

RESOLUTION IN HONOR OF DONNA HIGH SCHOOL WOMEN POWERLIFTERS

WHEREAS, powerlifting is a strength sport that consists of three attempts at maximal weight on three lifts: squat, bench press, and deadlift. It is the ultimate test of upper body strength with some athletes lifting more than three times their own body weight; and

WHEREAS, it is open to male and female athletes. All eligible athletes compete in one sport class, but in different weight categories.

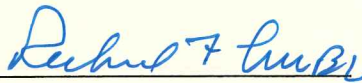
WHEREAS, the bench press is the sport's single discipline, with 10 different categories based on body weight. Competitors must lower the bar to the chest, hold it motionless on the chest and then press it upwards to arm's length with locked elbows. Athletes are given three attempts and the winner is the athlete who lifts the highest number of kilograms; and

WHEREAS, two Donna High School Bravette Powerlifters were fortunate enough in the last two years to bring home championship titles, both received at a state powerlifting meet. Arrianna Guerra lifted a total of 1,075 pounds and, at 410 pounds, set a new state deadlift record. Corina Yanez holds the record in the 123-pound weight class for squat and deadlift, with 405 and 390 pounds, respectively. She also holds five plaques from regional and state competition which fell under Outstanding Lifter Overall, Outstanding Squat and Deadlifter; and

WHEREAS, in addition to being top athletes, Ms. Yanez and Ms. Guerra have also stayed committed to academics. They both give much thanks to their family, team, and powerlifting coaches for supporting them throughout their scholastic venture.

NOW, THEREFORE, BE IT RESOLVED that the Hidalgo County Commissioners Court does hereby celebrate the accomplishments of Arianna Guerra and Corina Yanez in powerlifting representing Donna High School winning State Championship titles.

Approved this 6th day of June, 2019.



RICHARD F. CORTEZ

County Judge



DAVID L. FUENTES

County Commissioner, Pct. 1



EDUARDO "EDDIE" CANTU

County Commissioner, Pct. 2



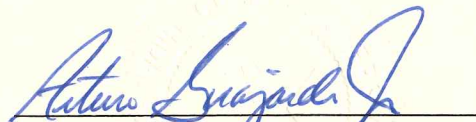
JOE M. FLORES

County Commissioner, Pct. 3



ELLIE TORRES

County Commissioner, Pct. 4



Attest: **ARTURO GUAJARDO, JR.**

County Clerk