

# 2nd Annual Schuylkill United Way High School Football Challenge

## Application

**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 2019 Campaign

**Application Deadline:** Friday, June 22, 2018

***\*\*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 \$100 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. 5 Player Football Sled 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 Schuylkill Haven football 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.

**\*\*\*New this year\*\*\***

**Special Teams Events** with John Zima                      \$15/participant if not part of a 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

Christine Johnson, Director of Community Relations - Office: 570.622.6421 Cell: 272.208.9091

Email: dircomrel@schuylkillunitedway.org

# 2nd Annual Schuylkill United Way High School Football Challenge

## Application Form

**Location:** Schuylkill Haven High School Rotary Field

**Date:** Tuesday, July 24, 2018

**Time:** Competition to begin at 5:30 p.m.

**Rain Date:** Tuesday, July 31, 2018

**Application Fee:** \$100

**Application Deadline:** June 22, 2018

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: Christine Johnson at [dircomrel@schuylkillunitedway.org](mailto:dircomrel@schuylkillunitedway.org)  
Mail to: Schuylkill United Way  
9 North Centre Street, Suite 301  
Pottsville, PA 17901  
Fax: 570.622.7424



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