

Seabreeze Boys Weightlifting 2023-24

February

Wednesday, 7th	Father Lopez	Father Lopez HS	4:30pm
Tuesday, 13th	Mainland	Seabreeze HS	4:30pm
Wednesday, 21 st	Matanzas	Matanzas HS	4:30pm
Wednesday, 28 th	Flagler Palm Coast	FPC HS	4:30pm

March

Wednesday, 6th	Deltona	Seabreeze HS	4:30pm
Tuesday, 12 th	5 Star	Spruce Creek HS	TBD
Wednesday, 13 th	5 Star	Spruce Creek HS	TBD
Wednesday, 20 th	Taylor	Taylor HS	4:30pm
	Districts	TBD	TBD

April

	Regionals	TBD	TBD
	State Championship	Lakeland	TBD

Head Coach: Lester Davis

Principal: Tucker Harris
Assistant Principals: Stinamay Lagrotta,
Dhand Pressley, Jodi Lewitt, Tajiki Picott

Athletic Director: Brad Montgomery
Assistants: Tarisa Craig-Craggy,
Trainer: Kelly Lemon, Tabitha Thode
Activities: Janet Savary