

The VC Checklist

The lift-a-thon is being run for your benefit, so you will want to help yourself and your team by giving your best effort. The first thing to remember is that you must ask people to support you. Do not take no for an answer.

- | | | |
|---|--|---|
| <input type="checkbox"/> Mom and Dad | <input type="checkbox"/> Family Friends | <input type="checkbox"/> In-Laws |
| <input type="checkbox"/> Grandparents | <input type="checkbox"/> Parents' Friends | <input type="checkbox"/> Lawyers |
| <input type="checkbox"/> Aunts | <input type="checkbox"/> Neighbors | <input type="checkbox"/> Brothers and Sisters |
| <input type="checkbox"/> Uncles | <input type="checkbox"/> Doctors | <input type="checkbox"/> Barbers |
| <input type="checkbox"/> Cousins | <input type="checkbox"/> Dentists | <input type="checkbox"/> Insurance Agent |
| <input type="checkbox"/> Personal Friends | <input type="checkbox"/> Banks and Bankers | <input type="checkbox"/> Teachers |
| <input type="checkbox"/> Church Friends | <input type="checkbox"/> Local Businesses | <input type="checkbox"/> Pharmacists |
| <input type="checkbox"/> Entertainment | <input type="checkbox"/> Restaurants | <input type="checkbox"/> Hotels |

At Work

If you have a job, be sure to let your employer know what you are doing and ask for your support. He may let you collect at work.

Also, let mom and dad talk to their employer and to other people where they work and ask for their support. Let them take a pledge sheet with them to work.

Our Team Goal: \$7,000

To: Weightlifters and Supporters of VC Football
From: Head Coach C. Beverlin
Subject: Lift-a-Thon

The lift-a-thon will be held June 21 & 23, 2010.

Purpose:

The lift-a-thon is a major fundraiser for the athletic program. The money raised will be used in the following ways:

1. Paying for names on the back of our jerseys.
2. Purchasing new video equipment.
3. Purchasing of new player equipment including game uniforms and practice equipment.
4. Numerous other expenses required to operate a first class football program.

Procedures:

Each participant with the help of his parents and friends will seek sponsors to donate any amount towards the Lift-A-Thon. The participant will acquire a maximum lift in the BENCH PRESS and LEG PRES, and the total will be added up. Record neatly and accurately all information on the sponsor form and turn the form and the money into Coach Beverlin.

Goals:

1. Each participant sets a goal each lift.
2. Team to raise a minimum of \$7,000.

Awards:

The following money amounts turned in will receive these incentives.

Team Goal: \$7,000 for names on the back of jerseys. IT'S ALL OR NOTHING!!!!

Individual Goal: \$300 or more VC Nike warm-up suite.

Start Getting Pledges NOW!!!

Get started by telephoning people you know and also go out and see people. You don't need to be concerned about "How good" you sound when you talk to them. Everyone will know what you are talking about and what you need. You need to tell them your name and tell them that you are on the football team. People like to help; we are fortunate that we literally have hundreds of businesses in our town, and people that love the game of football. Just give them a chance to help by asking for a donation.

Collect the donation. Fill in one line on the collection sheet for each donation. When you run out of room on your first collection sheet, and you will if you work hard, then get another from Coach Bev. Turn in the money to Coach Bev no later than June 24. You may turn in money to Coach Bev at any time if you wish to let him keep with it instead of you doing so.

Tell people who wish to write checks to make the check payable to VC Football.

Remember: This is one of the ways you can help your own program. This money will help pay for the pads, equipment and jerseys that you wear senior gifts, new helmets, new shoulder pads, and anything else we need in our program. As you know, it is expensive to equip football players and pay for facilities improvements on the scale that we need them. If we have the money we can continue to do those things. Your participation is critical, do your share to help our team.

Thanks for your participation! This money will be spent on you and VC Football!

Thank you very much,

Coach Beverlin

If you have any questions, please feel free to contact Coach Bev at:
(509) 430-3178

LIFT-A-THON SCRIPT

Hi! My name is _____ and I play on the VC Football Team. We are doing an annual fund-raiser called the lift-a-thon, and basically I'm asking you for a donation.

There are many facility costs and needed equipment costs for our football program. The Lift-a-thon will be one of the major fund-raisers that we have to help us pay for costs. We will be conducting this event annually. You can base your donation on the number of pounds that we lift, but most people want to make a contribution regardless of the weight we lift. Would you like for me to tell you about our weight lifting tests, or would you rather just make a set contribution?

We will be lifting the fourth week after school is out for summer, if I lift a total of _____ pounds, and you donated 10 cents a pound; that would be _____; or if you donated 25 cents a pound, your contribution would be _____.

The average contribution is \$15-\$20/\$40-\$50, but you certainly can donate less or better yet, even more. Any amount helps and we do appreciate any donation you can make.

Thank you very much. Everyone in the program really appreciates your help. You can count on VC working hard to have a great football season this year.