

EASTERN RANDOLPH FOOTBALL LIFT-A-THON

MAY 21ST TO MAY 25TH 2018

“TEAM-WORK, COMMITMENT, AND STRENGTH”

To: Weightlifters and Supporters of Eastern Randolph High School Football
From: MAY 21ST TO MAY 28TH 2018
Subject: EASTERN RANDOLPH FOOTBALL LIFT-A-THON
 Information is on the school web-site. www.erhs.randolph.k12.nc.us

Purpose: **The Lift-A-Thon is a major fundraiser for the football program.**
 The money raised will be used in the following ways:

- ✓ Equipment
- ✓ Field maintenance Equipment
- ✓ Irrigation System
- ✓ Help send players to summer camp
- ✓ Numerous other expenses required to operate a first-class football program.

Procedure: Each participant, with the help of his parents and friends, will seek sponsors and donations for the Lift-A-Thon. The participant will attempt a maximum lift in the BENCH PRESS, SQUAT, AND POWER CLEAN for a total of three lifts. Participants will Record neatly and accurately all information on the sponsor form and turn the form and the donations into Coach Arrington or a member of the coaching staff.

Goal: These are the individual and team goals for Eastern Randolph High School football Players.

- Each Participant will set a personal goal for each lift
- Each Eastern Randolph football player should try to collect \$250 or more
- Each Participant will collect enough money so that he doesn't have to pay out for ER practice gear.
- **TEAM GOAL:** AT LEAST \$10,000
- **INDIVIDUAL AWARDS:**

Level	Money Raised	Reward
1	\$100 – \$150	Team Socks
2	\$150 – \$200	Above and Day off Conditioning
3	\$200 – \$300	Above and Gloves
4	\$300 – \$400	Above and Wildcat pack
5	\$400 +	Above and Trip to 1 Day College Camp

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START GETTING PLEDGES NOW!!!!

Get started by telephoning and visiting people you know. You don't need to be concerned about "how good" you sound when you talk to people. People will know what you are talking about and what you need as soon as you tell them your name and that you are on the Eastern Randolph High School Football Team. People like to help and people love the game of football. We are fortunate that we have supportive businesses in our area. Give them a chance to help by asking them for a donation. You will also be asked to give us the names and addresses of 5-10 of your closest relatives/friends. We will do a mailing requesting that they donate money to the program in your name and you will receive credit toward your individual fundraising goal from these letters as well!!!

Collect the donations: Fill in one line on the collections sheet for each donation. If you work hard, you will run out of space on your first collection sheet. Then ask Coach Arrington for a second sheet. Turn in all donations to Coach Arrington no later than May 30 2018.

Tell people who wish to write checks to make the check payable to ERHS Football!

Remember: This is one of the ways for you to help your program. This money will help pay for the pads, equipment, summer shirts, and team meals we need in our program. As you know, it is expensive to equip football players and pay for facility improvements on the scale we need. If we have the money we can continue to make improvements to our program here at ER. **Your participation is critical, so do your share to help our team.**

Thanks for your participation! Your donations will be spent on you and Eastern Randolph High School Football.

Thank you so very much,

Coach Arrington

If you have any questions, please feel contact Coach Arrington at (336) 953-2602
email: carrington@randolph.k12.nc.us

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THE WILDCATS CHECKLIST

The LIFT-A-THON is being run for your benefit, so 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.

- | | | |
|---|--|---|
| <input type="checkbox"/> MOM & DAD | <input type="checkbox"/> FAMILY FRIENDS | <input type="checkbox"/> LAWYERS |
| <input type="checkbox"/> GRANDPARENTS | <input type="checkbox"/> PARENTS FRIENDS | <input type="checkbox"/> NEIGHBORS |
| <input type="checkbox"/> AUNTS | <input type="checkbox"/> UNCLES | <input type="checkbox"/> DOCTORS |
| <input type="checkbox"/> BROTHERS | <input type="checkbox"/> SISTERS | <input type="checkbox"/> COUSINS |
| <input type="checkbox"/> DENTIST | <input type="checkbox"/> INSURANCE AGENT | <input type="checkbox"/> TEACHERS |
| <input type="checkbox"/> PERSONAL FRIENDS | <input type="checkbox"/> BANKS & BANKERS | <input type="checkbox"/> CHURCH FRIENDS |
| <input type="checkbox"/> LOCAL BUSINESSES | <input type="checkbox"/> PHARMACISTS | <input type="checkbox"/> RESTAURANTS |

AT WORK

If you have job, be sure to let your employer know what you are doing and ask for support. Your employer may let you collect at work.

Also, ask Mom and Dad to talk to their employers 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 IS \$10,000

YOUR PERSONAL GOAL IS TO EARN ENOUGH TO PAY FOR YOUR WORKOUT GEAR, IRRIGATION SYSTEM, AND SUMMER CAMP AS WELL AS EARN OTHER GEAR FOR EASTERN RANDOLPH HIGH SCHOOL GAMES AND PRACTICE.

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LIFT-A-THON SCRIPT

Hi! My name is _____ and I play for the Eastern Randolph High School Football Team. We are starting an annual fundraiser called the Lift-A-Thon, and I am asking you to make a donation. There are many facility and equipment costs for our football program. The Lift-A-Thon will be one of our major fund-raisers to help us pay for costs. You can base your donation on the number of pounds that we lift, but most 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 make a set contribution?

(If they ask about your weightlifting, have a pound/contribution chart ready.)

We will be lifting the week of **May 21st thru may 25th**

If I lift a total of _____ pound, and you donated 1, 5, or 10 cents a pound, that would be _____. If you donated 25 cents per pound, your contribution would be _____.

Examples

1 cent per pound and the athlete lifts 1000 pounds then the total amount due is 10 dollars

5 cents per pound and the athlete lifts 1000 pounds then the total amount due is 50 dollars

10 cents per pound and the athlete lifts 1000 pounds then the total amount due is 100 dollars

25 cents per pound and the athlete lifts 1000 pounds then the total amount due is 250 dollars

(If they ask how much people contribute):

The average contribution is (\$15-20) / (\$40-50), but you may certainly donate less or better, even more. Any amount helps and we do appreciate any donation you can make.

(Choose the amount most appropriate to your contributor - but be aware that the more you ask for, the larger the donation you will receive. Don't be afraid to ask for even \$100 if you think the contributor can afford it.)

(Collect the money. If the person or business pays with a check, it should be made out to ERHS football. 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 the Eastern Randolph High School Football to work hard and have a great season this year.

EASTERN RANDOLPH WILDCAT LIFT-A-THON COLLECTION SHEET

EASTERN RANDOLPH FOOTBALL LIFT-A-THON

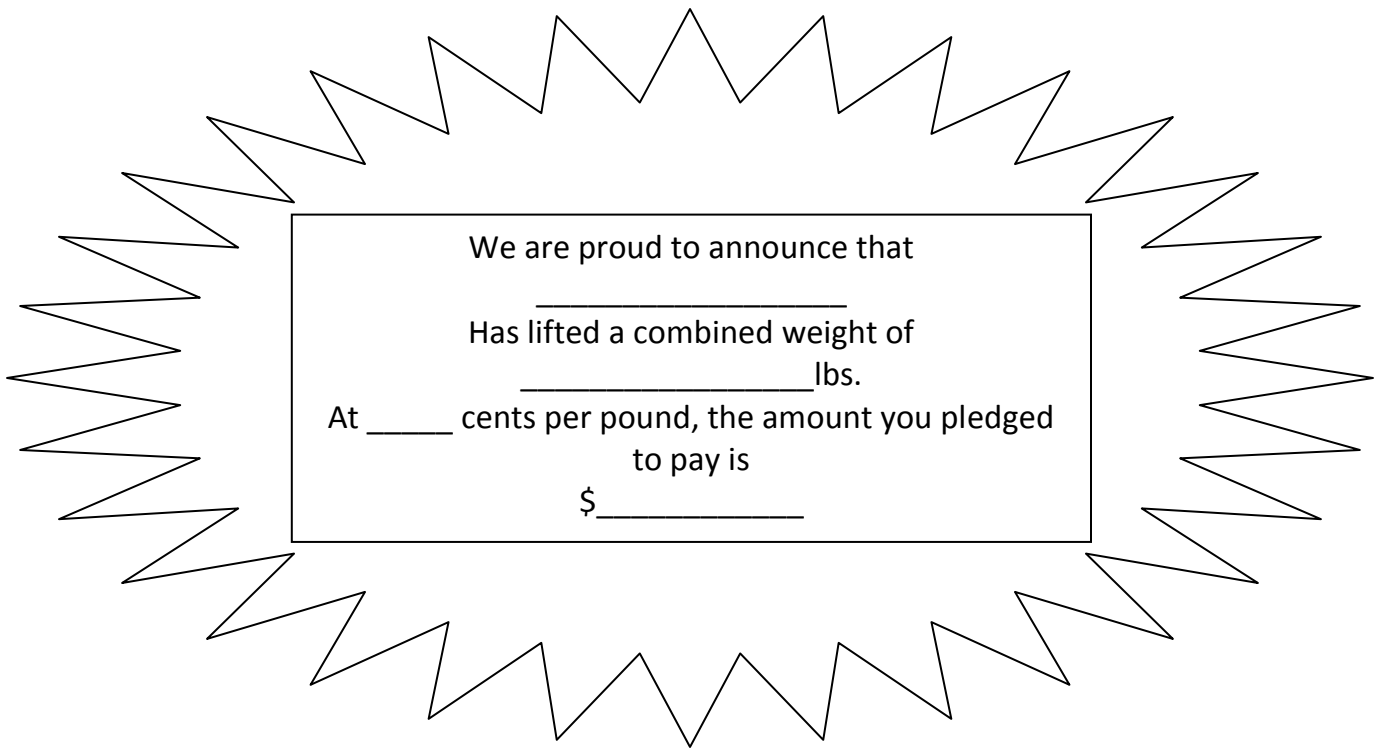
MAY 21ST TO MAY 25TH 2018

#	CONTRIBUTOR'S NAME	CASH/CHECK	AMOUNT PAID	TOTAL
1				
2				
3				
4				
5				
6				
7				
8				
8				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				

Total:\$ _____

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**THANK YOU FOR YOUR
SUPPORT!**



We are proud to announce that

Has lifted a combined weight of
_____ lbs.

At _____ cents per pound, the amount you pledged
to pay is
\$ _____

Again, we can tell you just how much we appreciate your gift to the Eastern Randolph Football Program! Your donation helps cover the \$10,000 we need each year, and ensures that we will continue to provide our young men with the best possible experience playing football.

Please submit donation by cash, check (Please make checks out ERHS Football).

An additional donation of \$20, \$40 or more is always welcome.

Very Respectfully,

Charles Arrington
Head Football Coach
Eastern Randolph High School