**A** **HOUSE RESOLUTION**

TO RECOGNIZE THE LANDRUM HIGH SCHOOL STRENGTH TEAM FOR ITS OUTSTANDING SEASON AND TO CONGRATULATE THE LADY CARDINALS ON FINISHING WITH TWO STATE CHAMPIONS IN THE 2021 SOUTH CAROLINA FEMALE STATE STRENGTH MEET, SPONSORED BY THE SOUTH CAROLINA HIGH SCHOOL STRENGTH COACHES ASSOCIATION.

Whereas, the South Carolina House of Representatives is pleased to learn that the Landrum High School Lady Cardinal strength and conditioning program produced two state champions at the 2021 South Carolina Female State Strength Meet, held at Lugoff‑Elgin High School in November 2021 with sponsorship by the South Carolina High School Strength Coaches Association; and

Whereas, making a sweet victory even sweeter, all three ladies on the Landrum strength team made All‑State, an enviable record with which to end a memorable season; and

Whereas, in the 130‑pound weight class, Kara Knight competed for the second time. In Kara’s freshman year, she competed in the 110‑pound class, where she finished second in the State. This year, she made All‑State by jumping 84 inches, squatting 200 pounds, and benching 105. Kara has been a senior leader and an outstanding three‑sport athlete at Landrum High School; and

Whereas, this year’s 130‑pound state champion was Landrum’s Molly Raines. Molly had an outstanding competition with a broad jump of 93 inches, the top squat of 245 pounds, and a bench press of 115 pounds. Presently a junior, she is expected to be the senior leader for next year’s Landrum Cardinal strength team. Molly is following in the footsteps of some of the Landrum greats as she adds to the numerous state champions this program has trained to win; and

Whereas, finally, in the over‑170‑pound division, Landrum came away with another state champion, Ellen Anne Williams, who put on a squatting performance at the meet. Ellen Anne had a broad jump of 65.5 inches, a meet‑best 325‑pound squat, and a 125‑pound bench press. Since Ellen Anne has been a key contributor to the Lady Cardinal strength program, capping off this awesome young lady’s senior year with a state title is entirely fitting; and

Whereas, the Lady Cardinals of the Landrum High School strength team have brought great pride to their community and State, and the House of Representatives is pleased to recognize this outstanding group of young women upon the occasion of their winning the 2021 state title. Now, therefore,

Be it resolved by the House of Representatives:

That the members of the South Carolina House of Representatives, by this resolution, recognize the Landrum High School strength team for its outstanding season and congratulate the Lady Cardinals on finishing with two state champions in the 2021 South Carolina Female State Strength Meet, sponsored by the South Carolina High School Strength Coaches Association.

Be it further resolved that a copy of this resolution be presented to Principal J. Kegan Flynn and Coach Chad Cooksey of Landrum High School.

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