

6th Annual Manawa Lift-A-Thon

Dear Parents of 2018-2019 2nd-7th Graders,

For the first time ever, we are looking to include our Youth into our annual Lift-a-thon! Instructions can be found below but we wanted to provide you with some background information up front. Each year the Manawa Athletic Booster Club puts this event on and the proceeds go 100%, without question, back into our local fitness facility within the high school! This event is our main source of funding for the development and improvement of our weight room. Without this event we would never have been able to afford the renovation, the 4 double sided racks, the 6 brand new bars, the full set of rubberized dumbbells up to 100 pounds, the new benches and much more.

The last few years our participation in this event has been stagnant. By increasing some of our focus on our youth we will surely increase participation numbers and marketing, since each youth who raises any money will get a complimentary T-shirt. This will also increase the interest and anticipation of our youth to start thinking about and looking forward to the training years soon to come. They will also be lending a helping hand in the improvements of the facilities they will eventually use.

Please fill out the following if your child plans to participate and your child will receive his/her shirt on the day of the event ***IF*** donations are made. This portion of the form must be turned in with shirt size, etc.. by May 23rd to assure your child a shirt!

Name: _____ Grade (Fall 2018): _____

Address: _____

T-Shirt Size (circle): YS YM YL AS AM AL XL

Health Issues of Concern: _____

Emergency Contact Person: _____

Relation to Athlete: _____ Phone #: _____

Signed (parent/legal guardian): _____ Date: _____

Print Parent's Names: _____ Parent Contact: _____

6th Annual Manawa Lift-A-Thon

Date and Time Location:

- Thursday, May 31st from 3:00-4:00 PM
- On the day of the event bring your money in an envelope labeled with you name
- Manawa Elementary School Gymnasium

Purpose/Function:

- This fundraiser, which is run by the Booster Club, is aimed at creating funds for the Manawa Weight Room as well as increasing student and community involvement in our weight room.

Goal:

- Each individual's goal shall be to earn \$20 or gather 10 pledges
- Promote strength and fitness
- Promote the fundraiser and our facilities
- Create an interest for kids within physical fitness and training
- We encourage parents and pledgees to come support the youths efforts on the day of the event

Directions:

- Fill out the information on the back of this sheet
- Find individuals to make a donation to sponsor you
- Show up on the day of the event ready to exercise
- This form is good for anyone entering 2nd-7th grade, 8th grade and above will be adjusted accordingly and can be found on a separate sheet
- NOTE: YOUR CHILD WILL BE DOING A SMALL RANGE OF PHYSICAL ACTIVITIES RANGING FROM PUSHUPS TO AIR SQUATS. NO WEIGHT LIFTING IS RECOMMENDED FOR THIS AGE

Contact Persons:

- Brad Johnson: bjohnson@manawaschools.org or (920) 740-3825
- Jeff Bortle: jbortle@manawaschools.org or (608) 397-0248
- Pete Bowen: bowenproperties2llc@gmail.com or (920) 407-6231

**ALL CHECKS MUST BE MADE PAYABLE TO
'MANAWA ATHLETIC BOOSTER CLUB'**

I, _____, am participating in the Annual Manawa Lift-A-Thon. I expect to do _____ pushups in 1 minute, _____ sit-ups in 1 minute, _____ air squats in 1 minute, and a _____ second plank hold. Your pledge will help further development of the Manawa fitness facilities in the Little Wolf Jr/Sr High School.

| | Name | Amount I Would Like to Pledge | Paid |
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