



POWERLIFTING

GIRLS

Thursday, January 16th
5pm @ Mineral Wells

Thursday, January 30th
5pm @ Paradise

Thursday, February 13th
5pm @ Millsap (LMQ)

Saturday, March 1st
8am @ Bells (Regional)

Wednesday, March 12th
8am @ Edinburgh (State)

BOYS

Thursday, January 23rd
5pm @ Alvord

Thursday, February 6th
5pm @ Millsap

Thursday, February 20th
5pm @ Santo (LMQ)

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

Saturday, March 22nd
Time TBD @ Abilene (State)

CHAZAK AMATS

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

Assistant Coach: Jay Johnson