

THSPA Region 3, Division 1

Coaches,

Below is some important information regarding the 2022 powerlifting season:

Membership Dues

- Amount- \$75- Made out to THSPA
- Deadline- Must be postmarked January 20, 2022
- Late Dues- After January 20th an additional \$200 is due and must be postmarked by February 17, 2022. If not paid, lifters will not be able to compete at the Regional Meet.
- Mailing Address- T.H.S.P.A
Box 1072
Crowley, TX 76036

Communication

- All information including Regional rankings will be placed on the THSPA website. www.thspa.us.
- Please send me your information if you are new head coach:
 - School Name and Phone Number
 - School Fax
 - Powerlifting Coach
 - Coach's cell # and e-mail

Invitational Meets

- If you are hosting a meet, you must get the results to me by 4:00 pm on the Monday following the meet. Make sure that your meet follows all guidelines to be counted as a legal meet. The meet **must be** certified through me for results to count for Regional standings. This will be done through the website. There is a meet registration link for you to input all of your meet information on the THSPA website. **You must use Powerscore to score your meet.** It is provided free of charge through the THSPA website. It is your responsibility to tell the person hosting the meet to send the information, especially if you lift at a meet outside of the region.

Dates

- **January 20th** - THSPA dues must be postmarked
- **February 26th** - Last Qualifying Date. If you host a meet you must have results submitted by 12:00 midnight.
- **Monday, February 28th** - Weight declarations for double qualified lifters- by 4:00 pm
- **Thursday, March 10th** - Regional Meet - Whitehouse High School
- ***PROJECTED DATE* Saturday, March 25-26th** - State Meet - Taylor County Expo Center, Abilene, TX

Rulebooks

- Rulebooks can be found on the THSPA website. They can be downloaded from the website.
- You will see on the website that the knee wrap suits have NOT been approved for boys competition.

Regional Standings

- Each week I will post the totals on the THSPA website. If there are any mistakes or misspellings, please let me know.

COVID Protocol for 2022 will be updated after the directors meeting in December.

Weight Class Addition:

THSPA has added a 308-weight class (full team is now 12 lifters)

Weigh-In

Weigh-in must be extended by 30 minutes to accommodate lifters during COVID. Weigh-in will now be 2 hours instead of 90 minutes.

Qualifying Totals:

The Automatic Qualifying Total has been eliminated for the 2021 season. In order to qualify for State this year lifters must place either 1st or 2nd at the Regional Meet.

I will send out more info on the Regional Meet in the near future. Good luck this season. If you have any questions, comments, or concerns, please do not hesitate to contact me.

Sincerely,

Evan Beaton
Whitehouse High School
Director Region 3, Division 1
Cell #: 903-530-0592
E-mail: beatone@whitehouseisd.org