

What's Up Coaches!

I literally stole this letter format, nearly word-for-word from Coach Newton from Region 1 Divisions 3 and 4, so if you checked his, you've got the gist of this already.

The following is some important information regarding the 2024 Powerlifting season.

State Website - www.thspa.us – has all the information you should need including the rulebook, regional standings, where you can get your free copy of Powerscore if you are hosting a meet and other important information.

THSPA Membership Dues - The THSPA membership form is located on the state website and all dues must be postmarked by January 24, 2024. As is always the case these will not be updated on the website until sometime in late December. You can check the website under the association tab and then click member schools. When your dues get posted they will show up on this page. Any school that competes in a meet must be a member in good standing in order for its teams results to count in the regional standings.

Important Dates:

January 23 - THSPA Dues must be postmarked by this date (form is on the state website)

February 24 - Last qualifying date (results on this day must be received by midnight)

February 26 - 4:00 pm Weight declarations for lifters qualified in two weight classes

March 7 - 9 - Division 1&2 - Regional Meets - Abilene Wylie High School. More Info Soon

March 22 - State Meet – Divisions 2 and 3, Taylor County Expo Center, Abilene

March 23 - State Meet – Divisions 1 and 4, Taylor County Expo Center, Abilene

Invitational Meets - If you are hosting a meet you must certify the meet through me. This will just be done through email. Just because it's certified does not mean results will automatically be accepted and posted. You must make sure you follow all rules regarding the number of teams, lifters and certified judges. An invitational meet must consist of no less than three (3) different schools, having no less than five (5) competitors per school. No dual meets are allowed. All judges at any Tri/Quad meet must be T.H.S.P.A. certified. Any meet held on the last qualifying date must have all certified judges for each of the platforms. Also, if you host a meet you must use Powerscore to score the meet. It is provided free of charge and can be found on the state website.

Regional Standings - these will automatically update as I post meet results each week. Please check these each week and if there are errors in the spelling of your lifters names please send me an email so I can get those corrected.

Regional Meet - These will take place the week of March 7-9. More information will follow later.

Finally, a request: Please host meets. The sport is growing like crazy, and it's becoming increasingly difficult to find meets to participate in. So, if you're new and maybe a bit intimidated,

or you just haven't done one in a while, please see if you can set one up, even a small one, so we can continue growing this sport, and testing our kids.

Thank you guys so much! I hope your break has you rested for what's to come. Full speed ahead, gents! Let me know how I can help if you ever need anything.

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