



PENN MANOR COMET FOOTBALL



THE IRON COMET LIFT-A-THON

This year the Penn Manor Comet Football Team will be participating in the Iron Comet Lift-A-Thon to support the Four Diamonds. What is the Four Diamonds?

The Four Diamonds mission is to conquer childhood cancer by assisting children treated at Penn State Hershey Children's Hospital and their families through superior care, comprehensive support, and innovative research. Because of the community's steady and generous support, Four Diamonds has been able to assist 100% of the childhood cancer patients who have been treated at Penn State Hershey. This year the team will be lifting in honor of Makenna for the second time in the past 3 years. Makenna is a kindergarten student from Lancaster County who is receiving treatment for her second diagnosis of cancer. Last year the team lifted in honor of a young boy named, Cody. We are happy to announce Cody is cancer free.



Please help sponsor this athlete in seeking to raise money for this important cause. You can sponsor by indicting the amount of money total pounds lifted. Each athlete will lift in 3 core lifts; Bench, Squat, and the Deadlift or power clean.

Players can lift anywhere from an average of 400 pounds to 900 pounds. Two athletes lifted over 1000 pounds. So ask the athlete what his goal is and sponsor what you wish. For example .05 per pound for 800 pounds. Or sponsor a max amount for your donation if the athletes meets or exceeds his goal.

The Lift-A-Thon will be the
week of 2/24 to 2/28/20



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Athletes Name: _____

Total Weight of Max Goal: _____

Make Checks Payable to : PMHS Mini Thon



Name	Phone Number	Donation	Amount Due	Paid
John Jones (sample)	444-4444	.05 per	.05 x 800=40.00	
Mary Miller (sample)	555-5555	\$25 total	\$25.00	
Total				

Coaches Use Only:

Max Amount _____ Bench + _____ Deadlift or Power Clean + _____ Squat= Total _____

Lift Reps Verified by-Signature: _____ Date: _____