

# 4th Annual Schuylkill United Way High School Football Challenge

## Application Form



**Location:** North Schuylkill High School—Ghosh Orthodontics Field at Spartan Stadium

**Date:** Tuesday, June 23, 2020

**Rain Date:** Thursday, June 25, 2020

**Time:** Competition to begin at 5:00 p.m.

**Application Fee:** \$100

**Application Deadline:** May 29, 2020

**High School:** \_\_\_\_\_

**School Mailing Address:** \_\_\_\_\_

**Name of Coach:** \_\_\_\_\_ **# of Participants on Team:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Cell Phone:** \_\_\_\_\_

*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 Phone: 570-622-6421



# **4th Annual Schuylkill United Way High School Football Challenge**

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

- ◆ All players in the football team can be included.
- ◆ **There will be 5 participants per event. All participants that start in an event must complete that event. You may substitute participants for each event but not within an event.**
- ◆ Maximum of 2 teams of 5 participants per school.

## **Eligibility for your team to participate:**

- ◆ Complete and return application in full.
- ◆ Complete and return 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 once participation is finalized.)*

### **1. 5 Player Football Sled Push**

- 5 players push a sled the distance of 40 yards in the fastest time possible.
- May attempt multiple times within 5 minute time period.

### **2. 185 lbs. Bench Press**

- 5 players bench press 185 lbs (no exceptions) as many times as possible in 5 minutes.
- Players may interchange as many times as they want within the 5 minutes while using one bench press, provided they are from the original group of 5 players.

### **3. Tire Flips**

- 5 players will flip a large tire as many times as possible within 5 minutes.
- Players may interchange as many times as they want within the 5 minutes while flipping tire, provided they are from the original group of 5 players.

### **4. Broad Jump**

- 5 players will compete and total distance will be calculated.
- May attempt multiple times within 5 minute time period.

### **5. Farmer's Carry**

- 5 players will individually carry 50 lb. weights for a distance of 20 yards in a relay format for their fastest time.
- May attempt multiple times within 5 minute time period.

### **6. Shuttle Relay**

- 5 players will participate in this event. The first player will run 40 yards, circle a positioned cone, and return to the start. The next player will do the same after they exchange a hand slap and continue until all 5 players complete the relay.
- May attempt multiple times within 5 minute time period.

**Thank you for your participation!**

**All proceeds from this event benefit the Schuylkill United Way.**



Please indicate the number of t-shirts needed  
for your players and coaches.

Large -

X Large -

XX Large -

XXX Large -

Total number of players attending-



Schuylkill United Way