or Starr the day of the LIFT-A-THON.**