

Kenowa Boys Soccer Lift-a-Thon

The Kenowa Hills Boys Soccer Program is sponsoring a lift-a-thon to emphasize the importance of our off-season soccer workouts. All funds that are raised will go directly to the program to address a variety of needs the program has.

- Each player will do two lifts, the bench press and the dead lift
- Each player will get sponsors at the .01, .05, .10 donation level per pound of their 1 repetition maximum
- Flat donations are acceptable
- Pledges can be given on the day of the event

The Lift-a-Thon date will be April 30, 2022 beginning at 11 am.

All 1 repetition maximum totals must be verified and signed off on by Coach Merritt.

Please make all checks payable to Kenowa Hills.