



P3 CHALLENGE

POWER PLEDGE PERFORMANCE

Name of Athlete : _____

On April 23, 2023, Student-athletes will have three attempts at power cleans, front squats & push presses to determine a maximum lift. Sponsors may pledge a flat donation or a set dollar amount per pound. Example: .25 cents per pound, athlete lifts total of 400lbs (400lbs x .25= \$100 donation) Thank you for supporting our team.

ALL PLEDGE MONEY AND FORMS MUST BE TURNED INTO COACH SHAWN BY APRIL 28TH

Instructions : list name/phone # of sponsor, amount per pound that they will pledge (.01 cents, 5 cents, \$1.00 etc) Once Athlete performs and records their total weight, that number will be placed in the "Athlete total weight lifted" box and then the total dollar amount pledge is calculated and placed in its

appropriate box. **GOOD LUCK & GO BIG RED!**

Donations can be paid via PayPal [here](#) and make sure you add the student-athlete's name you are supporting. Checks made payable to HHSRC and cash are also accepted.

Name of Sponser	Phone Number	Pledge Per Pound	Flat Donation	Athlete's total weight lifted	Total dollar Pledge
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