

Winter Springs Girls Weightlifting Schedule 2011-2012

November 14- First day of Practice

Practices will be Monday thru Friday starting at 3:00 pm and going until 5:00pm

December 7, 4:00pm- Winter Springs Vs. Hagerty and Seminole, at Hagerty

December 14, 4:00pm- Winter Springs Vs. Lyman and Lake Mary, at Lyman

December 21, 4:00pm- Winter Springs Vs. Oviedo and Trinity Prep, at Oviedo

January 11, 6:30pm - Seminole Athletic Conference Meet, at Lake Mary

January 25, 5:00pm- Sectional Meet, at Spruce Creek

February 11, 10:30am- State Meet, at Kissimmee Civic Center

**All Weigh Ins will be held at 7:00am on days of the meets, in the weightroom at Winter Springs High School. Weigh Ins for the Conference will begin at 4:30 at Lake Mary High School. Weigh Ins for the Sectional Meet will be conducted at Spruce Creek High School beginning at 2:00pm on the day of the meet. Weigh Ins for the State Meet will be at 7:00am on the date of the meet, at Kissimmee Civic Center.

Head Coach- John Maxwell Cell # 407-733-8773 email address bulldawg31@gmail.com

Assistant Coach- Harry Meyers Cell # 407-454-4047 email address hammerthrow@hotmail.com