



## Plano Wildcats Football

### 2011 LIFT-A-THON

Hi! My name is \_\_\_\_\_ and I play on the Plano Senior High School football team. We've been working very hard in the off-season to prepare for the fall football season. We are doing a fundraiser, called a Lift-a-Thon, where I will be tested on the Bench Press, Squat and Power Clean. The test will take place on Monday, March 7<sup>th</sup>.

The money I raise will go towards the purchase of much-needed equipment for our locker room and football program.

You can base your donation on the number of pounds I lift or you can give a flat donation.

For example, if I lift a total of 500 lbs. and you pledge 10 cents a lb. that would be \$50. If you donated 25 cents a pound, your contribution would be \$125.

I am hoping to lift around \_\_\_\_\_ pounds.

My goal is to raise   \$200  .

The average flat contribution is between \$25-\$50. Any amount helps us and we do appreciate any donation you can make.

*(Make sure you write the name of the contributor and the amount donated on your collection sheet. If they make a flat contribution, you will go ahead and collect the money. Otherwise, you will return after you are tested & let them know your lift amount and collect their money at that time.)*

Thank you very much. Everyone in the program really appreciates your help. We are looking forward to a great football season this year.

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### After the Lift-a-Thon

Return to the contributor & let them know how much you lifted and collect their contribution. Tell them "Thank you!" and "Thank you, again!"

Checks should be made out to **PSHS QB Club**.

Return your completed Lift-a-Thon form and your donations in an envelope addressed to **Coach McCullough or Coach Stone**.

All money must be collected and returned by **Friday, March 11<sup>th</sup>**.