

## 2025 VERONA HILLBILLIES FOOTBALL LIFT-A-THON

The VHS 5<sup>th</sup> Downers Organization will be hosting the 2<sup>nd</sup> annual Lift-A-Thon.  
All funds raised will be used to support the 2025 football program.

Each athlete will participate in Squat, Bench press and Deadlift movements.

The amount of your pledge PER POUND will be applied to the COMBINED weight of all three lifts.

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For example: Uncle Billy pledges .25 cents per pound. You squat 300 lbs, bench 200 lbs. and deadlift 400 lbs. for a combined 900 lbs. You collect  $.25 \times 900 = \$225$  from Uncle Billy. Pledges of .25 cents, .50 cents and .75 cents will be accepted. A FLAT donation will also be accepted.

**Important information:**

Saturday March 8, 2025 @ 10am VHS weight room.

**Bring this pledge sheet with you to the Lift-A-Thon.**

All parents and sponsors are encouraged to attend to cheer on their athlete.

Please Venmo all donations to @VHSFootball

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**INDIVIDUAL ATHLETE GOAL: \$100**

**ATHLETE NAME:**\_\_\_\_\_

[illegible][illegible]

Name	Phone #	Contribution (.25,.50, .75)/ Flat donation	Payment Method	Total Weight/ Amount Raised