



WITHROW TIGERS FOOTBALL

GENERAL DONATION

Specific Needs

Uniforms: We are in desperate need to get new uniforms for the Program. We are looking at off-brands for the Freshman and Jr. High who haven't had new uniforms since 2012. That cost is going to be around **\$8k**. We also need to buy another Varsity set. That cost is going to run around **\$13k** because they are Adidas for a heavier-duty set.

Nutrition: We feed these boys everyday PB&J sandwiches during the summer and season. Many times this is the only real meal they get all day as the school lunch is terrible, and there may or may not be food at home. Practicing and playing on an empty stomach, much less asking them to go home and study, is simply not sustainable. Since implementing a nutrition program, we have seen dramatic improvements in all areas. We also use money to get a spaghetti dinner and salad on Thursday night before a game and a protein meal on Friday game day. That has been Subway, Jersey Mikes, and Chic-fil-a. During this year's shut down to all virtual, we hosted daily Study Tables and fed them breakfast and lunch. Finally, we are able to purchase Gatorade protein products at a discount. To satisfy the nutritional needs for the year for this many kids runs barebones of about **\$7k**.

Combine Camps: Our guys can't afford to go to combine camps like many of their opponents do but would really benefit from the experience. We would love to have a fund to be able to take 5-6 Juniors/Seniors to a camp. Cost per kid runs around \$300 (entrance, travel, hotel - 4 to room, food, etc). If we could have a fund with around **\$4-5k** would allow for 2-3 camps for different groups, that would be huge.

College and Post-grad Visits: The coach personally takes them on visits and has great rapport many schools for these kids. He works so hard exploring options from D2 (and even D1 in some cases), HBCU's and the military. His goal is to give each player a post-graduation pathway to get them set up for their next phase of life. Often he is the consistent male figure in their lives, so he takes this responsibility very seriously. We would like to have about **\$2k** set aside to assist with those needs as much of that has come out of his own pocket.

Academic Help: We have some academically gifted kids on the team who need help with ACT prep. We would like to have a line item in our budget for this. Places like a Torch Prep, Huntington, etc. would come in and conduct the sessions. That would run around **\$4k** for 10 kids. We would also use this money for any special afterschool tutoring as needed.

General: As you know, there simply are lots of misc costs to run a football program and it adds up very quickly. Needs like supplying practice t-shirts and shorts; buying new balls and water bottles (Covid means each has to have their own); bus passes to get kids home after games; things for gamefilm, airhorns for practice drills, etc. We can ALWAYS use any amount of money and every penny is going to something very specific and never wasted! In those kinds of expenses, we spent about **\$2k** last season.



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**Thank you for your investment. ANYTHING is appreciated!
Please indicate below if you would like your donation to go
towards a specific need.**

**Please accept my gift below to help
the young men of the Withrow
Football team.**

- \$100**
- \$500**
- \$750**
- \$1000**
- \$3000**
- \$5000**
- Other \$** _____

I would like my contribution to be used for:

Payment Options

Check (preferred) payable to:

Withrow Football – FOP

Attn: Nicole Fredrick

2758 Walsh Rd.

Cincinnati, OH 45208

Paypal:

WithrowTigersFootball@gmail.com

CONTACT INFORMATION

Name:

Address:

Email:

Phone:

Questions

Contact Nicole Fredrick

Email:

WithrowTigersFootball@gmail.com

Phone:

513-702-3112

**My contribution is 100% tax-deductible as allowed
by law, and I will receive confirmation via a letter
for my records.**

THANK YOU FOR YOUR SUPPORT!