

# **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](mailto:charles.otto@lgisd.net)

**Assistant Coach: Keith Cripps** [keith.cripps@lgisd.net](mailto:keith.cripps@lgisd.net)