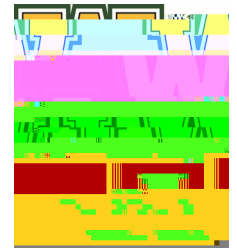


COUGAR IN-SEASON SPORTS WEEKLY NEWS UPDATE



WESTERN HILLS COUGARS ATHLETICS

In this issue:

- Golf travels to Azle
- Powerlifting Updates
- Tennis continues to ROLL!!
- Boys Soccer to celebrate seniors
- Boys track and field results

Golf UPDATE:

We had 8 Cougar golfers attend the Buzzy Open in Azle earlier this week. The t ! James Ka improve and will make a run at a regional spot.

POWERLIFTING

Girls Powerlifting

Catti Rock will represent Western Hills coming off of full knee surgery and was not supposed to lift this year and has made a huge comeback showing that hard work and determination mean everything.

Boys Powerlifting

Boys regionals are not set in stone currently as this is the last week of qualifiers. Currently we have five boys that have potential to represent our school at Boys Regionals on March 11

th. At this moment Isaiah Russ is 6th in the 114 weight class, Sphend Beqiri is 7th in the 198 weight class, DeMarques Henry is 7th and Andres Galaviz is 9th in the 220 weight class and finally Jacorie Williams is ranked 6th in the Super Heavy Weight class.(275+) The top 12 in each weight class qualifies for regionals and will be finalized on Saturday after the close of the last meet. The boys have been working hard and all 5 SHOULD qualify with no issue.

COUGAR SOCCER

Boys soccer is in the middle of district play. We lost a tough match to Kennedale 2-1. Marco Davila, Jude Collins, and Jesus Roman were standout players.

The boys will recognize their Senior class Friday night at 7:30

team competed in the Mineral W

Varsity Boys Results

Triple Jump: 1st place Majavion Washington; 6th place Antonio Paschall

Long Jump: 6th place Antonio Paschall

Junior Varsity Boys Results

4x100 meter relay: 3rd place (Aaron Martin, Aeneas Funches, Jason

Shot Put: 3rd place Kenton Johnson

110 meter High Hurdles: 6th place Keyon Butler

4 x 200 meter relay: 5th place (Aaron Martin, Aeneas Funches, Jason

COUGAR TENNIS

The tennis team continued to perform well. This week, they are bringing home a second place finish and coach Soto has done a great job with the team. Good luck at your next Tournament!

