



DEPTFORD TOWNSHIP HIGH SCHOOL FOOTBALL

Head Coach- Chris Crowley

2nd Annual Spartan Ironman Competition Instructional Sheet:

Location /Date- Deptford High School weight room, June 8 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. All Players, who obtain the minimum pledge amount will earn his Team Pride Pack. Please use the back of the Pledge form to document additional sponsors.
2. Players can earn Team Pride Pack items by obtaining sponsors as followed:
\$100.00 in sponsors earns **Black Pride Pack (BPP)**, which includes the following:
 - *Team shorts, (2) t-shirts, Nike game socks, practice jersey and a Spartan gym sack.***\$125.00** in sponsors earns **Gold Pride Pack (GPP)** - BPP plus compression Gameday Tee.
\$150.00 in sponsors earns **Spartan Pride Pack (SPP)** - GPP plus hooded sweatshirt and pant.

Buyout is \$100.00 and will still earn the player his **Black Pride Pack**.
3. 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: $.02 \times 890 = \$17.80$.
4. Sponsors may also pledge a flat amount. For example \$20.00 if a players combined lift is over a designated weight. All donations are welcome.
5. Players must bring their completed pledge sheets showing their pledge amounts to the June 8 Assessment Test.
6. An awards gathering will take place at Spartan Stadium on Friday, June 10, 2016 at 5:00pm to announce and recognize the winners. All Parents are welcome and encouraged to attend.
7. Please return all pledged proceeds to Coach Crowley in his office or to a Booster Club Executive Officer prior to practice. All pledged monies are **Due Monday, June 27, 2016**. Make Checks payable to **DTHS FBC** and Cash is acceptable.
8. Questions should be bought to the attention of Coach Crowley, Assistant Coach Bill Plitt or Booster Club President Gerilyn Fountain.
9. **All proceeds will help with the purchase of Team Pride Packs and new Nike game pants.**

THE SPARTANS FOOTBALL FAMILY
THANKS YOU!



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Player Name: _____ Weight: _____ Grade: _____

TESTING CATEGORIES:

- Bench Press: _____ Date: _____
 - Squat: _____ Validated by Coach: _____
(Please print name and then initial)
 - Dead Lift: _____ Initial: _____
- Total Lbs: _____

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
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2.				
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20.				

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

**Please use back of page to document additional sponsors capturing the same above information.