



POWERLIFTING

GIRLS

Thursday, January 16th
5pm @ Mineral Wells

Thursday, January 30th
5pm @ Paradise

Thursday, February 13th
5pm @ Millsap

Date/Time TBD
Regionals @ Location TBD

Date/Time TBD
State @ Location TBD

BOYS

Thursday, January 23rd
5pm @ Alvord

Thursday, February 6th
5pm @ Millsap

Thursday, February 20th
5pm @ Santo

Tuesday, March 4th
Regionals (Time TBD) @ Decatur

Date/Time TBD
State @ Abilene

CHAZAK AMATS

Head Coach: Derek Shelby (dshelby@alvordisd.net)

Assistant Coach: Jay Johnson