

2023 - 2024 Lady Aggies Weightlifting Schedule

Day	Date	Opponent	Site	Time
Wed	11/15	West Florida	Virtual	4:00
Tues	11/28	Northview	Home	4:00
Tues	12/5	Pensacola	Home	4:00
Tues	1/9	Washington	Away	4:00
Tues	1/16	Pine Forest	Away	4:00
Thur	1/25	District Meet	Niceville HS	TBA
Thur-Sat	2/1-3	Regional Meet	Flagler Palm Coast	9:00 am
Fri-Sat	2/16-17	State Meet	Polk County	TBA

Head Coach: Taylor Brown Principal: Laura Touchstone
Assistant Principal: Brandy White
Athletic Director: Greg Blackmon