

# 2020 SPARTAN LIFT-A-THON

**WHAT IS IT?** This is a fundraiser for the SPHS football program that involves the players and allows them to showcase all the hard work put into their off-season workouts. The players will set their goal, work towards it *and* be part of the fundraising efforts for their program. With our program being entirely funded by donations, this is a **BIG NIGHT** for our football program!

**PURPOSE:** To fund the operation of the SPHS Football Program for the 2020 season, to continue to provide our players with the best and safest practice equipment, to purchase new blocking sleds, helmets and shoulder pads. And to also purchase much needed technology.

**WHAT TO EXPECT:** There will be stations set up where our players will be performing a **Bench Press** or **Squat**. This is exactly what our players have been working on since the beginning of their off-season work outs. This will be their final max test before the start of their Summer season work outs. This is a great opportunity to come out and see what our Spartan Football players have been working towards since December 2019.

**MINIMUM GOAL: \$500.00 per Player / \$55,000.00 (or more!) Program-wide / 100% Participation Rate**  
*Each player should strive to reach, and exceed, the minimum goal.*

**PLEDGES - WHERE TO START?** Please use the attached pledge sheet to collect all in-person cash and check donations. Do not turn down any donation even if it is .50 cents. Reach out to your family and friends no matter where they are located. You will be surprised at just how many people don't mind supporting student athletes in their high school endeavors.

**THERE ARE TWO WAYS FOR A SPONSOR TO DONATE: FLAT DONATION VS. PER POUND DONATION**

1. **Flat Donation:** The sponsor may want to just give you \$25, \$50 or \$100 no matter how much weight is lifted.

**\*\*OR\*\***

2. **Per Pound Donation:** The amount of the pledge will be the result of the player's combined lift scores. i.e.: a \$.10 per pound donation with a combined lift score of 450 pounds would be a \$45.00 donation (.10 x 450).

**Players are responsible for recording all sponsor information on the pledge sheet & for collecting all money owed.**

**DONATIONS DUE:** ALL MONIES SHOULD BE TURNED IN TO YOUR ACADEMIC TEAM COACH BY FRIDAY, MAY 18, 2020.

**LIFT-A-THON SCHEDULE: MAY 19, 2020—6:00 P.M. @ SOUTH PAULDING HIGH SCHOOL  
AUXILARY GYM**

**All players should arrive at least 30 minutes prior to their lift-a-thon session!**

**COME OUT TO SUPPORT OUR ATHLETES AND LEARN MORE ABOUT THE PROGRAM!** We encourage everyone to come out to support our dedicated and hardworking athletes during the Lift-a-Thon and to help us kick off to our new season! **SEE YOU THERE & GO SPARTANS!!**

