



Proceeds to benefit the Front Nine Foundation, supporting the Children's Hospital of Illinois, Tee It Up for the Troops, The Blaine Robinson Family, The Family House of Peoria, and SPC Mike Howie.



front nine
foundation

www.frontninefoundation.com

Date: Saturday, July 29th, 2017

Time: The first squat will begin at 8:00 AM. The event will run until 12:00 PM; followed by announcements and an awards presentation.

Location:

Anytime Fitness North Peoria
1320 West Commerce Drive
Peoria, Illinois 61615

Registration: There will be open time slots posted on the Squat For Soldiers Facebook Page. Please reserve a time slot by one of the following ways;

1. Stopping by Anytime Fitness North Peoria
2. Calling Anytime Fitness North Peoria at 309-966-4217
3. E-mail Patrick Thompson at Patrick@ptxpt.net

About 12:00 PM (Noon) there will be a brief recognition of proceeds benefiting and why they have been chosen for 2017. Awards & Recognitions: Immediately following the final squatter, the awards for most weight lifted by volume (Male & Female) and most money raised will be recognized.

Squats for Soldiers

Pledge Form for Fundraising

Anytime Fitness North Peoria

Email: Patrick@ptxpt.net

Squats for Soldiers is a fundraising event to help raise money for the *Front Nine Foundation* with proceeds benefiting, *Children's Hospital of Illinois, Tee It Up for the Troops, The Family House of Peoria, The Blaine Robinson Family, and SPC Mike Howie*. Participants will challenge their body and mind to perform to a level of fitness that they have not before.

Participants who enroll for *Squats for Soldiers* will sign up for a 5 minute time slot between the time of 8:00 AM and 12:00 PM on Saturday, July 29th at Anytime Fitness North Peoria. Once the time of your squat arrives, the spotters will have your desired weight ready for your squat. Please let the registration table know of your squat weight and time when you arrive. This will assure that the event runs smoothly and that the spotters load the bar correctly. Lifters can chose from the loads of their body weight and up to whatever is desired to be squatted.

The goal is to perform as many squats as possible with your desired load. This is the time to push yourself to raise as much money as possible. You can get as many people to pledge or sponsor your *Squats for Soldiers*. All money must be collected before or at the completion of the participants squats.

**** It is encouraged that each participant raises or sponsors a total of \$50 for the event ****

Example - John Doe

Name: John Doe

Weight to be lifted: 135 lbs

Desired Repetitions: 20

Pledge 1 - Gary Doe

Amount pledged per repetition: \$10

Pledge 2 - Ed Doe

Amount pledged per repetition: \$3

Pledge 3 - Hank Doe

Amount pledge per repetition: \$6

Repetitions Completed: 18

Total Amount Raised: \$180 + \$54 + \$108 = **\$342**

Name of Pledge or Sponsor	Pledge or Sponsor?	\$ Amount per Pledge	If Sponsored, state \$ Amount	Paid Yes / No	Total Raised

**** Please make all checks payable to the Front Nine Foundation ****

Total Raised -- \$ _____

Signature of Squats for Soldiers participant: _____

Signature of Squats for Soldiers volunteer: _____

Squats for Soldiers

Hosted by: Anytime Fitness North Peoria
Phone: 309-966-4217

Waiver, Release, and Assumption of Risk Form

This form is an important legal document. It explains the risks you are assuming by participation in Squats for Soldiers. It is important that you read and understand it completely. After you have done so, please print your name legibly and sign in the spaces provided at the bottom.

Waiver, Informed Consent, and Covenant Not to Sue

I, _____, have volunteered to participate in a physical competition under the direction of the Anytime Fitness North Peoria (AFNP) and the Front Nine Foundation (FNF), which will include, but may not be limited to, weight and/or resistance training. In consideration of the FNF agreement to assist me, I do here and forever release and discharge and hereby hold harmless the FNF, AFNP, Doug Pinter, and their respective agents, heirs, assigns, contractors, and employees from any and all claims, demands, damages, rights of action or causes of action, present or future, arising out of or connected with my participation in this or any exercise program including any injuries resulting there from. THIS WAIVER AND RELEASE OF LIABILITY INCLUDES, WITHOUT LIMITATION, INJURIES WHICH MAY OCCUR AS A RESULT OF (1) EQUIPMENT THAT MAY MALFUNCTION OR BREAK (2) ANY SLIP, FALL, DROPPING OF EQUIPMENT AND (3) OUR NEGLIGENT INSTRUCTION OR SUPERVISION.

Assumption of Risk

I, _____, recognize that exercise might be difficult and strenuous and that there could be dangers inherent in exercise for some individuals. I acknowledge that the possibility of certain unusual physical changes during exercise does exist. These changes include abnormal blood pressure; fainting; disorders in heartbeat; heart attack; and, in rare instances, death. I understand that as a result of my participation, I could suffer an injury or physical disorder that could result in my becoming partially or totally disabled and incapable of performing any gainful employment or having a normal social life. I recognize that an examination by my physician must be obtained prior to involvement in this exercise program. I acknowledge and agree that I assume the risks associated with any and all activities and/or exercises in which I participate. I ACKNOWLEDGE THAT I HAVE THOROUGHLY READ THIS WAIVER AND RELEASE AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY. BY SIGNING THIS DOCUMENT, I AM WAIVING ANY RIGHT I OR MY SUCCESSORS MIGHT HAVE TO BRING A LEGAL ACTION OR ASSERT A CLAIM AGAINST the FNF, AFNP, Doug Pinter, or OTHERS REFERRED TO IN THIS DOCUMENT FOR ANY NEGLIGENCE OR THAT OF OUR EMPLOYEES, AGENTS, OR CONTRACTORS.

Photography and Audio/Video Recording

I hereby give the FNF and AFNP official professional recording company permission to videotape, photograph, and record my image and or likeness. I understand that such taping or recording may be used at the sole discretion of the FNF. I also understand by giving permission is in no way an endorsement of the FNF, AFNP, or any product(s) distributed by the FNF and AFNP.

Participant's signature (parent/guardian if under 18)

Date

Please print name

Squats for Soldiers

Male / Female Most Volume Lifted
&
Most Money Raised

Most Volume Lifted - Male (use a pencil on this)			
<u>Name</u>	<i>Load</i>	<i>Reps</i>	Total Volume Load

Most Volume Lifted - Female (use a pencil on this)			
<u>Name</u>	<i>Load</i>	<i>Reps</i>	Total Volume Load

Most Money Raised - (use a pencil on this)			
<u>Name</u>	Total \$ Raised	<i>Total Sponsors</i>	<i>Total Pledges</i>

Sponsorship Form

Anytime Fitness North Peoria

Phone: 309-966-4217

Email: Patrick@ptxpt.net



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General of the Awards & Recognition Sponsorship: \$300

Perks include: Sponsorship of trophy for the *Most Weight Lifted by Volume (male or female)* and *Most Money Raised*. The sponsor will have their logo or name on the back of the *Squats for Soldiers* participant shirt and the large banner. Also, with this sponsorship, the sponsor will also be able to add items or coupons to the goodie bag that each participant will receive. There are only three of these available.

Colonel Sponsorship: \$100

Perks include: Business logo or name on the back of the *Squats for Soldiers* participant shirt and the large banner. With this sponsorship, the sponsor will also be able to add items or coupons to the goodie bag that each participant will receive.

I, _____, have chosen the _____, for the annual *Squats for Soldiers* charity event where proceeds to benefit the *Front Nine Foundation*, supporting the *Children's Hospital of Illinois*, *Tee It Up for the Troops*, and the *Blaine Robinson Family*. I pledge to sponsor \$_____ for the chosen sponsorship written above.

Sponsor Signature _____

Date _____

SFS Volunteer _____

Date _____