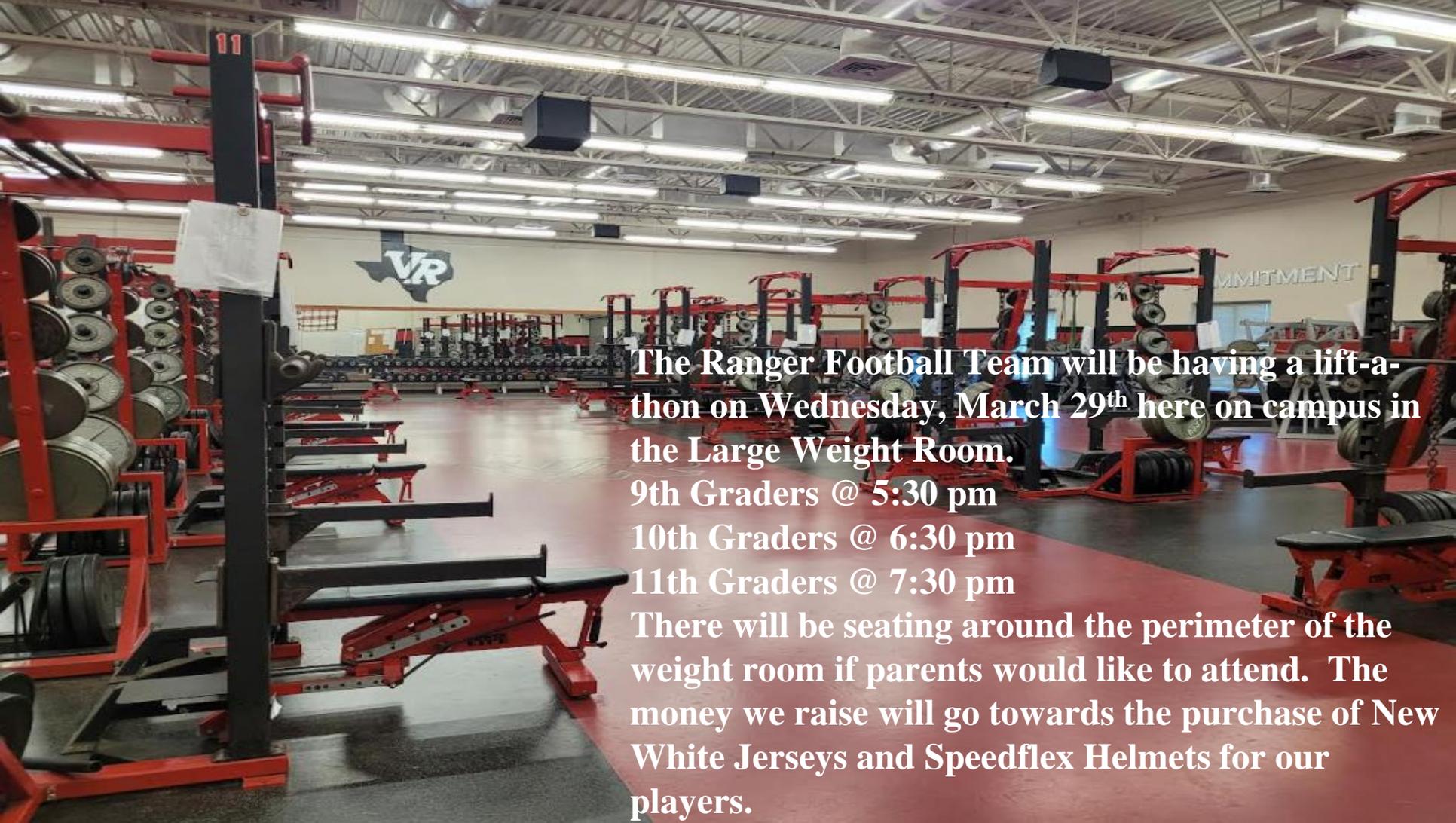


# VISTA RIDGE FOOTBALL



2023 Spring Lift-A-Thon

March 29th



**The Ranger Football Team will be having a lift-a-thon on Wednesday, March 29<sup>th</sup> here on campus in the Large Weight Room.**

**9th Graders @ 5:30 pm**

**10th Graders @ 6:30 pm**

**11th Graders @ 7:30 pm**

**There will be seating around the perimeter of the weight room if parents would like to attend. The money we raise will go towards the purchase of New White Jerseys and Speedflex Helmets for our players.**

# How Does a Lift-a-thon Work?



The players will max out (lift as much as possible) on Bench Press and Power Clean lifts. We will total both lifts, and the total will then be multiplied by the amount you pledged per pound.

**Example:**

**Joe Jones Total = 350 lbs. X 10 cents per lb. = \$35.00**

**\*Also flat donation amounts will be available for supporters to make as well.**



# How do I pay?

Each player will have their own personal 99Pledges lift-a-thon page. With this page players will send out emails, share on social media, and or text the link of their page to their Ranger Nation supporters.

The coaching staff will be presenting step by step instructions during the athletic period to the players.

Once a donor is directed to the players page there will be options available to donate in a per pound or flat donation amounts.

Through the players fundraising webpage credit card or debit card information can be entered to pledge the lifter. Once our coach staff compiles each lifters totals and enters this number, donors will automatically be charged the amount pledged per pound. If a flat donation is entered that donation amount will be charged at the time of the pledge.



## Can I donate a flat amount with cash or check?

If you are wanting to make a flat cash or check donation, please bring those in an envelope the day of the event with your players name on the envelope. (March 29<sup>th</sup>) Checks can be made payable to Vista Ridge Football Booster Club.



# Athlete Pledge/Donor Page. Goal is for each athlete to raise \$100 in Donations/Pledges

## \*Vista Ridge Football Lift-a-thon

Vista Ridge High School



Matt Garver

**\$0** raised

Matt's Goal: \$100

(Estimate based on completing 1 pounds)

**DONATE**  
TO MATT

Only 28 days left!

*Help spread the word*

[Facebook](#) [Twitter](#) [Email](#)