

Pelahatchie High School starts first female powerlifting team

Special to Pelahatchie News

Pelahatchie High School (PHS) started a ladies' powerlifting team this semester due to a high interest from students and an experienced head coach. Anna Kilpatrick teaches English I and II and has lifted weights in her spare time for the past 13 years.

She said she heard through the grapevine last school year that there was a surprisingly high interest in a female powerlifting team.

The twelve members of the school's first female powerlifting team meet three times a week at six o'clock in the morning before school and train hard for their meets.

The PHS powerlifting team includes: Collins Doster; Kiara Gary; Julia Myers; Kayleigh Keyes; Holly White; JaLeah Ford; Maggi Gilliam; Gracie Grogan; Abby Grace

Hemeter; Aliya Ward; Melanie Ball; and Jessie Stewart.

The PHS Ladies Powerlifting Team competed in Class I Region 3 Regionals on Wednesday February 2. The team placed fourth out of nine with four team members advancing to their next round at South State at West Lincoln High School on Saturday, February 26. The winners were: Collins Doster, senior, placed first in her weight class; JaLeah Ford, sophomore, placed third in her weight class; Aliya Ward, sophomore, placed third in her weight class; and Melanie Ball, freshman, placed second in her weight class.

"With this being the first female team at PHS, I couldn't be more proud of each of the young ladies on my team. I am extremely excited about the future of Lady Chiefs Powerlifting!" said Coach Kilpatrick.



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The twelve PHS girls powerlifting team members pictured (l to r) front row, are: Gracie Grogan, JaLeah Ford, and Kayleigh Keyes; middle row: Melanie Ball, Abby Grace Hemeter, and Kiara Gary; and back row: Aliya Ward, Maggi Gilliam, Coach Anna Kilpatrick, Collins Doster, Julia Myers, Holly White, and Jessie Stewart.

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