

# **Bellbrook Golden Eagles Football**



## ***Lift-a-thon 2009***

**May 16th  
10am to 2pm  
Bellbrook High School**

All proceeds from this event go to support the Bellbrook Golden Eagle football program, which helps with the purchase of needed items throughout the season. The coaching staff would like to thank you for your donations, they are greatly appreciated!

## Lift-a-thon Goal and Purpose

### Goals of the Event:

1. The goal of the Lift-a-thon is to promote the football program and the athletes that have worked so hard during the off-season.
2. Raise funds for the program to be used for purchase of needed items throughout the season.

### Event Description:

1. **Bench Max** – Bench press max weight competition, players will be divided into weight classes. We will start the competition at a starting weight; players may elect to try this weight or pass to wait for a heavier weight. You will have two chances at that weight and if you fail twice at that weight you are out of the competition. The fundraiser of the event will be tied to this competition.
2. **Pro-Agility** - Timed twenty yard shuttle run.
3. **Forty yard dash** – Timed forty yard dash.
4. **Fireman carry/Farmer's walk** – Test of strength and endurance. Players will carry weight as many reps as possible.

### Fundraiser:

Each player is encouraged to raise money for their bench max weight competition. You can get sponsorship per pound lifted or a flat rate donation.

**Goal – Each player will raise at least \$50 in sponsorship!**

### Incentives:

- a. Each player that participates and raises at least \$50 will receive a Lift-a-thon t-shirt.
- b. Each player that participates and raises at least \$200 will receive a Lift-a-thon t-shirt and team pullover jacket.
- c. Each player that participates and raises at least \$350 will receive a Lift-a-thon t-shirt, team pullover jacket, and camp fee will be waived.

### Awards:

1. Highest weight lifted in each weight class.
2. Highest weight lifted in each grade.
3. Most pounds lifted over body weight.
4. Most improved lifter.
5. Most outstanding lifter of off season.
6. Best time in 40 yard dash.
7. Best time in Pro-Agility.
8. Highest reps in Endurance test.
9. **Talon Award:** Each competition will have points assigned to the winning individual. The top 10 players will receive decals to place on their helmets signifying their efforts. And many other awards!!!!

**Pledge forms:** Please use the attached pledge forms for tracking sponsorship.

**Permission slips:** Each player participating must have the following permission slip completed prior to participating.

**Bellbrook Football Lift-a-thon 2009**

*Permission Slip*

I \_\_\_\_\_ give permission for \_\_\_\_\_

to participate in the Bellbrook Football Lift-a-thon. In case of emergency please contact

\_\_\_\_\_ at telephone # \_\_\_\_\_

or \_\_\_\_\_ at telephone # \_\_\_\_\_.

By signing you remove Sugarcreek Local Schools and it's Football Staff from all liability of injury or loss.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Grade \_\_\_\_\_ Shirt Size \_\_\_\_\_

**Bellbrook Football Lift-a-thon 2009**

*Pledge Form for:* \_\_\_\_\_

<b>Pledge #</b>	<b>Sponsor</b>	<b>Per Pound / Flat Rate</b>	<b>Pounds lifted</b>	<b>\$ Due</b>
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