



3/09/2025

P3

**POWER
PLEDGE
PERFORMANCE
LIFT-A-THON**

On March 9, 2025, 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 \$ 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 MARCH 14TH,
BEFORE SPRING BREAK**

Instructions : List name/phone # of sponsor, amount per pound that they will pledge (.01 cents , 5 cents , \$1.00 etc.) Once the 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. The collected column was created for you as a reminder to confirm if the funds were collected or not.

GOOD LUCK & GO BIG RED!

Name of Sponsor	Phone Number	Pledge Per Pound	Flat Donation	Athlete's total weight lifted	Total dollar Pledge	Collected Y/N
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

HHSRC is a non-profit 501(C)(3) tax-exempt organization. Donations to the Club are tax-deductible under the IRS Code.