

GREAT VALLEY HIGH SCHOOL FOOTBALL ANNUAL LIFT-A-THON



Dear Player/Parents:

The GVHS Football Team is sponsoring our annual **LIFT-A-THON** to emphasize the importance of our off-season workouts and to provide support for our players and program.

- o Each player will perform a bench, squat and clean lift. We will take the player's combined score to get his final weight.
- o Each player will get donations per pound (flat donations or donations per pound). The amount of your pledge will be the result of the player's combined scores. For ex. a \$.05 per pound donation on a 600 lb lift = \$30.
- o **We are asking each player to get a minimum pledge total of \$50 Dollars. GO PATRIOTS!**

Important Dates:

- Lift-A-Thon: 6/2 & 6/4 in the GVHS Weight Room.
- **ALL PLEDGE FORMS MUST BE TURNED IN TO COACH PHILLIPS BY Monday, May 29th.**
- Make checks payable to: Great Valley Gridiron Club

Player Name: _____

Grade: _____

NAME	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.				

Total _____