



**RYLE Football
LIFT-A-THON**

The Ryle Football Program is hosting its annual Lift-A-Thon to emphasize the importance of off-season workouts, and to provide support for the Ryle Football Program. Each participant will perform 3 reps (taking the best max) on the bench press, squat, power clean and dead lift. The participant's final weight will be added together giving him a total pound amount.

The Lift-A-Thon will be held the week of March 5, 2018 in the Ryle weight room.

Donations can be made per pound lifted, or in a flat donation. Cash is accepted. For checks, please make payable to: **Ryle Football**

PLAYER NAME: _____ **Estimated 4 Lift Max:** _____ **lbs**

Please Print!

First/Last Name	Address	Phone #	Pledge or Donation	Initial

Totals: Bench Press: _____ Squat: _____ Power Clean: _____ Dead Lift: _____ Total Pounds: _____

Total Donations: \$_____