

11/11/09

Dear Coach:

Congratulations on another year!! For all of us it is time to re-new our efforts towards next season!

We at Columbia, again, look forward to hosting the **Blue Devil Drug-Free Lift-Off**, Friday March 5, 2010. I know some of us are starting sports March 1...but most are beginning March 8 so we went ahead with the 5th hope to see you!

Over the past nineteen years it is truly you the coaches that have made this event! I have been very proud to have made friendships, learned and been associated with so many quality people making a difference in young people's lives!

Please send the enclosed letter of intent ASAP so we may plan accordingly. The awards alone for this competition are over \$1000 so we need to be sure you are coming!

I know you are football coaches but.....A goal of mine is to really focus on the number of female athletes! Please help me bring the benefits of drug-free weight lifting to these athletes, by encouraging them to come and beat the **Lady Devils!** You only need three to score for a team!

If you have any concerns/question please do not hesitate to call or e-mail!

Yours in Lifting!
Ron Annis

Blue Devil Drug-Free Lift-Off

Your school is cordially invited to participate in the Columbia High School *Blue Devil Drug-Free Lift-Off*, Friday March 5, 2010.

To indicate your willingness to attend and pay please sign and return this letter to:

Ron Annis
Top Form Inc.
81 Miller Road
Castleton, NY 12033
477-2700
Fax: 518-479-0269

Letter of Intent

School_____

Coach_____

We will participate in the 18th annual *Blue Devil Drug-Free Lift-Off*, Friday March 5, 2010. Entry fee for the event \$175 (Payable: EGCSO) may be paid on or prior to competition.

Signature_____

Date_____

** Please return or Fax ASAP*