

Coaches,

The following information will help you prepare for the 2014 season.

1. **Membership Dues**

* Amount - $75 – Made out to T.H.S.P.A.
* **Deadline Date – January 24th Postmark (NEW FOR 2014)**
* After January 24th Postmark date a Late Membership Fee required.
* Late Dues- A $200.00 late fee must be paid to allow your lifters to compete.
* Consequence of non-payment--- Lifters are unable to compete at the regional championship.

Mailing address: THSPA

Box 1072

Crowley, Texas 76036

* A Membership Application form and rule books can be printed off the website: www.thspa.us

1. Dates:

* Jan 24th, 2014 Dues must be postmarked.
* Feb 22, 2014 Last Qualifying Date
* Feb 24, 2014 4:00 PM Declaration deadline for double qualified lifters
* March 8, 2014 Regional Meet –Lindale High School
* March 22, 2014 State Powerlifting Meet, Abilene Texas

1. Please keep in mind that all meet results must be sent via e-mail as a .psm file attachment. The association provides Powerscore software free to member schools and you can download the latest version from the website. Meet results are due by 4:00 PM the Monday following the meet. If you cannot have them to me by that time make sure to contact me, otherwise the results will not be accepted.
2. I will post more information about the Regional Meet as we get closer to the end of the season. If you have not received an email from me, please send me your email address to help with communication.

If I can be of assistance in any way, do not hesitate to contact me.

Joe Ryzman

E-mail: [ryzmanjj@lindaleeagles.org](mailto:ryzmanjj@lindaleeagles.org)

Phone: 903-335-1598