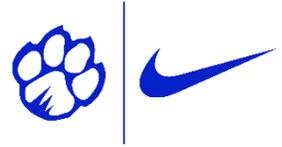


Jay Football

2021 LIFT-A-THON



When/Where: The Lift-A-Thon will be held Friday, April 30th, 2021 at 6:00pm in the Lion's Den (old gym).

Purpose: The Lift-A-Thon is a major fundraiser for the Football Program

The money raised will be used in the following ways:

1. New Nike Uniforms
2. Funds needed for summer 7-on-7 and OL-DL camps
3. Weight Equipment
4. Funds for summer program
5. New shoulder pads and helmet reconditioning
6. Numerous other expenses required to operate a first-class football program

Procedures: Each participant with the help of his parents, family, neighbors, 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** and **POWER CLEAN** and will have a total from those lifts. Record neatly and accurately all information on the sponsor form and turn the form and the money into Coach Dampson or Coach Surratt by Monday, May 3rd.

- Goals:**
1. Each participant sets a personal goal for each lift.
 2. Program Goal is to raise a minimum of \$10,000.00.

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

INDIVIDUAL GOAL LEVELS AND REWARDS:

- * \$100+ will receive a t-shirt.
- * \$200+ will receive a t-shirt and shorts and offset summer \$100 fee.
- * The player that collects the most money will receive \$100 Cash

START RIGHT NOW GETTING PLEDGES!!

Get started by calling people you know and also go out and see people. People like to help; we are fortunate that we literally have hundreds of former players and families of former players in our community and people that love OUR football program. Just give them a chance to help by asking for a donation.

COLLECT THE DONATION. Fill in one line on the collection sheet for each donation. If you run out of room on your first collection sheet, and you will if you work hard, then continue on the back. Turn in the money to Coach Dampson or Coach Surratt no later than May 3rd.

Tell people who wish to write checks to make the check payable to Jay High School.

Remember: This is one of the ways you can help your own program. This money will help pay for needs of our program. As you know, with budget cuts we face in athletics, it is more difficult than ever to equip football players and pay for program improvements. Your participation is critical, **do your share to help OUR TEAM.** This money will be spent on you and the football program.

If you have questions, please feel free to contact Coach Jerad Dampson at (850) 675-4507 or e-mail at dampsonj@santarosa.k12.fl.us