

To: Weightlifters and Supporters of Alexander High School Football
From: Head Coach Matt Combs
Date: May 23th-June 23th
Subject: LIFT-A-THON

The Lift-A-Thon will be held Wednesday and Thursday June 15th and 16th.

Purpose: The LIFT-A-THON is a major fundraiser for the athletic program.

The money raised will be used in the following ways:

1. To Pay for Camp at University of West Georgia
2. To Pay for names on back of Jerseys
3. Purchasing of new player equipment including game uniforms and practice equipment
4. Numerous other expenses required to operate a first class football program

Procedures: Each participant with the help of his parents and friends will seek sponsors to donate any amount towards the Lift-A-Thon. The participant will acquire a maximum lift in the BENCH PRESS, SQUAT, and POWER CLEAN and will have a three lift total. Record neatly and accurately all information on the sponsor form and turn the form and the money into Coach Combs.

Goals:

1. Each participant sets a personal goal on each lift.
2. Each participant to collect enough so that they don't have to come out of pocket for cleats and earn other Cougar game/practice gear.
3. Team to raise a minimum of \$15,000.00.

Awards: The following money amounts turned in will receive these incentives:

TEAM GOAL: AT LEAST \$15,000- Name on the back of both jerseys.
(ALL OR NOTHING—WE WILL ALL HAVE THIS OR NONE OF US WILL!)

INDIVIDUAL GOAL LEVELS AND REWARDS:

Player that raises \$200 will get a pair of game cleats.

\$250 to receive above package and McDavid Padded Girdle

\$300 to receive all above plus Under Armour sleeveless Compression Shirt

\$350 to receive all above plus Under Armour long sleeve Compression Shirt

\$500 to receive all above plus Pull-Over and Pant Warm Up Set

***ANYTHING OVER \$500 MAY BE USED TO PAY YOUR
\$200 PLAYER FEES!!**

START RIGHT NOW GETTING PLEDGES!!

Get started by telephoning people you know and also go out and see people. You don't need to be concerned about "How good" you sound when you talk to them. Everyone will know what you are talking about and what you need as soon as you tell him or her what your name is and tell him or her that you are on the **Alexander High School Football Team**. People like to help; we are fortunate that we literally have hundreds of businesses in our town, and people that love the game of football. Just give them a chance to help by asking them for a donation.

Collect the donation. Fill in one line on the collection sheet for each donation. When you run out of room on your first collection sheet, and you will if you work hard, then get another from Coach Combs. Turn in the money to Coach Combs no later **than June 23**. You may turn in money to Coach Combs at any time if you wish to let him keep up with it, instead of you doing so.

Tell people who wish to write checks to make the check payable to the **Alexander TouchdownClub**.

Remember: This is one of the ways you can help your own program. This money will help pay for the pads, equipment and jerseys that you wear, new helmets, new shoulder pads, and help pay for our summer camps. As you know, it is expensive to equip football players and pay for facilities improvements on the scale that we need them.

If we have the money we can continue to do those things. Your participation is critical, **do your share to help our team**.

Thanks for your participation! This money will be spent on you and Alexander Cougars Football!

Thank you very much,
Coach Combs

If you have any questions, please feel free to contact Coach Combs at 404-803-7325.

THE COUGAR CHECKLIST

The lift-a-thon is being run for your benefit, so you will want to help yourself and your team by giving your best effort. The first thing to remember is that you must ask people to support you. Do not take no for an answer.

- MOM AND DAD FAMILY FRIENDS IN-LAWS
- GRANDPARENTS PARENTS' FRIENDS LAWYERS
- AUNTS NEIGHBORS **BROTHERS AND SISTERS**
- UNCLAS DOCTORS BARBERS
- COUSINS DENTISTS INSURANCE AGENT
- TEACHERS** PERSONAL FRIENDS BANKS AND BANKERS
- CHURCH FRIENDS LOCAL BUSINESSES PHARMACISTS
- ENTERTAINMENT RESTAURANTS HOTELS

AT WORK

IF YOU HAVE A JOB, BE SURE TO LET **YOUR EMPLOYER** KNOW WHAT YOU ARE DOING AND ASK FOR YOUR SUPPORT. HE MAY LET YOU COLLECT AT WORK. ALSO, LET MOM AND DAD TALK TO **THEIR EMPLOYER** AND TO **OTHER PEOPLE WHERE THEY WORK** AND ASK FOR THEIR SUPPORT. LET THEM TAKE A PLEDGE SHEET WITH THEM TO WORK!

OUR TEAM GOAL \$15,000.00

YOUR PERSONAL GOAL IS TO EARN ENOUGH TO PAY FOR YOUR CLEATS AND EARN OTHER ALEXANDER GAME AND PRACTICE GEAR.

LIFT-A-THON SCRIPT

Hi! My name is _____ and I play on the Alexander High School Football Team. We are doing an annual fund-raiser called the lift-a-thon, and basically I'm asking you for a donation. There are many facility costs and needed equipment costs for our football program. The Lift-a-thon will be one of the major fund-raisers that we have to help us pay for costs. We will be conducting this event annually. You can base your donation on the number of pounds that we lift, but most people want to make a contribution regardless of the weight we lift.

Would you like for me to tell you about our weight lifting tests, or would you rather just make a set contribution?

(If they ask about your weightlifting, have a chart made for several pound/contribution amounts):

We will be lifting the first week after spring football, if I lift a total of _____ pounds, and you donated 10 cents a pound; that would be _____; or if you donated 25 cents a pound, your contribution would be _____.

(If they ask how much most people contribute):

The average contribution is (\$15-20) / (\$40-50) *(choose the amount most appropriate to your contributor---but be aware that the more you ask for, the more of a donation you will get. Don't be afraid to ask for even \$100 if you think the contributor can afford it.)*, but you can certainly donate less or better yet, even more. Any amount helps and we do appreciate any donation you can make.

*(Collect the money. **If they pay with a check, it should be made out to Alexander Touchdown Club.** Make sure you write the name of the contributor and the amount donated on your collection sheet.)*

Thank you very much. Everyone in the program really appreciates your help. You can count on Alexander High School working hard to have a great football season this year.

ALEXANDER COUGARS

Lift-a-thon Collection Sheet

#	NAME	Cash or Check	Amount Paid Per lb./Flat	Total
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Total \$ _____

ALEXANDER COUGARS

Lift-a-thon Collection Sheet

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1				
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8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Total \$ _____