SERRA EAGLES FOOTBALL

200 Hershey Dr. McKeesport, PA 15132 Phone (412) 751- 2020 www.SerraHS.org

2008 LIFT -A -THON TRACKING FORM

Player Name _____

Donor Name	Phone Number	Amount Pledged / LB	Weight Lifted	Total Due	Money Collected

Procedure:

1) Collect pledges based on the amount of weight you can lift in two core lifts, the bench press and dead lift. Or ask for flat donation amounts in any amount ($5, $10, $20, etc.)
2) Come to regular spring workouts in May and perform your lifts. The total weight will be added together to determine your total.
3) Calculate the money due from your sponsors, using the amount they pledged. For example if your total weight is 500 pounds and the pledge is for .05 / pound, then the total due would be $25.00. (500 x .05 = $25.00)
4) Collect money due, and return to the coaches by **June 2, 2008**

Help make our 2008 Lift- A – Thon A success!!!!