



Michael LaViola
STRONGMAN
CHALLENGE



Dear Sponsors,

Varsity House is proud to announce the 11th annual Michael LaViola Strongman Challenge. Every year The Strongman Challenge brings our athletes together with the community for a great event, for an even better cause. All proceeds from The Strongman Challenge are donated to the Michael LaViola Foundation, which raises money to fund research for a rare form of cancer known as Synovial Sarcoma and offers scholarships for two graduating students of Northern Valley Regional High School at Old Tappan.

The Strongman Challenge will consist of three events: *Overhead Log Clean and Press Away*, *Heavy Push-Pull Medley* and the *Max Distance Sandbag Carry*. Athletes will be competing within the following four categories: 8th & 9th graders (Jr. Varsity), 10th-12th graders (Varsity), College/Adult under 220lb and College/Adult over 220lb. We will award prizes and give-a-ways for all contestants, have a spectacular array of ALL-YOU-CAN-EAT food from local establishments, and offer a 50/50 raffle for all event spectators. The Strongman Challenge will take place on June 15th from 10am-1pm at Varsity House Gym in Orangeburg, NY. We are expecting a minimum of 50 contestants and hundreds of spectators at the event.

The first twenty Gold Level sponsors will have their name and logo printed on the event T-shirt and may set up one table at the event to showcase their company's products/services. All sponsors will be listed in the event's program which will be given to all contestants and spectators. Sponsors are also included on the Michael LaViola Foundation, and Varsity House Gym websites. This event is featured in a press release by The Bergen Record, the Suburbanite newspapers, the Northern Valley Press and the Pascack Press, which will also be covering the event on June 15th. Come take part in a great cause and may the strongest come away victorious!

- **GOLD SPONSORSHIPS - \$400 - Your name/company's name and logo on the event t-shirt and program. You can set-up a table at the event or leave literature for our sponsor table.**
- **SILVER SPONSORSHIPS - \$250 - Your name/company's name on the event t-shirt and program. You can set-up a table at the event or leave literature for our sponsor table.**
- **BRONZE SPONSORSHIPS - \$100 – Your name/company's name in the event program.**

Confirmed Gold Sponsors: Shoprite of Northvale, Skae Power, Power-Pro Power Washing, Par Group, Drucker Financial, Gillen Surgical Company, Baviello's Deli.... **ADD YOUR NAME!**

Please send checks and the sponsorship registration form to:
Varsity House Strongman Challenge 337 Blaisdell Road Orangeburg, NY 10962

Make ALL Checks Payable to: The Michael LaViola Foundation

For more information call the gym at 201-767-1305, email info@varsityhousegym.com or visit www.michaellaviolafoundation.org.



SPONSORSHIP REGISTRATION FORM

11th ANNUAL MICHAEL LAVIOLA FOUNDATION STRONGMAN CHALLENGE

Varsity House Gym – June 15, 2019

337 Blaisdell Road, Orangeburg, NY 10962 • 201-767-1305 • info@varsityhousegym.com

Sponsorship Opportunity:

- Gold** **\$400 Contribution**
Your name/company's name and logo on the event t-shirt* and program. You can also set-up a table at the event or leave literature for our sponsor table.
- Silver** **\$250 Contribution**
Your name/company's name on the event t-shirt* and program. You can also set-up a table at the event or leave literature for our sponsor table.
- Bronze** **\$100 Contribution**
Your name/company's name in the event program.

*Checks must be received by June 1st for recognition on the event shirt.

Registering:

Please complete this form, attach a check or money order made payable to "The Michael LaViola Foundation", and mail to: Varsity House Strongman Challenge, 337 Blaisdell Road, Orangeburg, NY 10962.

Sponsorship Registration Information:

Primary Contact: _____

Sponsor/Company Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____

Email Address: _____

Web Address (if applicable): _____

For more information about the foundation visit the website at: www.michaellaviolafoundation.org



Michael LaViola
STRONGMAN
CHALLENGE



Event Description and Rules

Overhead Press – In this event, each athlete will have to clean a steel log once, and overhead press to full lockout as many times as possible in one minute. The most successful number of lifts in the allotted time wins.

- Jr. Varsity – 95lb Steel Log
- Varsity – 125lb Steel Log
- College/Adult (under 220lb) – 150lb Steel Log
- College/Adult (over 220lb) – 200lb Steel Log

Death Medley – This event consists of two events; the Backward Sled Pull into a High-Handle Prowler Push. Each athlete must move each implement 20 yards in the fastest time possible. If no athlete can complete the course, the best distance and time will win.

Max Distance Sandbag Carry – In this event, athletes will carry a heavy sandbag for maximum distance. The athlete who carries the sandbag the farthest wins.

- Jr. Varsity – 125lb Sandbag
- Varsity – 175lb Sandbag
- College/Adult (under 220lb) – 200lb Sandbag
- College/Adult (over 220lb) – 225lb Sandbag

IN THE EVENT OF AN OVERALL TIE, THERE WILL BE A ONE EVENT SHOWDOWN TO DETERMINE THE WINNER. MAY THE STRONGEST COME AWAY VICTORIOUS!!!