SOUTH PAULDING SPARTAN’S

LIFT – A – THON 2019

* Draft: MONDAY March 4th
* Fund Raising: Friday March 8th – Wednesday April 24th
* Lift-a-thon: Thursday April 25th
* How it works:
	+ 11 Teams will compete to raise as much money and lift as many pounds as possible.
	+ Team Winners – teams can win in TWO ways
		1. Total amount Fund-Raised
		2. Total amount of Poundage Lifted
	+ Individual Winners – individual can win in FOUR ways
		1. Top money raised – wins championship belt
		2. Top Bench Press – wins championship belt
		3. Top Squat – wins championship belt
		4. Top Power Clean – wins championship belt
* Fundraising:
	+ Teams will have from March 8th – April 24th to raise as much $ as possible. Each athlete is expected to raise a **MINIMUM** of $300.00.
	+ In order to raise money, teams are expected to be as creative as possible:
		1. Ask for personal donations from: family, friends, neighbors, teachers, community members, etc.
		2. Sweat Equity: get together as a team and ask community members if you can do yard work, spring clean-up and any other chores for cash donations
		3. Car Wash – ask a local business if you can host a car wash for cash donations at their locale.
		4. Guest Host/Servers at local restaurants for tips
		5. Many other ways to do this be creative
	+ **ALL MONEY COLLECTED MUST BE TURNED INTO THE RED BOX IN THE FIELD HOUSE or GIVEN TO YOUR ASSIGNED COACH**
	+ When turning in MONEY, it must be placed in a **sealed envelope**. On the envelope please provide the following information:
		1. **YOUR NAME**
		2. **YOUR TEAM # & CAPTAIN’s Name**
		3. **THE DOLLAR AMOUNT INSIDE**
* Lifting Totals:
	+ Teams will continue to lift in accordance to the Spartan Strength Program. Athletes will lift for MAX effort the week of April 22nd to get their lifting totals. On Thursday March 24th, athletes will pick ONE exercise (Bench/Squat/Power Clean) and attempt to break their personal record at that exercise.