

Ron's Rising Stars Football Camp 2018 Fundraising Opportunities

In an effort to assist participants in attending our football camp, we have created new fundraising opportunities. Campers may participate in the following fundraisers to help raise funds for them to attend the 2018 Ron's Rising Stars Football Camp July 8-12th at Shippensburg University.

110 Conditioning Test Fundraiser

On Saturday May 5th we will be hosting the RRS 110 Conditioning Test at Shippensburg University! We will have an early morning and early afternoon session to complete the test. More details on time to be announced soon!

What is the 110 Conditioning Test?

The 110 Conditioning Test is a conditioning formatted test used by several High School Football Teams across the country, most NCAA College Football Teams, and every NFL football Team. It is known and respected as one of the ultimate conditioning test to show how physically conditioned football players are but also shows mental toughness.

The 110 Conditioning Test goes as follows:

Participants line up by their offensive or defensive positions across the end zone for the start of the 110's. The participants will sprint to the opposite 45 yard line and sprint back to the end zone where they started for 16 reps, with 45 seconds break between each rep.

Participants are expected to cross the line under a specific time based on their position. For Example, Offensive Lineman and Defensive Lineman typically have a higher time to cross the line for each rep, as skills positions like running backs, wide receivers and defensive backs are typically expected as faster players and will have lower times to cross the line.

For Example, a College Lineman may be expected to cross the line in under 21 seconds for each of the 16 reps with a 45 second break between each rep. Running Backs and Wide Receivers may be expected to finish in 16 or 17

seconds for each rep at the college or pro levels. (These are college and Pro times). We will select the times based on players ages. Typically, at the College and NFL levels if players do not complete the 16 110's and make all of their reps in their expected time, they typically have to do the test each day until they complete all reps in the time frame expected.

For our Fundraiser we will set times by age and position that our participants can shoot for to finish each rep under that time, but are NOT REQUIRED to finish each rep at that specific time if they cannot. WE WILL NOT force any participants to complete the test if they cannot do so, and if participants do not meet the time expected for their position, WE WILL NOT penalize the participant. Participants will be told to do the very best that they can.

The RRS Coaches will run with the participants and encourage each participant during every rep. Why? Because we are leaders and we support our teammates and brothers at all times. No matter if you are the first participant that crosses the line or the last, every participant will help each other out. This is leadership, team building, and good sportsmanship on display.

We encourage every participant to push hard to reach their expected time and to set a goal for themselves. This is a conditioning test that represents physical and mental toughness. Two key components needed to play the game of football at all levels.

So how does the fundraiser work for the 110's?

Participants will be given a sheet and we will also create a link for our participants to reach out to family, friends, neighbors, mentors, coaches, teachers, business owners and anyone who may support and sponsor their efforts to get to the 2018 RRS Football Camp.

Sponsors may support the participant by making a donation with the following criteria:

16 reps 110 yard sprints

\$2 per 1 Rep or 1 Sprint = \$32.00

\$3 per 1 Rep or 1 Sprint = \$48.00

Flat Rate Sponsorship of \$20.00 total

Flat Rate Sponsorship of \$25.00 total

Flat Rate Sponsorship of \$50.00 total

Flat Rate Sponsorship of \$100.00 total

Any funds that are raised by participants will go towards the tuition for that individual participant to attend the 2018 Ron's Rising Stars Football Camp.

This is an awesome way to work hard to raise funds for participants to attend the Ron's Rising Stars Football Camp this summer. The RRS Staff will create sponsorship forms and an agreement form for funds to be designated towards the participants Ron's Rising Stars Football Camp Tuition.

If interested in this fundraising opportunity, you must contact the RRS Football Camp staff at 1-844-777-2267 or email us at ron@ronsrisingstars.com and one of our staff members will contact you shortly. If you plan on participating in this Fundraising opportunity, you must notify us by no later than Saturday April 7, 2018.

We Encourage everyone to contact us as soon as possible to notify us if your athlete will be participating.

Due to this Fundraising Opportunity we will be moving the Early Bird Registration Date back to Saturday May 5, 2018. The Discounted Camp Rates will apply until Saturday May 5, 2018.

Ron's Rising Stars Football Camp 110 Conditioning Test Fundraiser

May 5, 2018



Location:

Shippensburg University

All Funds will go towards this athlete's tuition to attend Ron's Rising Stars Football Camp July 8-12 2018!

Sponsors may support the participant by making a donation with the following criteria:

16 110 yard sprints (Check off your selection below)

- \$2 per each Sprint Completed (\$32 total)
- \$3 per each Sprint Completed (\$48 total)

- Flat Rate Sponsorship of \$20.00
- Flat Rate Sponsorship of \$25.00
- Flat Rate Sponsorship of \$50.00
- Flat Rate Sponsorship of \$100.00

Sponsors Name	Address	Phone Number	Sponsor Amount
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

11.			
12.			
13.			
14.			
15.			

TOTAL: _____

