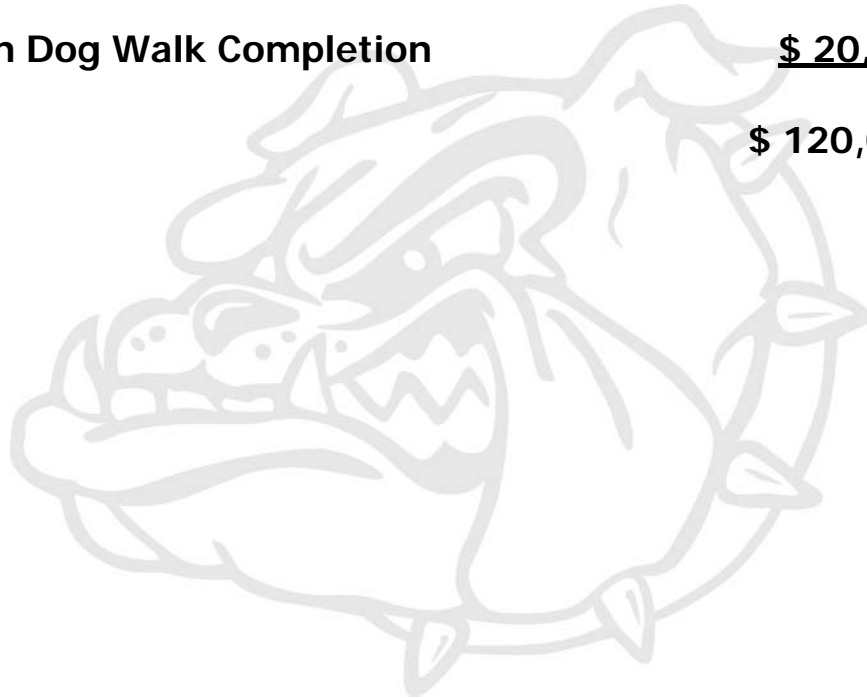




## BHS Football Booster Club 2011 Budget Requirements

Projected 2011 Budget	\$ 75,000
Capital Projects / Improvements	\$ 25,000
Bill Wilson Dog Walk Completion	<u>\$ 20,000</u>
Total	\$ 120,000





## Bearden High School Football 2011

Fundraising and Community Awareness is important to BHS Football. The Jim Smelcher Athletic Complex was completed this past year and there are improvements and ongoing expenses that we will be incurred in 2011. In addition, as promised, we plan to complete The Bill Wilson Dog Walk. We encourage all players and families to participate in this year's fundraising activities to help support our football program.

Below you will find our fundraising plan for the coming season. Again we are using a point(s) system and with a little effort, there's the opportunity for each player/family to avoid paying any expense/memberships in 2011!

### Fundraising Goals for 2011

Varsity / JV Players	1000 Points / Player
Freshmen Players	900 Points / Player

*Your incentive is to attain these Fundraising Goals and when the Varsity / JV & Freshmen Fundraising Goal(s) noted above are attained, there will be no out of pocket expense to play football in 2011!!!*

OR

At a minimum, each player's fundraising requirements are as follows:

#### 2011 BHS Varsity Football Requirements

Pay \$ 275 Spirit Pack\*, Insurance, & Booster Club Membership

Plus sell: (10) "Enjoy the City" Coupon Books\*\* (Point Value: 100)  
(10) Pancake Breakfast Tickets Sold (Point Value: 50)  
(10) Maroon & Grey Cards Sold (Point Value: 80)

\*Spirit Pack items will be issued once the above requirements are met.

\*\* Each player will be eligible to attend a Team Steak Dinner plus receive a complimentary coupon book.

#### 2011 BHS Freshmen Football Requirements

Pay \$ 175 Spirit Pack\*, Insurance, & Booster Club Membership

Plus sell: (10) "Enjoy the City" Coupon Books\*\* (Point Value: 100)  
(10) Pancake Breakfast Tickets Sold (Point Value: 50)  
(10) Maroon & Grey Cards Sold (Point Value: 80)

\*Spirit Pack items will be issued once the above requirements are met.

\*\* Each player will be eligible to attend a Team Steak Dinner plus receive a complimentary coupon book.



If you meet the minimum fundraising requirement(s), but are not able to attain the Varsity or Freshmen Fundraising Point Goal there will be credit given towards the Booster Club Membership / Spirit Pack amount due as noted below:

<b>BHS Football Proration Formula</b>		
<b>Fundraising Points Earned</b>	<b>Varsity</b>	<b>Freshmen</b>
0	\$495	\$395
100	\$315	\$240
230	\$275	\$175
300	\$245	\$165
400	\$210	\$150
500	\$175	\$120
600	\$140	\$90
700	\$105	\$60
800	\$70	\$30
900	\$35	\$0
1000	\$0	\$100
1,100	\$100	\$200
1,250	\$250	\$350
1,500	\$500	\$600
1,750	\$750	\$850
2,000	\$1,000	\$1,100

**Note: Shaded area reflects credit voucher \$ earned to spend for BHS Football merchandise for the coming season! Bulldog Bones Credit Voucher(s) will be issued at the Welcome Back Banquet.**

***DEADLINE FOR PAYMENT(s) & FUNDRAISING WILL BE JULY 15, 2011!!!***



*How do we earn points?*

	<u>Point Value</u>
<b>FUNDRAISING Opportunities:</b>	
Sell Extra Coupon Books	10 / Book
Sell Extra Pancake Breakfast Tickets	5 / Ticket
Sell Extra Maroon & Grey Cards	8 / Card
Player Lift-a-thon	1 Point / \$ Earned
Top Dog Advertiser (see advertising materials for details)	500
Big Dog Advertiser (see advertising materials for details)	400
BHS Football Concession Sponsor	1000
BHS Football Spirit Sponsor (Big Game Sponsor, Seat Cushions, Noise Sticks, Stadium Cups, etc)	500
BHS Football Schedule /Player Roster Sponsor	100
Game Field Banner (Premier location)	250
Game Field Banner (Perimeter location)	150
Banner Re-newels (from 2010 orders)	100
<b>Program Ads:</b>	
Full Page Ad	200
½ Page Ad	100
¼ Page Ad	50
1/8 Page Ad	25
Secure a Pre-Game or Thursday Night Meal Sponsor	250
Reserved Game Parking	50
Cash Donations	1 Point / \$ Donated
<b>Golf Tournament Opportunities:</b>	
Diamond Sponsor	700
Gold Sponsor	400
Silver Sponsor	250
Bronze Sponsor	100
Player / Participant	50
(4) Man Team	200



## For Example

	<u>Points</u>	<u>Result</u>
Golf Tourney Diamond Sponsor	700	You pay ZERO and have 380 points to redeem as you see fit!
Full Page Program Ad	200	
Game Field Banner	250	
*Minimum Requirement	<u>230</u>	
	1,380	
*Minimum Requirement	230	You pay ZERO and have 130 points to redeem as you see fit!
(4) Man Team for Golf	200	
Top Dog Advertiser	500	
(20) Additional Coupon Books Sold	<u>200</u>	
	1,130	
Top Dog Advertiser	500	You pay ZERO!
*Minimum Requirement	230	
Secure (2) Pre-game meal Sponsors	200	
(7) Additional Coupon Books Sold	<u>70</u>	
	1,000	
*Minimum Requirement	230	You pay ZERO!
Big Dog Sponsor	400	
Golf Hole Sponsor	250	
Lift-a-Thon Sponsors	70	
Reserve Parking	<u>50</u>	
	1,000	

\*Every player is required to sell the following:

- 10 Coupon Books
- 10 Pancake Breakfast Tickets
- 10 Maroon & Grey Cards



***FREE STUFF!!!***

Once players exceed their 2011 Fundraising Points Goal of 1000+ for Varsity & 900+ for Freshmen, the following custom order items will be available:

<u>Points</u>	<u>Item</u>
250	BHS Letterman Jacket – Varsity Players only, if letter is earned (Basic Jacket, additional cost may apply & points may be used to offset the cost)
250	Game Helmet (Basic Team Helmet)
100	Adidas Scorch Warm-up Maroon & White
75	Game Jersey w/ Players #
55	Adidas Scorch Polo
35	Adidas Loose Fit T's – Long Sleeve
30	Adidas Loose Fit T's – Short Sleeve

\*2011 Retail prices may vary slightly. We will confirm once 2011 Adidas custom apparel merchandise catalog is released.

For Example:

		<u>Out of Pocket \$</u>
1,250 Points Earned	Spirit Pack & Booster Club Membership	-0-
	Basic Letter Jacket	-0-
1,500 Points Earned	Spirit Pack & Booster Club Membership	-0-
	Basic Letter Jacket	-0-
	\$ 90 of Credit in the Dog Shop	-0-
	(2) Scorch Polo's	-0-
	Reserved Parking	-0-

Or, points may be redeemed as Bulldog Bonus Bones for use in the Bulldog Souvenir Shop for the 2011 season or may be used to purchase any Custom Apparel Items, some are noted above, in the spring of 2011.



## 2011 BHS Football Fundraising Calendar

Tuesday	April 5, 2011	Coupon Books & Pancake Breakfast Tic's Issued
*Saturday	April 9, 2011	Coupon & Pancake Blitz Date Location(s) - TBD
*Saturday	April 23, 2011	Coupon & Pancake Blitz Date Location(s) - TBD
Monday	April 18, 2011	Player Lift-a-thon
*Saturday	April 30, 2011	Coupon & Pancake Blitz Date Location(s) - TBD
Thursday	May 5, 2011	Coupon Book Sales End
Saturday	May 14, 2011	Pancake Breakfast, Mulligan's
Tuesday	May 31, 2011	Maroon & Grey Card Sales Begin
*Saturday	June 4, 2011	Maroon & Grey Card Blitz Date Location(s) – TBD
*Saturday	June 18, 2011	Maroon & Grey Blitz Date Location(s) – TBD
Tuesday	June 21, 2011	Maroon & Grey Card Sales End
Monday	July 11, 2011	BHS Booster Club Golf Tournament

\*Blitz Dates, time(s), and locations are subject to change.

<b><i>Friday</i></b>	<b><i>July 15, 2011</i></b>	<b><i>BHS Football Fundraising Ends!!!!</i></b>
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**BEARDEN HIGH SCHOOL FOOTBALL SUPPORTER  
ADVERTISEMENT & SPONSORSHIP OPPORTUNITIES**

*The expectation for Bearden High School football remains high! The Dogs will open the season with a number of talented young players returning from last year's TSSAA Quarter Final round playoff team whose season end record was 9 - 4. The sky is the limit for this year's edition of Bull Dog football!*

*In order for BHS to have successful football program, it will take effort and commitment from the Bearden Community and our loyal supporters. Below you will find advertising opportunities for the coming year:*

\_\_\_\_\_ **Top Dog Advertiser** (Renewal from 2010 – Reduce \$ 100)..... **Total \$750**  
 Game Field Banner Advertisement (Premier location in front of stands)  
 Full Page Football Program Advertisement (You Save \$ 150)  
 Hole Sponsorship at BHS Football Golf Tournament (Monday July 11, 2011 • Gettysvue Country Club)

\_\_\_\_\_ **Big Dog Advertiser** (Renewal from 2010 – Reduce \$ 100) ..... **Total \$650**  
 Game Field Banner Advertisement (Premier location in front of stands)  
 Half Page Football Program Advertisement (You Save \$ 150)  
 Hole Sponsorship at BHS Football Golf Tournament (Monday July 11, 2011 • Gettysvue Country Club)

**Additional Advertising Opportunities**

- \_\_\_\_\_ Game Field Banner Advertisement (Size 3' x 6' in Premier location) (Renewal from 2010 – Reduce \$ 50) ..... **\$350**
- \_\_\_\_\_ Game Field Banner Advertisement (Size 3' x 6' in Perimeter location) (Renewal from 2010 – Reduce \$ 50)..... **\$250**
- Program Advertising
  - \_\_\_\_\_ Full Page ..... **\$300**
  - \_\_\_\_\_ Half Page ..... **\$200**
  - \_\_\_\_\_ Quarter Page ..... **\$100**
  - \_\_\_\_\_ Eighth Page ..... **\$75**
- \_\_\_\_\_ Golf Tournament Hole Sponsor ..... **\$250**
- \_\_\_\_\_ Media / Community Sponsor ..... **TBD**
- \_\_\_\_\_ Concession Sponsor ..... **\$1,000**
- \_\_\_\_\_ Spirit / Big Game Sponsor ..... **\$500**
- \_\_\_\_\_ Player Roster / Schedule Sponsor ..... **\$200**

Advertiser / Company Name: \_\_\_\_\_  
 Contact Name: \_\_\_\_\_  
 Phone No: \_\_\_\_\_  
 Email: \_\_\_\_\_

**Please include your layout instructions, artwork and payment. If you would like to e-mail your request, please do so to: acfrizen@hotmail.com For further information, please contact: Anita Frizen (865) 603-5501 Mail to: 1268 Willowood Road - Knoxville, TN 37922 - Preferred artwork format(s) include: \*ai, \*eps, \*psd, \*pdf, \*tif, \*jpg, must be high-resolution (300 dpi or higher). We recommend you send artwork in black & white if possible. Checks should be made payable to: BHS Football Booster Club**

Player / Solicitor (Print): \_\_\_\_\_ Date: \_\_\_\_\_

Received By: \_\_\_\_\_ Date: \_\_\_\_\_



## BHS Football 2011 Advertiser Sale Opportunities

<u>Company</u>	<u>Player / Solicitor</u>	<u>Advertisement</u>	<u>Company</u>	<u>Player / Solicitor</u>	<u>Advertisement</u>
Jr. Griffey & Sons Body Shop	Joshua Bickerstaff	Banner	Kessler's	Leadership Committee	Banner/Ad
Admiral Landscaping	Luke Candela	Program Ad	Knox Gastrointestinal Spec.	Ethan Pollack	Banner
Athletic House	Leadership Committee	Longest Drive Sponsor	Knox Insurance Group	Nicky Frizen	Program Ad
Backyard Burgers	Nicky Frizen	Meal	Knoxville TVA Emplo. CU	Steven Shell	Banner
Balfour Company	Will Burns	Golf Hole Sponsor	Lenny's Sub Shop	Nicky Frizen	Meal
Bearden Decorating	Chandler Greer	Top Dog Advertiser	McDonald's	Nicky Frizen	Program Ad
Bearden Youth Football	Nicky Frizen	Program Ad	Mercers Tree Service	Alec / Brad Rucker	Banner
Beaty Chevrolet	Ethan Griffin	Top Dog Advertiser	MK Mechanical	Luke Candela	Banner
Bertelkamp Automation	Leadership Committee	Golf Beverage Spon.	Moe's	Tyler McCammon	Meal
Bluegrass Animal Hospital	Nicky Frizen	Program Ad	Mortgage Investors Group	Will Burns	Banner
Brackfield and Associates	Conner Amburn	Banner	National Scouting Report	Christian Alderman	Banner
Breadbox	Aaron Evans	Banner	NHC Assisted Living	Luke Candela	Program Ad
Broadway Carpeting	Will Burns	Big Dog Advertiser	Nixon's Deli	Tyler McCammon	Meal
Calhoun's	David Farmer	Meal	Northshore Xpress Lube	Aaron Evans	Program Ad
CBFO Sports	Nicky Frizen	Program Ad	O'Charley's	Aaron Evans	Meal
Cellular Sales of Knoxville	Jake Jolley	Banner	Oldham Insurance	Jackson Elmore	Banner
Central Baptist Bearden	Nicky Frizen	Program Ad	Park West Church	Christian Robinson	Banner
Certapro Painters	Isaiah McDaniel	Banner	Partners Development	Kole Matherly	Banner
Chick-fil-A	Steven Shell	Selling of Sandwiches	Phillip Powell, DDS	Grant/Chad Jenkins	Program Ad
Christopher O'Rourke	Aaron Evans	Program Ad	Puleo's Grille	Will Burns	Meal
CiCi's Pizza	Nicky Frizen	Meal	Rafferty's	Chad/Grant Jenkins	Meal
Coachman Clothiers, Inc	Nicky Frizen	Program Ad	Ramsey, Elmore & Stone	Jackson Elmore	Top Dog Advertiser
Cokesbury United Methodist	Steven Shell	Program Ad	Ray's ESG	Foster Arledge	Program Ad
Craig Bellitz Construction, Inc	Will Burns	Golf Hole Sponsor	Realty Executives/Beth Mattingly	Steven Shell	Banner
Crown Cleaners	Nicky Frizen	Program Ad	Realty Executives/Randy Susong	Chandler Greer	Banner/Ad
Daytons Pest Control	Luke Hopkins	Top Dog Advertiser	Rice Automotive	Kole Matherly	Banner
Dazzo's Italian Castle Pizza	Jake Morgenstern	Banner & Meal	Rooster's	Will Burns	Meal
Denton's / Wishbones	Tyler McCammon	Meal	Shafer Insurance	Nicky Frizen	Program Ad
Donnie Dean, DDS	Nicky Frizen	Banner	Signal Industrial Products	Foster Arledge	Program Ad
Dr. David Rudder, DDS	Will Burns	Golf Hole Sponsor	Soccer Taco	Luis DeLa Cruz	Banner & Meal
Drive Rite Driving School	Ryan Rotella	Banner	Spa 9700	Nicky Frizen	Program Ad
East TN Towing	Conner Amburn	Banner	State Farm/Jeanette Rogers	Steven Shell	Banner/Ad
Echelon Florist	Will Burns	Banner	Testing Solutions	Leadership Committee	Big Dog Advertiser
Egerton McAfee	Aaron Evans	Program Ad	The Reserve at Westland	Jackson Elmore	Banner/Ad
Einstein Bros. Bagels	Tyler McCammon	Program Ad	Unchained Bail Bond	Kennedy Greene	Program Ad
El Charro	Will Burns	Banner	US Cleaners	Will Burns	Banner
Eric Himmelreich, DDS	Aaron Evans	Program Ad	Verizon Wireless	Aaron Evans	Banner
Fianancial Products & Services	Nicky Frizen	Golf Hole Sponsor	Wasabi Japanese	Conner Amburn	Banner
Fisher Tire Co.	Foster Arledge	Banner	WBIR-TV	Leadership Committee	Program Ad
Foothills Bank & Trust	Nicky Frizen	Golf Hole Sponsor	West Side Shopper	Will Burns	Banner
Free "U" Bail Bonds	Kennedy Greene	Program Ad	Wingstop	Matt England	Banner
Gatti's	Nicky Frizen	Program Ad	WIVK	Foster Arledge	Banner
GCA Services Group	Kyle Myers	Diamond Golf Sponsor			
Gondolier	Jordan Craze	Meal			
Humana	Kole Matherly	Top Dog Advertiser			
James T. Pickering	Steven Shell	Program Ad			
Jenkins & Stiles	Luke Candela	Banner			
Jiffy Lube	Conner Amburn	Banner			
Jim Smelcher	Leadership Committee	Banner			
Just Wait	Chandler Greer	Banner			

The above advertising relationships have been established by the BHS player/solicitor noted. They are responsible for following up with the advertiser contact with who they have established a relationship, for renewal in 2011. Must be secured by June 1, 2011 or they will be eligible for open solicitation. Once the player graduates, these companies will be eligible for open solicitation. Secondly, should any of the above advertisers select an advertising package, the point value earned will be reduced (-) 100 points.

**Below are companies who have supported BHS Football in past years, and are open for anyone's solicitation!**

Angel Floyd School for Dance	Knox Water sports
Appalachia Business Communications	Lamon Jewlers
Applebees	Landscape Etc., LLC
Aubrey's	Mastercraft
Bearden United Methodist	McGuire's Professional Painting
Bearden West News Sentinel	Mr. Cool
Budget Transmission	Nation Wide
Carrabba's	Office Furniture Outfitters, LLC
David Goldman MD	Pelancho's
Dick's Sporting Goods	Petros
Fitness Together	Pinnacle Real Estate
Food City	Realty Executives - Bruce Goff
FSG Bank	Safety Smart
Health Shoppe	Smith & Hammaker
Hooters	Sports Animal
Hutson Roofing Corp	Summit Accounting Services
James F. Kotsianas	Texas Road House
Jason Wolfe Construction Inc	Thomas Zarger, DDS
Jessup & Associates	World Travel

As you can see there are many more in the Bearden Community that do not appear on this list, so it is open season DOGS!



## ***BHS Football***

### **2011 Advertising Opportunities**

- **BHS Football Media/Community Sponsor**  
BHS Football Supporter's business will be advertised/displayed on the BHS Football Radio, BHS Football Web-site, Game Field Banner, Game Day Program, Golf Tournament, etc. (Cost & Fundraising points to be determined once radio station is secured/confirmed)  
Cost: \$ TBD
- **BHS Football Concession Sponsor**  
BHS Football Supporter's business will be printed on our concession stadium cups. BHS Football Booster concession will offer lemonade and tea and each will be served in our 16 oz. Concession Sponsor cup.  
Cost: \$ 1,000
- **BHS Football Spirit Sponsor**  
Seat Cushions / Noise Sticks, etc will be imprinted with the sponsor's advertisement & tossed into the stands periodically throughout the game by the Cheerleaders & Dance Team  
Cost: \$ 500
- **BHS Football Big Game Sponsor**  
Each home game we will distribute materials/flyers for the sponsoring business with one side being the advertisement the opposite side the rosters of both teams  
Cost: \$ 500
- **BHS Football Schedule Sponsor**  
Laminated wallet size schedule(s) or Full Color Poster with sponsor advertisement and the 2011 BHS Football Schedule.  
Cost: \$ 200
- **BHS Football Player Roster Sponsor**  
Laminated wallet size Varsity and/or Freshmen roster(s), with sponsor advertisement on one side and the player roster on the opposite side.  
Cost: \$ 200





**BEARDEN HIGH SCHOOL FOOTBALL GOLF TOURNAMENT**  
BENEFITING: BEARDEN HIGH SCHOOL FOOTBALL

MONDAY, JULY 11, 2011 • GETTYSVUE GOLF CLUB

(SPONSORSHIP FORM)



**GOLF TOURNAMENT**

- 4 Person Best Ball Scramble Format
- Range Balls & Practice Green
- BHS Football Apparel
- Lunch & Dinner

**CONTEST & PRIZES**

- First Place Awards, for Each Flight
- Men's & Women's Closest to Pin, Par 3's (Holes 4, 6, 13, 16)
- Men's & Women's Longest Drive (Hole 2)
- Sponsored Hole Events
- Door Prizes

**CONTACT**

Mail Sponsorship form and fees:

**Bearden High School**  
**C/o BHS Football Boosters**  
**8352 Kingston Pike**  
**Knoxville, TN 37919**

**Make checks payable to:**  
**BHS Booster Club**

Sponsorship deadline is Friday,  
June 24, 2011.

**All fees must be paid in  
advance.**

Direct all questions to:  
John Burns (865) 363-5627 or  
email: John.Burns@migonline.com

**DIAMOND SPONSOR..... \$1,000**

\_\_\_ *Includes: Signage Recognition at Registration, Lunch & Dinner, plus (1) Free Foursome (\$ 500 Value)*

**GOLD SPONSOR..... \$500**

Please check the event your company would like to sponsor

\_\_\_ Lunch Sponsor (recognized by a sign at lunch)

\_\_\_ Awards Sponsor (recognized by at the awards table)

\_\_\_ Beverage Cart (recognized by a sign on beverage cart)

*Includes: (1) Free Player (\$ 125 Value)*

**SILVER SPONSOR ..... \$250**

Please check the hole that your company would like to sponsor. (Recognized by signage on tee box) We will make every effort to accommodate your request.

\_\_\_ Hole #1                      \_\_\_ Hole #2                      \_\_\_ Hole #3

\_\_\_ Hole #4                      \_\_\_ Hole #5                      \_\_\_ Hole #6

\_\_\_ Hole #7                      \_\_\_ Hole #8                      \_\_\_ Hole #9

\_\_\_ Hole #10                      \_\_\_ Hole #11                      \_\_\_ Hole #12

\_\_\_ Hole #13                      \_\_\_ Hole #14                      \_\_\_ Hole #15

\_\_\_ Hole #16                      \_\_\_ Hole #17                      \_\_\_ Hole #18

**DOOR PRIZES / GOODY BAG DONATIONS:** \_\_\_\_\_

Company Name (as it should appear on sign): \_\_\_\_\_

Contact Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Amount Enclosed: \$ \_\_\_\_\_

Player / Solicitor (Print): \_\_\_\_\_

Date: \_\_\_\_\_

Received By: \_\_\_\_\_

Date: \_\_\_\_\_



**BEARDEN HIGH SCHOOL FOOTBALL GOLF TOURNAMENT**  
 BENEFITING: BEARDEN HIGH SCHOOL FOOTBALL

MONDAY, JULY 11, 2011 • GETTYSVUE GOLF CLUB

(REGISTRATION FORM)



**GOLF TOURNAMENT**

**Cost: \$ 125 / Player**

- 4 Person Best Ball Scramble Format
- Range Balls & Practice Green
- BHS Football Apparel
- Lunch & Dinner

**CONTEST & PRIZES**

- First Place Awards, for Each Flight
- Men's & Women's Closest to Pin, Par 3's (Holes 4, 6, 13, 16)
- Men's & Women's Longest Drive (Hole 2)
- Sponsored Hole Events
- Door Prizes

**CONTACT**

Mail Registration form and fees:

Bearden High School  
 C/o BHS Football Booster  
 8352 Kingston Pike  
 Knoxville, TN 37919

Make checks payable to:  
 BHS Booster Club

Registration deadline is Friday, June 24<sup>th</sup>. Any questions contact:  
 John Burns (865) 363-5627 or  
 email: [John.Burns@miqonline.com](mailto:John.Burns@miqonline.com)

**PARTICIPANTS**

Bearden Football Players, Coaches, Boosters, Friends & Bearden Community Supporters

**EVENT**

Golf, Lunch, Dinner & Support of Bulldog Football!

**TIMES**

11:30am – Registration & Lunch

1:00pm – Tee Off

6:30pm – Awards Presentation & BBQ

**ATTIRE**

Proper Golf Attire (Soft Spikes Required)

Sponsored BBQ Buffet Reception & Awards Presentation following play

Name: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

City, ST, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

First Name	Last Name	Cost	Mulligan Package (\$ 20)	Total
		<b>\$ 125</b>		
		<b>\$ 125</b>		
		<b>\$ 125</b>		
		<b>\$ 125</b>		

Player / Solicitor (Print): \_\_\_\_\_

Date: \_\_\_\_\_

Received By: \_\_\_\_\_

Date: \_\_\_\_\_



## Pre-Game Meal

Offered / Donated By: \_\_\_\_\_

Game Date: \_\_\_\_\_ Varsity / JV & Freshmen (circle one)

Items Offered:

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### Choices/Suggestions:

**Meats:** turkey, chicken breast, or sliced chicken, chicken and /or turkey wraps  
**Pasta:** macaroni, spaghetti, ravioli, plain or with sauce such as marinara, spaghetti with turkey meatballs, chicken dishes with pasta (**no cream sauces**)  
**Potatoes:** baked, boiled, or mashed (**limit butter and salt**)  
**Starchy Vegetables:** peas, carrots, winter squash, sweet pot., green beans  
**Soups:** chicken & rice, veggie, chicken noodle  
**Foods to Avoid:** candy, sugar, honey, drinks with caffeine, fried foods, high fat meats, gravies and sour cream, raw fruits and veggies, and popcorn, nuts, or dried beans

We suggest meals high in starch and moderate amounts of proteins. Meals with high amounts of protein take longer to digest.

\_\_\_\_\_  
Donation Authorized By

\_\_\_\_\_  
Date

\_\_\_\_\_  
Meal Approval:

\_\_\_\_\_  
Date