



Nederland Panther Lift-A-Thon 2009

During the week of May 12-16th the Nederland Panther football players will be flexing their muscles in hopes of earning money for our team to attend summer football camp at CU. Cost is \$125 per player and we hope to reduce the costs as much as possible so we can achieve 100% participation.

We are asking for pledges/donations from supporters, fans, family, and friends like you. Please consider helping our cause. We are also hoping to raise money for needed equipment and other pressing needs. No donation is too small, as every little bit helps, so please consider contributing.

4 Ways to Contribute!!!

1. Donate any amount you wish by cash or check (please write checks out to Ned Football Club or NMSHS)
2. Pledge a dollar or cent amount to be paid per repetition (100 lb lift)
EX: You pledge .50 cents per rep and the player lifts 100lbs 16 times. You then contribute a total of \$8.
3. "Match the Max"
EX: Player tops out at 200lbs. You contribute \$2.00.
4. "Match the Max" and add a zero
EX: Player tops out at 200lbs. You contribute \$20.00.

* _____ will bench press 100 lbs as many times as possible and also try for a new max on the bench press.

of reps at 100 lbs _____.

New bench press max _____.

Panther Pledge Sheet: Sample

- sample player lifted 100 lbs 10 times
- sample player's new max was 170 lbs

Name	Contribution Type	Amount	Total	Date paid
Ex: Joe Fan	pledge	\$.60 per rep	\$6.00	4/26
Ex: Jane Panther	Match/max + 0	TBD	\$17.00	4/22
Ex: Grandpa Bredo	donation	\$15.00	\$15.00	??

