

The Region 3 Division 1 Regional Meet will be on

**Thursday March 4, 2021** at **Whitehouse High School Arena, Whitehouse, Tx.**

Coaches,

I hope that your season is going well and you are seeing your athletes reach the goals that they intended to meet. Below I have listed some important information that you need to know in preparation for the Regional and State meets.

**Names-** Check and make sure that all of your lifter’s names are correct on the website. If there are any errors or double listings due to misspellings let me know because this is how they will appear in the programs and on the lifter cards at the Regional and State meet.

**Last Qualifying Date**- February 27, 2021. All results from any qualifying meets, should be sent in by midnight on the 27th. No results will be accepted after that time.

**Weight Declaration**- If you have any lifters who are qualified in more than one weight class, you must declare his weight class by 4:00 pm on Monday, March 1st. If you do not declare by this time, the lifter will be placed in the heavier weight class. Also, if you have any qualified lifters who are not going to compete at the Regional meet, let me know by 4:00 P.M. also. You must contact me by email or cell phone. If you fail to remove a lifter, you will still be responsible for the $35.00 entry fee. **The top 12 lifters in each weight class qualify for the Regional meet.**

**THSPA Academic All-State Team**- [Nominations](http://www.thspa.us/academicallstate.aspx) must be submitted by February 22, 2021. All seniors are eligible.

**Wednesday, March 3rd:** Early Weigh Ins 4:30 – 6:30 pm

**Thursday, March 4th:** Weigh Ins 1:30 - 3:30 pm

 Coaches Meeting at 3:45 in hospitality room.

 Lifting begins at 4:15 (or as soon as judges get there)

 This year we will lift on 4 platforms.

* **Bring with you the following:**
	+ - [Eligibility Form](http://www.thspa.us/Documents/TEXAS%20HIGH%20SCHOOL%20POWERLIFTING%20ASSOCIATION%20Eligibility.pdf) - Signed by your Principal or Superintendent
		- [Release Form](http://www.thspa.us/Documents/TEXAS%20HIGH%20SCHOOL%20POWERLIFTING%20ASSOCIATION%20release.pdf) – Signed by Lifter, parent/guardian, and coach.
		- [Drug Testing Affidavit](http://www.thspa.us/Documents/TEXAS%20HIGH%20SCHOOL%20POWERLIFTING%20ASSOCIATION%20drug%20testing.pdf) – Signed by Lifter, parent/guardian, and coach.
		- [Scholarship Application](http://www.thspa.us/Documents/TEXAS%20HIGH%20SCHOOL%20POWERLIFTING%20ASSOCIATION%20schol%20app.pdf) (Optional) For senior lifters who would like to be considered for a $1,000 scholarship to help with college expenses.
		- Check for **$35.00 per lifter** payable to: **Whitehouse Athletic Booster Club**

***\*Your school becomes responsible for your lifter(s) entry fee at 4:00 p.m., Monday, March 1st.*** *Please notify me on or before the deadline if your lifters can’t compete or you will be responsible for their entry fee.* ***\*No payment is necessary for alternates.***

* **Team Meals**
	+ - Meals for the athletes: The cost will be **$6.00 each**.

Make checks payable to **Whitehouse Athletic Booster Club**.

\*Hospitality room will be provided for powerlifting coaches.

**Please bring checks for both the lifters and meals on the day of weigh in**.

Because of the quick turnaround, if checks need to be mailed, please send them to:

Whitehouse Athletics

Attn: Powerlifting

901 E. Main Street

Whitehouse, TX 75791

* **Admission**
	+ There will be $5 admission charged at the door for all spectators. Spectators will be required to wear a mask and social distance. (Cash Only)
* **T-shirts**
	+ - Regional Meet shirts will be available for purchase by Fine Designs

**Coaches please let me know by Monday, March 1st, the following information:**

 **Number of Meals: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **Number of Coaches: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **\****Please notify me if your lifters can’t compete or you will be responsible for their entry fee.*

**Good luck the rest of this season and please do not hesitate to call or text.**

**Thanks,**

**Evan Beaton**

**Region 3 Division 1 Director**

**(903) 530-0592**

**For 2021, the following guidelines will be in effect for all THSPA meets:**

  1.  Any equipment contacted by the lifter (bar, bench, etc.) will be disinfected between lift attempts.
  2.  Face coverings must be worn by lifters (except during the lift attempt), judges, spotters/loaders, table workers
       and support staff.
  3.  Schools must provide their own back-spotters for squat and bench press.
  4.  Schools must provide their own chalk.
  5.  Provide hand sanitizing stations at each platform.
  6.  Check temperature at weigh-in.
  7.  Discourage the sharing of lifting attire.
  8.  Follow any additional guidelines from your school district and/or local government entities.
  9.  Invitational meets must have a minimum of 2 teams and a max of 8.  Also a minimum of 14 lifters and a max of 96.
 10. All judges in dual, tri or quad meets must be certified.