



RYLE Football LIFT-A-THON

The Ryle HS Football program is hosting its annual Lift-A-Thon to emphasize the importance of our off-season strength program. The event will be held the week of March 2, 2020

Purpose: The Lift-A-Thon is a major fundraiser to help players purchase their spirit packs for the coming season.

The money raised will also be used in the following ways:

- Major expenses incurred to operate a Championship Football program include equipment purchases and reconditioning, field and equipment upgrades, utility costs, team meals, travel expenses, game officials, participation in 7 on 7 competitions and the list goes on...

Event Description:

Each participant, with the help of parents, family and friends will seek sponsors to donate any amount towards the Lift-A-Thon.

- Bench Max:
 - Each player will have 3 attempts to get the bench max. Once the third max is finished, that will be the weight they will use for the sponsorship.
- Squat Max:
 - Each player will have 3 attempts to get the squat max. Once the third max is finished, that will be the weight they will use for the sponsorship.
- Power Clean:
 - Each player will have 3 attempts to get the power clean max. Once the third max is finished, that will be the weight they will use for the sponsorship.
- Dead Lift:
 - Each player will have 1 set of 5 reps for a dead lift max. Once the max is finished, that will be the weight they will use for the sponsorship.

Sponsorship / Donation:

Participants are encouraged to find a minimum of 4 sponsors for the Lift-A-Thon. Flat donations can be made in any dollar amount. Sponsorship can also be made in the form of pledges per pound. For example, a participant will lift 750 pounds in the four lifts, someone who donates a nickel a pound would donate \$37.50 and someone who donates a dime a pound would donate \$75.00, etc...

Goals:

- Each participant will set a personal goal for each lift.
- Participants raise enough money to purchase equipment and spirit wear.



February 4, 2020

Dear Ryle Football Supporters,

As the school year is coming to an end and summer is upon us, it is time to start thinking football. With summer, we are thinking summer camps and the summer and conditioning program. This will be a great opportunity to compete and improve ourselves every day. As we work toward the 2020 season, our kids are hungry to take the next step as a football program. We must work relentlessly to compete at a championship level.

Beginning on Monday, March 2, 2020, our football program will be taking part in its annual Lift-A-Thon, in the Ryle Football weight room. We are striving to make sure that the program becomes a standard of excellence not only in Kentucky, but on a national scale. We are asking for your help in sponsoring or donating money to the Ryle Football program. The participants will max out on the bench press, squat, power clean and the dead lift. All money raised will directly benefit the student/athletes of the Ryle football program.

We are asking that you pledge a monetary amount per pound the football player participant totals in four lifts. Usually, people will pledge amounts like a penny, nickel, dime, quarter or dollar a pound.

For example, a participant will lift 750 pounds in the four lifts, someone who donates a nickel a pound would donate \$37.50 and someone who donates a dime a pound would donate \$75.00, etc...

If you feel more comfortable giving a flat donation, that is perfectly acceptable.

Thank you for your interest and support of the Ryle Football program. As coaches and players, we have dedicated the entire off-season to making sure the Ryle Football program will perform at a Championship level.

Sincerely,

Michael Engler
Head Football Coach