



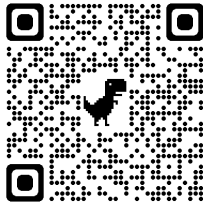
**CLAY HIGH SCHOOL 2025 LIFT-A-THON**

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

BENCH MAX \_\_\_\_\_ LBS

SQUAT MAX \_\_\_\_\_ LBS

HEX DEADLIFT \_\_\_\_\_ LBS



PLEDGE GOAL \$ \_\_\_\_\_

THE 2024 LIFT-A-THON WILL TAKE PLACE ON SUNDAY JANUARY 26TH 10AM-12PM AT CLAY HIGH SCHOOL POTTER GYM. PLAYERS WILL LIFT WITH THEIR TEAM AND COMPETE IN THE BENCH, SQUAT, AND HEX BAR DEADLIFT. DONATIONS CAN BE IN THE FORM OF A FLAT PLEDGE. FRIENDS AND FAMILIES ARE WELCOME TO ENCOURAGE AND SUPPORT YOUR PLAYER! 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	WEIGHT	PLEDGE	TOTAL
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				

			<b>TOTAL</b>	
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