

# Wellington Crusader Lift-a-Thon

Wellington High School

Auxiliary (Small) Gym

December 2, 2019 @ 6:30 p.m.



WHS student-athletes will be putting on an exhibition of their strength on December 2, 2019 at 6:30 pm. We would like to personally invite you to come support these hard-working young men and women.

Attached is a pledge sheet. You can donate your own specific amount or pledge an amount to donate due to how much an athlete lifts i.e. Joe lifts 300 lbs and you pledge \$.20/lb, you would pay \$60.00. This is a fun event that will help build camaraderie between school and community and help students grow. All proceeds will go to help replace broken and worn down strength equipment. As well as help with the 2nd Annual Crusader Powerlifting meet in January.

All proceeds will go to Crusader Weightlifting.

## **LIFT-A-THON FORM**

Dear Player/Parents:

Wellington High School athletes are sponsoring our annual **LIFT-A-THON** to emphasize the importance of our off-season workouts and to provide support for our Crusader Athletics.

- Each athlete will perform the Bench Press.
- Each athlete will get **\$.05 / \$.10 / \$ .20** donations per pound (flat donations are acceptable). The amount of your pledge will be the result of the athlete's total weight benched.

**We are asking each athlete to get a minimum pledge total of \$50 Dollars.**

**GO Dukes!**

### **Important Dates:**

- Lift-A-Thon- will be the in the Auxiliary Gym at WHS on December 2, 2019 at 6:30 pm All Crusader supporters are invited to attend
- ALL PLEDGE MONEY AND FORMS MUST BE HANDED INTO Coach Foley by November 26, 2019 at 3:20 p.m.
- MAKE CHECKS PAYABLE TO: Wellington High School or WHS.

Athlete's Name: \_\_\_\_\_

Grade: \_\_\_\_\_

NAME	CONTRIBUTION (\$ .05 / \$ .10 / \$ .20 / Donation)	Cash or Check	Total Amount
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

Total \_\_\_\_\_