



February 2, 2023

To: Head Football Coach and/or Powerlifting Coach

First we want to thank everyone for the interest in our powerlifting meets. **The High school Girls meet Wednesday February 22nd, and the Junior High Meet will be Thursday February 23rd, & our High School meet will be Friday, 24th, 2023.** We currently have Afton, Baxter Springs, Chelsea, Miami, Commerce, Liberty, Fairland, Grove, Kansas, Ketchum, Salina, Locust Grove and Neosho. We still need teams to make the meet a competitive event for all lifters. Let us know if you are interested in attending by email or phone. We need information from you on how many participants and number of coaches that are planning on attending? We also need to know if you plan to attend all three days the 22nd, 23rd, and 24th? **(We have Several spots open for girls meet)** This information will help to plan for the coach's hospitality room and concessions for lifters. Please email or fax ASAP with the numbers to my office, Fax: 918-257-4846, Email: [imustain@aftonschools.net](mailto:imustain@aftonschools.net) or [bcox@aftonschools.net](mailto:bcox@aftonschools.net).

We will have one division in girls and boys High School. We will be giving out medals for the first, second, and third place lifters, team trophies for division winners (HS Girls) ((7<sup>th</sup>-8<sup>th</sup>-9<sup>th</sup>) We also will give individual Squat, Bench, Dead Lift awards for each grade, (7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> combined.) High School Girls and Boys outstanding lifters.

Our concession for lifters will be open at 7:00am until the meet ends. Weigh-In will be from 6:30am to 8:45am. Please NO ice chests in the gym. Concessions will consist of Biscuit & Gravy, Breakfast Sandwiches in the morning, and Nacho's, Walking Taco's, Hamburgers, Hot Dogs, Pizza Slice, Frito Chili Pie's, Drinks, etc.

If you have any questions, call Corey Henry (918) 533-3681, Ike Mustain (918) 961-1647 or (918) 257-8303 or Randy Gardner (918) 257-4470.

Thanks for your participation,

Ike Mustain