SANDIE FOOTBALL LIFT - A -THON



Thursday, August 1st | 5:00 PM | Amarillo High Weight Room

What is it?

The Lift-A-Thon contest is a fun, family-friendly event held annually at Amarillo High School that allows our athletes to earn money for the Amarillo High Football Program.

How does it work?

Prior to the event, athletes will receive PER POUND pledges from family and friends. On the day of the event, each athlete will max out on two different exercises, back squat and bench press. The max weight lifted by the athlete for both back squat and bench press will be added together.

Max Back Squat of 375 + Max Bench of 225 = 600 lbs

This number is then multiplied by the pledge per pound number to reach the total donation.

I cent per pound x 600 lbs = \$6.00

Following the event, the athletes will collect their pledges.

| | <u> </u> | 1 6 | |
|--|------------------|----------------|------------------|
| Players Name: | | | |
| Max Back Squat: lbs + Max Bench: lbs = Total Weight of : lbs | | | |
| NAME | PLEDGE PER POUND | X TOTAL WEIGHT | = TOTAL DONATION |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |