

JAMES S. RICKARDS HIGH SCHOOL

3013 Jim Lee Road
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Dr. Deborah Barnes, AP – Curriculum
Mr. Chris Cowart, AP– Facilities/Attendance
Mr. Sam Striplin, AP–Student Affairs
Mr. Roosevelt Sea, Dean of Students
Mr. Earl Hankerson, Athletic Director

Dr. Joe Williams, IB Coordinator
Mrs. Melissa Cooper, AP Coordinator
Mrs. Victoria Williams, IB Dean
Ms. Terraca Jones, Guidance Dept. Chair
Ms. Chariya Davis, Assistant Athletic Director

Mr. Douglas Cook, Principal

Lady Raiders Weightlifting 2024-2025

<u>Date</u>	<u>Day</u>	<u>Opponent</u>	<u>Place</u>	<u>Time</u>
Oct 29	Tuesday	Gadsden County	Rickards	3:00 pm
Nov 5	Tuesday	Taylor County	Rickards	3:00 pm
Nov 7	Thursday	Lincoln	Rickards	3:00 pm
Nov 19	Tuesday	Wakulla	Wakulla	3:00 pm
Nov 21	Thursday	Godby	Rickards	3:00 pm
Dec 10	Tuesday	Wakulla	Rickards	3:00 pm
Dec 17	Tuesday	Lincoln	Lincoln	3:00 pm
Jan 14	Tuesday	Gadsden	Rickards	3:00 pm
Jan 16	Thursday	Godby	Rickards	3:00 pm
Jan 24		District 2AR1D2 Arnold, Bay, Chiles, Godby, Leon, Lincoln, Mosley, Rickards, Wakulla	ARNOLD	7:30am weigh-in 10:30 am 11am meet starts
Feb 1		Regional Meet	Bay	9:00am
Feb 13-14		State Meet	RP Funding Center Jenkins Arena	

Head Coach-Terraca Jones

“The Leon County School District does not discriminate against any person on the basis of sex (including transgender status, gender nonconforming, and gender identity), marital status, sexual orientation, race, religion, ethnicity, national origin, age, color, pregnancy, disability, or genetic information.”