

**Regional Note on each Lifter**  
**7 Girls Lifting at the REGIOAL MEET - 1<sup>st</sup> YEAR PROGRAM**  
**KINGSVILLE TEXAS MARCH 5<sup>th</sup> KINGSVILLE HIGH SCHOOL**  
**Lifting Starts at 9 am go out and support these girls.**

**114 lb Class Soph - Brianna Rios** – Most improved lifter

Has come on strong over the last few weeks to qualify for Regionals and has here STATE Qualifying total of 580

**123 lb Class Jr - Liz Mendez** – The one we have been waiting for. Never gives up. Amazing strength. Only her 2<sup>nd</sup> meet. She hasn't had her best meet yet. Lifted a 630 last week She has her STATE Qualifying of 610.

**132 lb Class Jr. Marissa Garza** – The Spirit of the team, keeps everyone up beat and in the ZONE. Exceptional strength Also a cheerleader  
She lifted a 675 last week. She Also has her STATE Qualifying Total of 655

**148 lb Class Freshman - Casandra Rodriguez** – Pound Per Pound the best lifter with 5 - 1<sup>st</sup> places this season. Great work ethic, up every morning at 6:30 great attitude.

320 Squat    105Bench    320 Dead Lift = 745 Total

Has the STATE Qualifying total of 690

**198 lb Class Senior - Jennifer Gozales** – The Wild Card the Leader of the team keeps everyone together. Very focused athlete knows what it takes to win. Hard work and dedication. She lifted a 675 this season. Comes in every morning at 6:30

**220 lb Class Soph - Christal Gonzalez** – High Point Team Leader

5 – 1<sup>st</sup> 1- 2<sup>nd</sup>, 1 – 3<sup>rd</sup> places this season.

Hardest worker on the team. Perfect attendance, never missed a practice at 6:30

**SHW lb Class Jr- Kandis Torres** – Very hard worker and dedicated to being the best. Has the best bench on the team 140 lb Lifted a 715 this season

Alt. Leeza Garcia 181 Class

Alt. Brittany Bolton 97 Class

1 Sr. 3 JR., 3 SOPH, 2 Fresh

**4 Girls Lifting at the STATE MEET - 1<sup>st</sup> YEAR PROGRAM**  
**KILLEEN TEXAS MARCH 19<sup>th</sup>**  
**KILLEEN CONVENTION CENTER**  
**Lifting Starts at 9 am go out and support these girls.**

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1 JR., 2 SOPH, 1 Fresh