

Wahawk Football

Lift-A-Thon



On **Tuesday night March 24th**, the Waterloo West Football Program will be lifting **1 million pounds** as an entire football program consisting of grades 9-11. This event is our fundraiser for the football program which allows us the ability to go to camps and have the best equipment and apparel as a football program. **The Lift-A-Thon will take place in the weight room at Waterloo West High School at 6:00 p.m. on March 24th and is open to the public to come and watch.** Athletes will recruit sponsors for a dollar amount per pound or a flat dollar amount for their max on the bench press, squat, dead lift, and the incline bench. An average athlete will lift a total of 10,000 lbs.

Pledge Options:

1. Per Pound- Individuals may pledge based on the TOTAL WEIGHT LIFTED (bench, squat, dead lift, and incline bench combined).
 - \$.05 per pound
 - \$.10 per pound
 - \$.25 per pound
2. Donation- individuals may contribute a preset amount.

Program Highlights:

1. Players can win prizes from donation they get.
2. Athletes will start the team record board for the 1st annual Lift-A-Thon

Collection Procedures:

1. Athletes will have one week after Lift-A-Thon to contact and collect all pledges that have not been sent in.
2. Certificates will be provided to verify each athlete's total
3. Checks payable to West Football Lift-A-Thon
4. Mail/Return Checks to Coach Moore, or the Athletic Department Office.

