

GIRLS & BOYS POWERLIFTING 2025-2026



PRACTICE SCHEDULE

BEFORE SCHOOL: MONDAY-FRIDAY 6:30 AM

AFTER SCHOOL: MONDAY-THURSDAY 4:00 PM

IN ATHLETICS: 3 PRACTICES A WEEK

NOT IN ATHLETICS: 4 PRACTICES A WEEK

MEET SCHEDULE

UPDATED: 11-17-25

Wednesday, Jan. 14th @Cameron

Friday, Jan. 23rd @Somerville

Thursday, Feb. 12th @Rice

Wednesday, Feb. 18th @Seguin- GIRLS

Saturday, Feb. 21st @Rice

***JOIN SPORTSYOU
CVKK-XNHE***



CONTACT INFORMATION

Head Coach: Charles Otto charles.otto@lgisd.net

Assistant Coach: Keith Cripps keith.cripps@lgisd.net