

1st Annual Schuylkill United Way High School Football Challenge

Application

Hosted by Penn State Schuylkill

About: A strength and conditioning challenge between High School Football Teams in and around Schuylkill County involving multiple competitions.

- ◆ All players in the football team can be included
- ◆ Event Limit-5 participants (may interchange participants between each event)
- ◆ Proceeds to benefit Schuylkill United Way 2018 Campaign

Application Deadline: Monday, June 19th, 2017

*****Please note, event will be limited to the first 25 teams who return application and waiver forms*****
This event will be open to H.S. teams in and around Schuylkill County

Eligibility for your team to participate:

- ◆ Complete and return application in full along with the \$50 application fee
- ◆ Complete and return all required waiver/responsibility forms
- ◆ For a team member to participate in a specific challenge, they must be able to safely lift the required weight. Please see challenge list below for details.

Challenges to include:

(Please note challenges may be subject to change and added upon once participation is finalized.)

1. Truck Pull/Push

- 5 players pull then push a truck with a rope down and back as many times as possible in 5 minutes.

2. 185 lbs. Bench Press

- 5 players bench press 185 lbs as many times as possible in 5 minutes.
- Players interchange as many times as they want within the 5 minutes while using one bench press.

3. Heavy Bag Run

- 5 players run the perimeter of the Penn State Schuylkill field while carrying a heavy bag. The lap will have 4 check points and each passed check point will be counted.
- Heavy bag weighs approx. 100lbs.

4. Tire Flips

- 5 players will flip a large tire as many times as possible for distance.

5. Medicine Ball

- 5 players will individually throw a 25 lb. medicine ball for distance and it will be the total distance for 5 throws. (5 minute time period)
- One med. ball per team.

Questions should be directed to the below contacts at the Schuylkill United Way:

Kelly Malone, Executive Director - Office: 570.622.6421 Cell: 570.617.1125

Email: maloneexdir@schuylkillunitedway.org

Allie Andrews, Director of Community Relations - Office: 570.622.6421 Cell: 272.208.9091

Email: aandrews@schuylkillunitedway.org

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Application Form

Hosted by Penn State Schuylkill

Location: Penn State Schuylkill Campus

Date: July 20, 2017

Time: Campus to open on or before 4PM

Rain Date: July 27, 2017

(Competition start time TBA closer to event day)

Application Fee: \$50.00

Application Deadline: June 19, 2017

Application fee may be paid by check payable to Schuylkill United Way or online via PayPal at:

<http://schuylkillunitedway.org/donate>

Name of Football Coach: _____

School District: _____ **# of Participants on Team:** _____

Preferred Contact Information:

Email: _____ Cell Phone: _____

School Mailing Address: _____

I agree to bring my team to the Schuylkill United Way (SUW) High School Football Challenge and accept responsibility for the actions of my team members. I understand the Schuylkill United Way will have safety measures in place at the event, but that I will be responsible for each team member's transportation to and from event.

Signature of Football Coach

Signature of School Official

Football Coach (Please print name)

School Official (Please print name)

Date

Date

Return form: Scan/email: Allie Andrews at aandrews@schuylkillunitedway.org

Mail to: Schuylkill United Way
9 North Centre Street, Suite 301
Pottsville, PA 17901

Fax: 570.622.7424



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