



DuBois Area Football

BRING THIS FORM WITH YOUR PAYMENT TO EQUIPMENT PICK UP
PLAYERS WILL COMPLETE THEIR LIFTS AT THAT TIME
CHECKS ARE MADE PAYABLE TO DUBOIS AREA TOUCHDOWN CLUB

LIFT-A-THON DUBOIS AREA FOOTBALL

Follow the Beavers at duboisfootball.com



All proceeds of Lift-A-Thon 2017 directly benefit
Du Bois Area Football. Your support of our
players is greatly appreciated.

Thank you for your contribution,
The DuBois Area Touchdown Club
PAYMENT DUE Aug. 15, 2017



Lift-A-Thon is the primary fundraising activity for Beaver Football. DuBois Area Football players will test their strength in the DuBois Area High School weight room. You can show your support for a player by making a donation on their behalf. Your gift provides this athlete with TEAM apparel, while also helping the team with meals, transportation and other expenses this season.

Players must complete the REQUIRED LIFTS listed below. The coaches will record the player's best of two lift attempts. Players who participate in the fundraiser will be eligible for AWARDS, while also receiving the TEAM APPAREL that corresponds to the dollar amount collected. Lift-A-Thon dates are the night of equipment pickup.

REQUIRED LIFTS

Varsity/JV Players

LIFTS

1. Bench Press
2. Dead Lift
3. Squat

AWARDS

- 1000 lb CLUB shirt
- 800 lb CLUB shirt

Jr. High Players

LIFT

1. FLAT BENCH FREE WEIGHTS ONLY

AWARD

- 5% CLUB shirt
- (BENCH YOUR WEIGHT)

In addition all record holders names will be recorded on the weight room wall charts.

Donor's Name	Amount
TOTAL >	

You must participate in Lift-A-Thon fundraiser to be eligible for the 1000 & 800 lb. Club shirts!!!!

YOUR PAYMENT IS DUE-AUG. 15th

All funds are collected at time of pledge or after the lift date (equipment pickup nights). Checks are made out to the DuBois Area Touchdown Club. Thank you for your support.

PLAYERS NAME: _____

Grade _____

Address: _____

Phone: _____

e-mail: _____

Player Goal _____ **\$150** _____

Total Amount Collected> _____

Parent Signature: _____

TEAM APPAREL

\$ 25. -Sponsor T-Shirt

Tee Shirt Size _____

This year we are giving you a choice of what you want to spend your money on. You have to start with the \$25 Shirt then you may choose any of the other options below.

\$12.-Drawstring bag _____

\$20.-Shorts _____ size _____

\$20.-Open bottom sweatpants _____ size _____

\$22.-Tossle winter hat _____

\$25.-L. Sleeve performance tee _____ size _____

\$45.-Performance Hoodie _____ size _____

\$45.-1/2 Zip pullover _____ size _____

\$50.-Sport-Tek jacket _____ size _____

***NO REFUNDS!!**