GRISSOM HIGH SCHOOL
FOOTBALL
LIFT-A-THON

Monday, March 8, 2010
6-8:30 PM at Grissom's Gym

All proceeds benefit the football program.

PLAYER MAX LIFT IN:	BENCH PRESS	SQUAT	POWER CLEAN	TOTAL WEIGHT LIFTED

SPONSOR	PHONE #	PLEDGE PER LB.	OR DONATION	TOTAL
EXAMPLE: Ima Tigrfan	111-1111	$.05 X (800lbs.)		$40.00