

# GIRLS & BOYS POWERLIFTING 2024-2025



## **PRACTICE SCHEDULE** *STARTING DEC. 2ND*

**BEFORE SCHOOL: MONDAY-FRIDAY 6:30 AM**

**AFTER SCHOOL: MONDAY-THURSDAY 4:00 PM**

**YOU MUST MAKE 4 PRACTICES PER WEEK**

## **MEET SCHEDULE**

Saturday, Jan. 11th @Taylor

Saturday, Jan. 25th @Kyle

Thursday, Jan 30th @Gonzales

Saturday, Feb. 15th @Rice

Thursday, Feb. 20th @ LCQ Rice

***JOIN SPORTSYOU  
3T6N-NJYP***



## **CONTACT INFORMATION**

**Head Coach: Charles Otto**

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**Assistant Coach: Frankie Saucedo**

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