MONA SHORES Lacrosse 2022

Push & Pull Fundraiser

Player Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(-----To be completed March 6th-------)

**Name Signature Phone # $/p.u. Pushups Pullups Total Total $**

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Head Coach: Murle Greer: 616-834-2823 / murle.greer@gmail.com **Total $ Raised:\_\_\_\_\_\_\_\_\_\_\_\_\_**

**How It Works**

Players take donations based on how many combined pushups/pull ups they can do in one sitting. For example, if someone donates $0.10 per push/pull up and the player does a total of 50 push/pull ups, then that person owes the player $5.00. Get as many people as possible!

**The player must keep the form and bring it to the competition March 6th @ 5:30 in Weight Room.**

**After the competition, the player will complete the form the and has 1 week to collect the money. All money and forms are due Sunday, March 13th.**

There will be a prize for the player that performs the most pushups/pull ups combined and a prize for the player that raises the most money.

**Some Suggestions**

* Do not take donations less than $0.10 per push/ pull up. Try to keep it in increments of $0.05 for easy math. Don’t need to deal with pennies. Go for quarters, $.050 and dollars if you can get it.
* People may also donate 1 flat amount if they want to (but it takes some of the fun out). Yes, you still have to complete the pushups and pull ups!
* Ask your relatives, neighbors, and teachers. Have your parents bring the sheet to work for a day. **DO NOT ask your friends or girlfriends.** They are as broke as you and will be a pain to collect from. Ask their parents.

If anyone has questions or concerns about how this works, please have them contact me. My information is on the form.

**The more you put into this, the more you will get out.**

**Set goals and challenge yourself!**