



2023 LIFT-A-THON

The Lift-a-thon is a tool used to help families raise funds for their players summer tuition. The cost for your players summer camp is \$250 per family. Most just write a check, but you can use this form as a fund raiser for your player's camp. You can get donations either by price per pound or a flat donation. We will base the price per pound on the one repetition bench max performed on March 3rd. We have provided a form on the backside of this for that use. In addition to the lift-a-thon we are going to do the email fundraiser again, this email has really been working well for us. Instructions are attached for email fundraiser.

IMPORTANT DATES

20 EMAILS DUE FEB 13TH

Bench Max: March 23rd

Summer (Lift-A-Thon) Money is due: APRIL 3RD

Make checks payable to:

VTC P.O. Box 997

Venice, FL

34285

NAME	PHONE	CONTRIBUTION	CASH OR CHECK	TOTAL
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				

There will be no refunds from this fundraiser.

Email fundraiser

This is easy and one of our most productive fundraisers we do. All we are asking of your player is to provide emails of their family and friends to us. We have a company that will put together a professional email that goes out from your player and ask for donations. They also let the recipients know what the funds will be used for. They will also send a personalized thank you email if they chose to donate.

What to do: Collect a minimum of 20 emails, if you can get more, please do. Please try to provide email addresses of friends and family you think would be willing to give.

Put emails in notes section of phone. Exactly like the picture shows. Insert one email then hit return and insert another email. **Do not number**

Top earners will be able to chose gifts from a gift suite.



**DETAILED INSTRUCTIONS FOR EMAIL
FUNDRAISER ARE ATTACHED**