



MELISSA SCHOOLS

Melissa Independent School District

"A Special Time in a Special Place"

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FOR IMMEDIATE RELEASE

Melissa powerlifting teams place at Lone Oak Invitational; Lady Card leads region

MELISSA, TX – The Melissa High School boys' and girls' powerlifting teams had a successful competition at the Lone Oak Invitational last weekend. The boys finished sixth in a field of 18 teams that ranged from 2A to 6A competition. The girls brought home a seventh place finish in a field of 18 teams.

The boys were led by Josh Hathorn with a first place finish in the 132 lb. weight class. Josh is currently ranked second in the region with a squat of 335 lbs., a bench of 205 lbs., and a deadlift of 385 lbs.

Other Cardinals that placed in their respective weight classes were Perry Simpson with a third place finish in the 132 lb. class, Omar Villegas with a third place finish in the 148 lb. class, and Brian Blackwell with a fourth place finish in the Super Heavy weight class. Blackwell had the most outstanding lift of the day with a 525 lb. squat.

The girls were led by Jaclyn Rodgers with a first place finish in the 259 lb. weight class. Jaclyn is currently ranked first in the region with a squat of 355 lbs., a bench of 185 lbs., and a deadlift of 345 lbs.

Other Lady Cardinals that placed in their respective weight classes were Natalia Cox with a second place finish in the 165 lb. weight class and Ella Branson with a fourth place finish in the 123 lb. weight class.

"These kids work extremely hard week in and week out – most of the time I have to kick them out of the weight room and make them go home at the end of the day," said coach Jacob Alford. "I am extremely proud of this group of kids, and I am looking forward to seeing how many of them will qualify to lift in the regional meets coming up at the end of February for girls and the beginning of March for boys."

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