

# SHS Powerlifting 2020

---

Remember all practices are mandatory and you should notify your coach ahead of time of any absences. Make sure to communicate all other school obligations and conflicts you may have with your coaches. You will need to make arrangements to make up any workouts you have missed.

**\*\*\*Join the Remind 101 for updates and information by...**

- **Smartphones-type in your web browser the following link:** [rmd.at/9ecf94](https://rmd.at/9ecf94)
- **Non-smartphones text-** @9ecf94 to 81010

## Practice Schedule

---

Morning Practice for Everyone---Monday-Wednesday 6am

- Girls- Everyday during the Athletic Period
- Boys- 3:45pm - 5:30pm

The weight room will be closed Christmas break:

- Normal Practice will resume Wednesday, January 8<sup>th</sup> at 6am & 3:45pm
- Bring all equipment to practice Monday thru Thursday.

## Meet Schedule

---

Saturday, January 18 <sup>th</sup>	Trinity
Saturday, January 25 <sup>th</sup>	Splendora
Thursday, February 6 <sup>th</sup>	Tarkington
Thursday, February 13 <sup>th</sup>	Livingston

We may add some additional dates

## Regionals & State

---

Thursday, March 5 <sup>th</sup>	Girl's Division 2 Regional Meet	Bay City, TX.
Friday, March 13 <sup>th</sup>	Boy's Division 2 Regional Meet	West Hardin High School
Friday, March 20 <sup>th</sup>	Girl's Division 2 State Meet	Waco, TX.
March, March 28 <sup>th</sup>	Boy's Division 2 State Meet	Abilene, TX.

Coaches: Cedric White, Lisa Courvelle, and Jamin Savell