

# Varsity House Strongman Challenge 2013

## For The Michael LaViola Foundation

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Dear Friends,

Varsity House is proud to announce the 5<sup>th</sup> annual Varsity House Strongman Challenge. This is going to be a great event, for an even better cause. To date we have raised over 25,00 dollars!!! All of the proceeds from The Challenge will be donated to the Michael LaViola Foundation. The Michael LaViola Foundation raises money for Pediatric Sarcomas, a rare form of cancer, and offers scholarships for graduating students of Northern Valley Regional High School at Old Tappan.

The Challenge will consist of three groups: 8<sup>th</sup> & 9<sup>th</sup> graders (Jr. Varsity), High School, and College/Professional Athletes. There will be four events: Overhead Press, Tractor Tire Flip, Death Medley (Farmers Walk, Sled Drag, Sandbag Carry), and the Truck Pull. There will be prizes and give-a-ways for all contestants as well as a 50/50 raffle for all event spectators. The Challenge will take place June 1<sup>st</sup> from 10am-1pm. Contestant registration will start at 9:00am sharp. Come take part in a great cause, and may the strongest come away victorious!!!!

**Cost: \$25 Per Contestant / Additional family donations welcome!**

**Event Sponsors: Varsity House, North Jersey Muay Thai, Speed Soccer Academy, Power Pro Power Washing, Baviello's Deli, and Dr. Mike Fitzgerald Chiropractic, Velocity Staffing, Drucker Financial, Par Pharmaceuticals.**

**Please make checks or money orders payable to: The Michael LaViola Foundation.**

**For more information about the foundation visit their website at:**

**[www.michaellaviolafoundation.org](http://www.michaellaviolafoundation.org)**

**To register please go to our website at – [www.varsityhousegym.com](http://www.varsityhousegym.com) and fill out the registration/release form, or call Dan Goodman at 201.767.1305. Walk-ins welcome the day of the event!**



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### Event Description and Rules

**Overhead Press** – In this event each athlete will have to clean and press one of three unique implements over their head to full lookout as many times as possible in one minute. The three implements are as follows: 10” Steel Log Press, 2” Thick Axel Bar Press, and a Standard Olympic Barbell. The most successful lifts in the allotted time wins.

- Jr. Varsity – 85lb Olympic Barbell
- High School – 125lb Axel Bar
- College/Pro (under 220) – 150lb Steel Log
- College/Pro (over 220) – 200lb Steel Log

**Tire Flip** – In this event each athlete has to flip the tire as many times as possible in one minute time. A tie goes to the most flips in the fastest time.

- Jr. Varsity – 350lb Tire
- High School – 400lb Tire
- College/Pro (under 220)– 500x5
- College/Pro (over220) – 500x8

**Death Medley** – This event consists of three individual events: 50ft Farmers Walk, 50ft Sled Back Drag, 50ft Keg Carry. Each athlete must carry/pull each implement 50ft in the fastest time possible. If the athlete cannot complete the course then the best distance and time will be marked.

- Jr. Varsity – 60lb Farmers, 50lb Sandbag carry, 185lb sled drag
- High School – 110lb Farmers, 75lb sandbag carry, 255lb sled drag
- College/Pro (under 220) – 150lb Farmers, 100lb sandbag carry, 175lb Tire Sled
- College/Pro (over 220) – 200lb Farmers, 150lb sandbag carry, 250lb Tire Sled

**Truck/Sled Pull** – In this event each athlete will have a max time of one minute to pull the truck or heavy sled 25ft. The best distance in the fastest time wins.

- Jr. Varsity – 300lb Prowler Pull
- High School – 4500lb GMC Pickup.
- College/Pro (under 220) – Man Loaded 7500lb GMC Pickup.
- College/Pro (over 220) – 10,000lb Ford F-350 Super Duty Diesel!!!

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

