

## **6th Annual Manawa Lift-A-Thon**

### Date and Time Location:

- Monday, June 11th from 5:30-6:00 PM
- Tuesday, June 12th from 5:30-6:00 PM
- Wednesday, June 13th from 5:30-6:00 PM
- Thursday, June 14th from 5:30-6:00 PM
- Pick one of the dates to come and test out
- Manawa Jr/Sr High School Weight Room

### 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. We encourage all individuals to compete in this event. In order to be eligible to compete, individuals will be required to have a minimum of 1 pledge. On the test out day participants will complete their one rep max for bench, squat, and deadlift. Totals will be added and the Weight Clubs will be updated accordingly.

### Goal:

- Each individual's goal shall be to earn \$20 or gather 10 pledges
- Promote strength training
- Promote the fundraiser and our facilities
- Encourage pledgees to come support your efforts on the day of the event

### Directions:

- Fill out the information on the back of this sheet
- Find individuals to make a one time pledge/donation
- Show up on the days of the event ready to lift
- This form is good for anyone entering 8th grade or older, 2nd-7th grade will have a separate form
- NOTE: WE ARE NOT DOING PER POUND PLEDGES ANYMORE. IT IS A STRAIGHT FORWARD DONATION

### Contact Persons:

- Brad Johnson: [bjohnson@manawaschools.org](mailto:bjohnson@manawaschools.org) or (920) 740-3825
- Jeff Bortle: [jbortle@manawaschools.org](mailto:jbortle@manawaschools.org) or (608) 397-0248
- Pete Bowen: [bowenproperties2llc@gmail.com](mailto: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 bench press \_\_\_\_\_, squat \_\_\_\_\_, and dead lift \_\_\_\_\_, for a total of \_\_\_\_\_. Your pledge will help with further development of athletes in Manawa.

	Name	Amount I Would Like to Pledge	Paid
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