

# **Douglass High School**

900 N. MLK Ave.

Oklahoma City, OK. 73117

School Phone: 405-587-4200, Fax: 405-587-4205

HS Principal: Thomas McNeely, Asst Principals: Nalder , Keidra Massenburge

Athletic Director- Ray Headley, Head Football Coach: Shannon Watford

November 21, 2019

To: Head Football Coach

We would like to invite you, and your team to the 1<sup>st</sup> Annual Trojan Invitational Power Lifting Meet, on January 23, 2020 and January 24, 2020. The Junior High will lift on Thursday, and High School on Friday. The cost will be \$125.00 a team, \$75.00 for 5 or less. Please call and confirm if you plan to attend either or both meets

The Junior High meet will be divided into 7<sup>th</sup> grade, 8<sup>th</sup> grade and 9<sup>th</sup> grade divisions. We will accept the first 20 schools to confirm at the Junior High meet. The weight classes will be 105 – 114 - 123 -132 -145 – 157 - 168 – 181 – 198 – 220 – HWT. Please note: freshman will lift under High School weight classes. The High School meet will be divided Large School and Small School divisions, with weight classes at 123-132-145-157-168-181-198-220-242-275-SHWT. Team trophies and individual medals will be handed out for each weight class by grade.

Weigh-in will begin at 6:30 a.m. and end at 8:30 a.m., with a coaches meeting at 8:45 a.m. Participants will start lifting at 9:00 a.m. There will be a Hospitality Room for all coaches and administrators.

There will be a full concession stand for the lifters to eat. ABSOLUTELY NO ICE CHESTS WILL BE ALLOWED IN THE GYM! We are planning to serve breakfast, so lifters should bring money to cover breakfast and concession cost

Please make checks payable to Douglass Football.

Thank You

***Shannon Watford***

Shannon Watford  
Head Football Coach  
405-388-1083

***Ray Headley***

Ray Headley  
Athletic Director  
405-306-0037