



Hunterdon Central Football

RED DEVIL

BENCH~A~THON

August 2nd ~ 8:00 am



The goal of our Bench-A-Thon is two-fold. It is a great opportunity to showcase the progress of the athletes in their strength training efforts. This is also a way to raise funds for the continual improvement of the Hunterdon Central Football Program. The money raised will be used to offset the costs that are not covered by the Athletic Department budget, such as tackling dummies, video cameras/HUDL accounts, uniform replacements, shoulder pads, helmet replacement, banquet expenses and pre-game meals to name a few.



Sponsorship is done by a specific amount per pound. The total pounds lifted by a player at the Bench-A-Thon will be certified by one of the coaches. For example, a 50 cent pledge for a player who lifts 200 pounds would result in a \$100 contribution.

Player Name _____ Graduation Year _____

Goal Lift Weight _____ Total Weight Lifted _____

TO PARTICIPATE:

Must Attend 10/13 Lifting Sessions over the summer ~ those who want to participate but did not meet this requirement will be given another challenge to do...see Coach Kolody or Coach Ransone with questions.

Minimum of two sponsorships per player ~ BRING THIS FORM WITH YOU TO THE BENCH-A-THON

| SPONSOR NAME | PER POUND Sponsorship Amount (circle one) | TOTAL | PAID |
|--------------|---|-------|------|
| | .10 .25 .50 \$1 other _____ one-time amt \$ _____ | | |
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Please return this sheet and all donation payments to Coach Kolody or Coach Ransone by Friday, August 16th. Checks should be made payable to HC Football Booster Club. Questions can be directed to Coach Kolody at pkolody@hcrhs.org or Coach Ransone at coachransone@gmail.com.