

JAMES S. RICKARDS HIGH SCHOOL

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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 2025-2026

<u>Date</u>	<u>Day</u>	<u>Opponent</u>	<u>Place</u>	<u>Time</u>
Nov 12	Wednesday	Gadsden	Rickards	3:00pm
Nov 19	Wednesday	Wakulla	Wakulla	3:00pm
Dec 3	Wednesday	Lincoln	Rickards	3:00 pm
Dec 10	Wednesday	Taylor	Rickards	3:00 pm
Jan 7	Wednesday	Wakulla	Rickards	3:00 pm
Jan 14	Wednesday	Gadsden	Rickards	3:00 pm
Jan 15	Thursday	Lincoln	Lincoln	2:30 pm
Jan 24	Saturday	District 2	Arnold	weigh in 7:30
Arnold, Bay, Chiles, Godby, Leon, Lincoln, Mosley, Wakulla				lift 10:30am
Jan 28-31		Region 1		
Feb 11-12	Wed-Thurs	Class 2A State	RP Funding Center	

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.”