

New Hampton High School

Phone (641) 394-2144

Lettermen's/Letterette's Club Lift-A-Thon

Date: Wednesday, March 20, 2024

Location: High School Weight Room

The **Lift-A-Thon** is a **Lettermen's/Letterette's** sponsored event designed to raise money for **weight room improvements** such as new weights, accessories, repairs, etc. In the past the money has been used for speed ladders/agility equipment, soft-foamed plyometric boxes, vertical tester, weight bar clips/belts, etc. It is an activity designed to benefit **all** of our athletic programs. **All students grades 7-12**, whether out for athletics or those who like to lift for recreation, are encouraged to participate in the **Lift-A-Thon**. Students should try to sign up as many sponsors as possible. The more sponsors, the better! Sponsors could include friends, family, neighbors, co-workers, teachers, coaches, etc. Each person who sponsors you should sign his/her name on the sheet for the amount per pound or (fixed amount) they want to pledge. We are looking at possibly **rewarding the person/people that raises/raise the most money**. We are also looking at possibly **rewarding the top lifters(boys/girls)**. This may be based on various factors.

Each person will have 4 attempts to do the most weight they can for a one-rep max on the bench press. A Lettermen/Letterette Club member or a sponsor will count and attest to the amount of weight lifted. Remember, it does not matter if you only lift the bar or lift 300 pounds, every **little bit** helps.

NOTE: MIDDLE SCHOOL STUDENTS:-we will start lifting around 3:45. HIGH SCHOOL STUDENTS-we will start lifting at 5:00, in the weight room with the girls, and the boys will start around 5:15. After you lift, then compute how much each sponsor/donor owes you and collect the money as soon as possible. **All the money** should be collected and turned into the **activities office** or given to **Mr. Pagel, Mr. Rommes, Mr. Frerichs, or Mrs. Anderson** by the end of the day on **Wednesday, April 3, 2024.**

Each person who collects at least **\$45** dollars in donations will receive a Lift-A-Thon t-shirt for their fundraising efforts provided by the Lettermen's/Letterette's Club. Please be sure to make all checks payable to: **New Hampton Community Schools.**

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