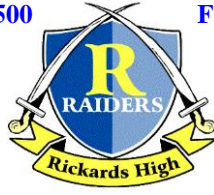


JAMES S. RICKARDS HIGH SCHOOL

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Dr. Deborah Barnes, AP – Curriculum
Mr. Robert McBride, AP–Administration/Discipline
Mr. Chris Cowart, AP – Facilities/Attendance
Mr. Sam Striplin, Dean of Students
Ms. Claudette Farmer, Athletic Director

Dr. Joe Williams, IB Coordinator
Dr. Aretha McNeil, AP Coordinator
Mr. Earl Hankerson, AVID/CTE Coordinator
Mr. Fred Varn, IB Dean
Mr. Harold Edwards, Assistant Athletic Director

Mr. Douglas Cook, Principal

Lady Raiders Weightlifting 2021-2022

<u>Date</u>	<u>Day</u>	<u>Opponent</u>	<u>Place</u>	<u>Time</u>
Nov 2	Tuesday	Wakulla	Rickards	2:45 pm weigh-in 3:00 pm lift
Nov 18	Thursday	Maclay	Rickards	2:45 pm weigh-in 3:00 pm lift
Nov 30	Tuesday	Wakulla	Wakulla	2:45 pm weigh-in 3:00 pm lift
Dec 2	Thursday	Lincoln	Lincoln	2:45 weigh-in 3:00 pm lift

Other meets are pending

Jan 20	Thursday	All District 3 schools Baker County, Columbia, Godby, Lincoln, Rickards, Wakulla	Columbia (Lake City)	weigh-in 2 pm lift
Jan 28	Friday	Regional Meet	Arnold (Panama City)	8 am weigh-in 11 am lift
Feb 10-12	Thursday- Saturday	State Meet	Port St. Joe High School	Walk Thru Weigh Ins

Head Coach-Terraca Jones

Asst. Coach- Roosevelt Sea

“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.”