

2022 ALVORD POWERLIFTING SCHEDULE

<u>Date</u>	<u>Meet</u>	<u>Site</u>	<u>Time</u>
Thur January 13	Nocona Powerlifting Meet (VB)	Nocona MS	5:00
Sat January 15	Venus Bulldog Invitational (G)	Venus HS	8:30 am
Thur January 20	Alvord Powerlifting Meet (G/JVB)	Alvord MS	5:00
Thur January 27	Ponder Powerlifting Meet (VB)	Ponder MS	5:00
Thur February 3	Bowie Powerlifting Meet (G/JVB)	Bowie MS	5:00
Thur February 10	Paradise Powerlifting Meet (VB)	Paradise MS	5:00
Thur February 17	Boyd Girls LMQ Meet	Boyd MS	5:00
Thur February 24	Chico Boys LMQ Meet	Chico HS	5:00
Fri March 4	R6D3 Girls Weigh-In	Chico HS	6:30
Sat March 5	R6D3 Girls Regional Meet	Chico HS	8:55 am
Thur March 10	R6D4 Boys Weigh-In	Alvord HS	12:00
Fri March 11	R6D4 Boys Regional Meet	Alvord HS	8:30 am
Wed March 16	Girls (6A /1A-2A) State Meet	Corpus Christi	TBD
Fri March 25	Boys Div 4 (1A/2A) State Meet	Abilene	TBD

Head Powerlifting Coach: Quentin Berend

Assistant Powerlifting Coach: Jay Johnson / Derek Shelby

Athletic Director: Scott Smiley

Athletic Trainer: Taylor Kimbrell

Superintendent: Dr. Randy Brown

High School Principal: Mr. Aaron Tefertiller

Updated: Dec 17, 2021