

LIFT-A-THON 2016

Hello, Burroughs Football Families and Friends!

Our annual LIFT-A-THON Fundraiser will be held Saturday, July 23th from 10am to 1pm in the Burroughs Main Gym! This awesome event gives all of the players – Varsity, JV and Freshman – an opportunity to have fun with their teammates and show their strength lifting weights while raising money for their Football Program.

We would like to invite ALL family members and friends to come out and enjoy this event and join us in cheering on the Players. We will be selling food, drinks and JB Arrowhead Spirit Wear as well.

A LIFT-A-THON flyer was handed out to all Players last Thurs., June 30th explaining how the fundraising process works. Each Player is expected to contact family, friends and local businesses and ask that they sponsor the Player by making a pledge or donation for the amount of weight the Player lifts. “Flat donations” of any amount are also accepted. (Please see the LIFT-A-THON form your Player brought home for more details or download the form at “burroughsfootball.org” under the heading “Forms”.) All checks should be made out to “JB Arrowhead Club”.

Please note: ALL monies raised by the Player will be applied to their “Player Agreement” contribution.

If you have ANY questions please contact the Event Chairs, Felix Chamberlain (felixchamberlain@gmail.com) or Lisa Howe (lisa@joehowe.com) or the Financial Secretary, Lydia Hernandez (lydonit@gmail.com).

Many THANKS! See you ALL on Sat, July 23rd!!!

JB Arrowhead Club

John Burroughs Football Lift-a-Thon

July 23, 2016



“Team-Work, Commitment, and Strength.”

To: Weightlifters and supporters of John Burroughs High School Football
From: Coach Reily and the JBHS Football Booster Club
Subject: JOHN BURROUGHS FOOTBALL LIFT-A-THON
Dates: July 23, 2016

Information is on the website: www.burroughsfootball.org

The Lift-A-Thon will be held at John Burroughs High School (big gym)

10:00 a.m. – 1:00 p.m.

Purpose: The Lift-A-Thon is a major fundraiser for the football program.

The money raised will be used in the following ways:

- Equipment and jerseys
- Numerous other expenses required to operate a first-class football program.

Procedure: Each participant, with the help of his parents and friends, will seek sponsors and donations for the Lift-A-Thon. The participant will attempt a maximum lift in the BENCH PRESS, SQUAT, and POWER CLEAN (freshmen will attempt MILITARY PRESS/PUSH JERK instead of POWER CLEAN) and will have a three lift total. Participants will record neatly and accurately all information on the sponsor form and turn the form and the donations into Coach Reily or a member of the coaching staff or booster board member.

Goal: These are the individual and team goals for John Burroughs High School football players:

- Each participant will set a personal goal for each lift.
- Each John Burroughs football player should try to get contributions of \$100 or more.
- TEAM GOAL: at least \$10,000



Dear JB Football Team Member;

The Annual JB Football Lift-A-Thon will be held on July 23, 2016.

The Lift-A-Thon is the booster's fundraiser for the football program. It is very important for each team member to work as hard as he can to obtain sponsors for his lift. **Our goal is for each player to earn a minimum of \$100 in donations.** Each participant will be performing a Bench Press, Squat, and a Power Clean (freshmen will attempt MILITARY PRESS/PUSH JERK instead of POWER CLEAN) for a total max weight. Each team (Varsity, JV and Freshman) will be competing for pound-for-pound strength, total pounds lifted, and best lifter in each individual lift. Sponsors can pledge two different ways. One way is for sponsors to pledge you an amount of money per pound, then you would multiply that by the amount of pounds lifted (for example, if someone was to sponsor you 10 cents per pound and you lifted a total of 250 pounds, they would owe you 2500 cents, or \$25.00). To avoid any misunderstanding, please notify your sponsor of the range of what you can lift and give them an estimate of what they will owe you if they choose the first option. The other way for a sponsor to pledge is to donate a flat amount, regardless of how much weight you lift (for example, \$25.00 no matter how much weight is lifted). Write their names in the sponsor column and indicate in the pledge column the amount of their donation. You are responsible for all money owed. The money will be due approximately a week after the Lift-A-Thon. We'll let you know via email the exact date. Remember, the money raised will ultimately benefit you and the entire football program. Hard work and determination will pay off.

Good luck and thank you very much,

Coach Reily

If you have any questions, please feel free to contact Coach Reily by email:
mikereily@burbankusd.org

***It is very important that you print clearly or submit your sponsor list typewritten the way you would like those names to appear in the football program.**

Revised 6-7-16



START GETTING PLEDGES RIGHT NOW!!!

Get started by calling and visiting people you know. You don't need to be concerned about "how good" you sound when you talk to them. People will know what you are talking about and what you need as soon as you tell them your name and that you are on the John Burroughs High School Football Team. People like to help and people love the game of football. We are fortunate that we also have hundreds of businesses in our area. Give them a chance to help. Collect the donation: fill in one line on the collection sheet for each donation. If you work hard, you will run out of space on your first collection sheet and you will start your second sheet. Turn in all donations to Coach Reily, chairperson Felix Chamberlain (felixchamberlain@gmail.com), or the Financial Secretary Lydia Hernandez (lydonit@gmail.com) no later than July 27, 2016.

Tell people who wish to write checks to make the check payable to JB Arrowhead Club.

Remember- This is one of the ways for you to help your program. This money will help pay for pads, equipment, jerseys, senior gifts, and any other items we need in our program. As you know, it is expensive to equip football players. If we have the donations we can continue to improve our program here at John Burroughs. Your participation is critical, so do your share to help our team.

Thanks for your participation!-

Coach Reily



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.

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|-------------------------------------------|-------------------------------------------|-----------------------------------------|
| <input type="checkbox"/> MOM & DAD | <input type="checkbox"/> FAMILY FRIENDS | <input type="checkbox"/> LAWYERS |
| <input type="checkbox"/> GRANDPARENTS | <input type="checkbox"/> PARENTS' FRIENDS | <input type="checkbox"/> NEIGHBORS |
| <input type="checkbox"/> AUNTS | <input type="checkbox"/> UNCLES | <input type="checkbox"/> DOCTORS |
| <input type="checkbox"/> BROTHERS | <input type="checkbox"/> SISTERS | <input type="checkbox"/> COUSINS |
| <input type="checkbox"/> DENTIST | <input type="checkbox"/> INSURANCE AGENT | <input type="checkbox"/> TEACHERS |
| <input type="checkbox"/> PERSONAL FRIENDS | <input type="checkbox"/> BANKS & BANKERS | <input type="checkbox"/> CHURCH FRIENDS |
| <input type="checkbox"/> LOCAL BUSINESSES | <input type="checkbox"/> PHARMACISTS | <input type="checkbox"/> RESTAURANTS |

AT WORK

IF YOU HAVE A JOB, BE SURE TO LET YOUR EMPLOYER KNOW WHAT YOU ARE DOING AND ASK FOR SUPPORT. YOUR EMPLOYER MAY LET YOU COLLECT AT WORK. ALSO, ASK MOM AND DAD TO TALK TO THEIR EMPLOYERS AND TO OTHER PEOPLE WHERE THEY WORK AND ASK FOR THEIR SUPPORT. LET THEM TAKE THE PLEDGE/COLLECTION SHEET TO THEIR WORK.

OUR TEAM GOAL IS \$10,000

LIFT-A-THON SCRIPT

Hi! My name is _____ and I play for the John Burroughs High School Football Team. We are doing our annual fundraiser called the Lift-A-Thon, and I am asking you to make a donation. There are many equipment costs for our football program and the Lift-A-Thon will be one of our major fundraisers to help us pay for those costs. 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 make a flat contribution?

(If they ask about your weightlifting, have a pound/contribution chart ready.)

We will be lifting on Saturday, July 23, 2016. If I lift a total of _____ pounds, and you donated 1, 5, or 10 cents a pound, that would be _____. If you donated 25 cents a pound, your contribution would be _____.

Examples:

1 cent per pound and the athlete lifts 1000 pounds then the total amount due is \$10.

5 cents per pound and the athlete lifts 1000 pounds then the total amount due is \$50.

10 cents per pound and the athlete lifts 1000 pounds then the total amount due is \$100.

25 cents per pound and the athlete lifts 1000 pounds then the total amount due is \$250.

(If they ask how much most people contribute):

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

(Choose the amount most appropriate to your contributor - but be aware that the more you ask for, the larger the donation you will receive. Don't be afraid to ask for even \$100 if you think the contributor can afford it.)

(Collect the money. If the person or business pays with a check, it should be made out to the JB Arrowhead Club. Make sure you write the name of the contributor and the amount donated on your collection sheet.)

Thank you very much. Everyone in the program really appreciates your help. You can count on the John Burroughs High School Football Team to work hard and have a great season this year.

Phone Script

Use this when making a phone call to someone you may not know personally.

Hi, this is (your name). Am I speaking with (name of who you are calling)? I am a student at John Burroughs High School and play on the football team. We are reaching out to the Burbank community regarding our team's upcoming LIFT-A-THON. Would you consider sponsoring me with a donation for the football LIFT-A-THON? We raise money based on participation and as a team we hope to have 100% participation. All of the donations received will be used by the John Burroughs Football Team to support our upcoming season.

Thank you very much for considering/supporting me.

Revised 6-7-16

