



Summer Tiger Lift-A-Thon

When: August 1st-6th

Where: Washington County High School Weight Room

How does Lift-A-Thon work?

Student/athletes will perform their max weight for squat, bench, and hang clean. Sponsors will pledge a dollar amount per pound lifted by the student/athlete of their choice. There is no limit to how many student/athletes you choose to sponsor.

Example: If a sponsor pledges 0.10 per pound and the athlete were to squat 200 lbs, bench 150 lbs, and hang clean 200 lbs, for a total of 550 lbs, the sponsor would donate \$55.00. Each student/athlete's lift totals will be updated daily on the USD 108 Facebook page.

What will the money be used for?

This money will go towards our Tiger Summer Weights t-shirts and upgrading equipment or repairs needed throughout the year in the weight room.

We appreciate your generosity and continued support.

If you would like to donate/sponsor an athlete, please fill out the pledge form below. If you have any questions, please contact Robert Smith at rsmith@usd108.org (785) 541-0417 or Thomas Tryon at ttryon@usd108.org (785) 313-2803. Donations can be dropped off or sent to the WCHS Office. Checks payable to USD 108.

[Summer Tiger Lift-A-Thon Pledge Form](#)