



2017 - 2018
SEABREEZE

SANDCRABS

GIRLS WEIGHTLIFTING



Day	Date	Opponent	Site	Time
Fri	3-Nov	at New Smyrna Beach	New Smyrna Beach HS	4:00
Wed	8-Nov	at Spruce Creek, Pibe Ridge	Spruce Creek HS	4:00
Thu	16-Nov	at Flagler-Palm Coast	Flagler-Palm Coast HS	4:00
Tue	12-Dec	University	Seabreeze High School	4:00
Wed	20-Dec	5-Star Conference Meet	Flagler-Palm Coast	5:00
Wed	10-Jan	District Meet	Flagler-Palm Coast	5:00
Sat	20-Jan	Regional Meet	Spruce Creek HS	11:00
Fri - Sat	2-Feb, 3-Feb	State Championship Meet	Panama City	TBA

** - Class 2A - Region 04 - District 7*

Coaches

Bruce Williams - Head Coach (1st year)
Skip Saunier -Assistant Coach

Principal

Joe Rawlings

Athletic Director

Billy Gahagan

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