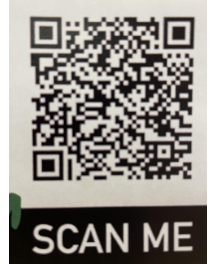




# CLAY HIGH SCHOOL 2024 LIFT-A-THON

PLAYERS NAME: \_\_\_\_\_ SPORT: \_\_\_\_\_

BENCH GOAL \_\_\_\_\_ LBS PLEDGE GOAL \$ \_\_\_\_\_



THE LIFT-A-THON WILL TAKE PLACE ON SUNDAY APRIL 28TH. THIS COMPETITION WILL TAKE PLACE AT CLAY HIGH SCHOOL. TEAMS WILL LIFT DURING THEIR DESIGNATED TIME AND COMPETE IN THE BENCH. DONATIONS CAN BE IN THE FORM OF A PER POUND, OR FLAT PLEDGE. IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT COACH OSTRANDER AT: [DOSTRANDER@OREGONCS.ORG](mailto:DOSTRANDER@OREGONCS.ORG)

**ALL PROCEEDS GO TO THE CLAY BOOSTER CLUB.**

#	NAME	PLEDGE	WEIGHT	TOTAL
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
			<b>TOTAL</b>	

