

## 2023 ALVORD POWERLIFTING SCHEDULE

<u>Date</u>	<u>Meet</u>	<u>Site</u>	<u>Time</u>
Thur January 5	Valley View Girls Powerlifting Meet	Valley View MS	5:00
Thur January 12	Alvord Boys Powerlifting Meet	Alvord MS	5:00
Thur January 19	Nocona Girls Powerlifting Meet	Nocona MS	5:00
Thur January 26	Ponder Boys Powerlifting Meet	Ponder MS	5:00
Thur February 2	Paradise Girls Powerlifting Meet	Paradise MS	5:00
Thur February 9	Bowie Boys Powerlifting Meet	Bowie MS	5:00
Thur February 16	Chico Girls LMQ Meet	Chico MS	5:00
Thur February 23	Boyd Boys LMQ Meet	Boyd HS	5:00
Fri March 3	1A/2A - R6D3 Girls Weigh-In	Alvord HS	TBD
Sat March 4	1A/2A - R6D3 Girls Regional Meet	Alvord HS	9:00
Thur March 9	R6D4 Boys Weigh-In	Alvord HS	12:00
Fri March 10	R6D4 Boys Regional Meet	Alvord HS	9:00
Wed March 15	Girls (6A /1A-2A) State Meet	Frisco, TX	TBD
Fri March 24	Boys Div 4 (1A/2A) State Meet	Abilene, TX	TBD

**Head Powerlifting Coach:** Quentin Berend  
**Assistant Powerlifting Coach:** Derek Shelby  
**Athletic Director:** Scott Smiley  
**Athletic Trainer:** Dyann Johnson  
**Superintendent:** Dr. Randy Brown  
**High School Principal:** Mr. Aaron Tefertiller

Updated: Nov. 30, 2022