



YORK CATHOLIC

STRENGTH & CONDITIONING

Lift-a-Thon

The Lift-a-Thon is an exhibition that features the weight room equipment being moved into the gymnasium allowing lifters to perform their best bench press in front of an audience. Lifters obtain monetary pledges from family and friends with proceeds benefiting weight room upkeep.

LIFT-A-THON 2008

Thanks to all those who supported the 1st Annual YC Lift-a-Thon. More than 40 lifters representing 7 YC sports teams collected pledges and attempted their best career lift with 19 lifters achieving personal bests. Nick Lupinetti had the highest bench press of the day with a lift of 280 lbs. Brandon March, Doug Pocius, and John Starceski joined the 1,000 lb. Club with cumulative weight totals in the bench press, squat, and dead lift. Doug put the exclamation point on the day with a final dead lift of 500 lbs.

The Lift-a-Thon was held as one of the fundraisers to support the weight room renovation project. Pledges for the Lift-a-Thon reached over \$10,000. Thank you again for your support!

LIFT-A-THON 2009

Saturday, March 7, 2009

12 noon