

News from the State Meet at Arnold HS, Panama City Bch, Fl.

101 - Freshman - Tyller Bauer, lifted a PR in C&J at 125 lbs. and Had a PR total of 225 lbs. Her C&J lift tied the program record.

110 - Senior - Alexis Bauer - 3 time State Qualifier - Tied her personal best lifts
- Bench 130 / C&J 155 / Tot. 285 lbs.

154 - Senior - Savannah Parker - 2 time State Qualifier - Tied her own program records
in Bench / C&J / Total - 5th place

169 - Sophomore - Noelle Heggblod - tied her previous Bench PR [140 lbs.]

Only second time in school history, that sisters qualified for the State meet in the same season.

Tyller and Alexis Bauer - 2018 and Brooke and Bailey Garland - 2013

News from the Regional Meet at Spruce Creek.

We began the day with 11 Qualifiers. 101- Tyller Bauer and Andrea Freeman 110- Alexis Bauer and Yogi Funnell 119 - Sarah Kroehler 154 - Savannah Parker 169 - Noelle Heggblod and Qua'liyyah Taylor 183 - Miranda Montgomery 199 - Lauryn Williams and Julia Adamson

At the end of the day ... we had 5 place winners, and two other ladies moved from their meet rankings. **18 Personal Records** were set, **5 new program records** fell and a **4th place Team finish**.

Tyller Bauer - Regional Runner-up [2nd] / **Andrea Freeman** - 6th place

Alexis Bauer - 3rd place / **Yogi Funnell** - moved from 12th to 9th place

Savannah Parker - 4th place / **Noelle Heggblod** - 5th place / **Miranda Montgomery** - moved from 12th to 10th place

Lauryn Williams - Regional Runner-up [2nd] / **Julia Adamson** - moved from 11th to 10th place.

PR's set by: Yogi Funnell = 3 / Sarah Kroehler = 2 / Savannah Parker = 3 / Noelle Heggblod = 1 / Miranda Montgomery = 3 / Lauryn Williams = 3 / Julia Adamson = 3

New Program Records:

[110] Clean&Jerk = 155 / Total = 285 - Alexis Bauer

[154] Bench = 155 / Clean&Jerk= 180 / Total= 335 - Savannah Parker

We are awaiting notice from the FHSAA, but early indications are we could have 5 ladies move on to the State Finals in Panama City on Feb. 3rd.

Information for the State Meet will be forth coming!

Here is the information for the Regional Meet in Port Orange, Fl

[Regional Meet Schedule](#)

Vans will leave Dunkin Donut parking lot on SR 210 at 6:30am

Please contact Coach Reagan in you have questions.

"Ladies ... Let's Go Be Great!"

Excited for the **11 Ladies** that qualified for the **Regional Meet**

Tyler Bauer, Andrea Freeman, Alexis Bauer, Yogi Funnell, Sarah Kroehler, Savannah Parker, Noelle Heggblod, Qua'liyyah Taylor, Miranda Montgomery, Lauryn Williams, and Julia Adamson.

- **8 of the 15 Ladies that participated in the County/Conference Meet made their 1st appearance in this Meet. However, 28 new PR's were set on Wednesday at Pedro Menendez.**
- **BT ladies finished 3rd in County and tied for 3rd in Conference. Very proud of the effort shown during the meet.**
- **Great Effort by several ladies on Saturday, Dec. 16 at BT. More than 27 new PR's were set.**

Week of Jan. 8 to Jan. 12: Practice Times!

Monday / Tuesday / Thursday = 4:00 pm

Wednesday = 3 pm

Your effort during this time will decide the FATE of our "7th District Title"

You ARE EXPECTED to be at Practice!

Missed practice without prior approval will jeopardize you lifting at Districts.

Only the girls listed on the **2018 GWL SEL** will be training for the remainder of the season.

BUS to Oakleaf on Friday, Jan. 12 WILL be a DROP ONLY!!! Meaning you need to arrange a ride home from Oakleaf HS.

Ladies on the Final District Competition List will need to be at Bartram at 7:30 am Friday.

Final District SEL will be posted by practice time on Tuesday, Jan. 9

If you are not on the SEL, please email me your contact information [email, cell #] so I can contact you

with "End of Year" Celebration, Summer Camp, and Club(usaw) information.

Ladies we have accomplished great things this year,

BUT there are still **GREATER** things to be **ACHIEVED!**