

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

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