



DEPTFORD TOWNSHIP HIGH SCHOOL FOOTBALL

Head Coach- Chris Crowley

Ironman Competition Instructional Sheet:

Location /Date- **Deptford High School weight room, July 30 at 3:00pm**

1. Players need to secure a minimum of \$100.00 in pledge sponsorship for the weight lifting competition. Players may secure more than \$100.00 in pledge sponsors, if they wish. Please use the back of the Pledge form to document additional sponsors. **The optional buyout for this fundraiser is \$75.00.**
2. The pledge sponsors a specified amount for every pound that the player lifts in the combined three lifts: Bench Press, Squat and Dead Lift. For example, Billy Jones lifts a combined 890 pounds (bench press - 210, dead lift - 300, and squat - 380) and the sponsor pledged .02 cents per pound: $.02 \times 890 = \$17.80$.
3. Sponsors may also pledge a flat amount. For example \$20.00 if a players combined lift is over a designated weight.
4. Players must bring pledge sheets to the competition on July 30. All pledges monies must be turned in no later than August 10.
5. Make Checks payable to **DTHS FBC** and Cash is acceptable.
6. Good examples of sponsors are: Parents, Grandparents, Aunts, Uncles, Brothers, Sisters and Family Friends.
7. Please return all proceeds to Coach Crowley or a Booster Club Executive Officer or drop off at Coach's office. All sponsorships/pledges monies must be **returned on August 10, 2015**.
8. Questions should be brought to the attention of Coach Crowley, the Assistant Coach or Booster Club President – Bill Plitt (732) 803-3383 & Gerilyn Fountain (856) 905-0406.
9. **All proceeds will help with the purchase of new Nike Varsity Team Uniforms for away games.**

**THE SPARTANS FOOTBALL FAMILY
THANKS YOU!**



DEPTFORD TOWNSHIP HIGH SCHOOL FOOTBALL

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Deptford Football Ironman Competition

Player Name: _____ Weight: _____ Grade: _____

TESTING CATEGORIES:

• Bench Press: _____

• Squat: _____

• Dead Lift: _____

Total Lbs: _____

Validated by Coach: _____ Initial: _____
(Please print name and then initial)

Date: _____

Pledge Person's Name	Phone Number	Pledged amount per Lbs. Lifted	*Total Lbs.	Total \$ Amount
Example John Doe	555-555-5555	.03 per/lb	950lbs	\$28.50
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

*Players are trying to lift a combined minimum total of 1000 lbs from the 3 above