

Region IV Division II & III Regional Powerlifting Letter

I would like to welcome you to the 2017 Powerlifting season. Enclosed, you will find several items that may be of interest to you:

E-Mail – After you read this letter, make sure that you email me and include your phone number (office, home and cell), and fax number. It is imperative that I have this information on you so that I can communicate with you if needed. Also, if you are no longer the powerlifting coach at your school or you know of someone new to our region, please forward this letter to them.

Regional Standings – The standings for our region will automatically be updated on our website (www.thspa.us) each week as I certify meets and upload them. Please make sure that your lifters names are spelled correctly at each meet you attend. This will really help with keeping the standings as accurate as possible.

Invitational Meets – If you are hosting a meet, please *email me* to let me know about it. Also, you **MUST** go to www.thspa.us/meetregistration.aspx and input the meet. This will be sent to me electronically.

**** Results for this year will only be accepted in form of a Powerscore document.**** Powerscore is a free download off of our website and directions on how to export the meet are in the final pages of this document.

The last qualifying date for regional competition is on February 25th, 2017.

If you have a lifter that is qualified in two different weight classes, you must declare which class they will lift in by **February 27th at 4:00PM**. This is a very strict deadline. If you do not declare by the deadline, your lifter will automatically be entered into the heavier weight class for the regional meet.

Rules and By-Laws Book – The entire book is posted on the THSPA website. I would advise you to print a copy of the book and carry it with you to meets.

Dues – If you have not paid your dues, you need to do so as soon as possible. Make your \$75.00 check payable to: *THSPA, and send it to P.O. Box 1072, Crowley, Texas 76036* – **Due by January 23rd.**

Please get your dues paid as soon as possible. Any school that does not have their dues postmarked by January 23rd, 2017 and still wishes to compete in the regional meet will have to pay a \$200.00 fine plus their \$75.00 dues before their lifters may compete. Please get your dues paid on time.

Regional Meet – The Region IV Division II & III meet will be held at Anahuac High School on March 9th and 10th. Division III will lift on March 9th, Division II will lift on March 10th. The entry fee will be \$30.00 per lifter. The Top 12 lifters will qualify for the regional meet this year.

Varsity and JV Totals – All totals from invitational meets will count toward the Regional Standings. This means that your lifters can lift Varsity or JV and still qualify for the Regional Meet.

If you have any questions, problems or I have left something off, please let me know so I can try to help you. Feel free to call me at any of the numbers listed below.

George Taylor III
THSPA Reg. IV Div. 2 & 3 Director
Kingwood Park High School
4015 Woodland Hills Dr
Kingwood, Texas 77339

Cell – (979) 255-0883
E-Mail: george.taylor@humble.k12.tx.us
Website: www.thspa.us

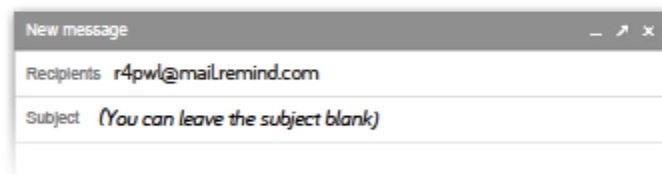
How to sign up for Coach Taylor's Region IV Powerlifting messages:



To receive messages via text, text **@r4pwl** to **(832) 850-5701**. You can opt-out of messages at anytime by replying, 'unsubscribe @r4pwl'.



Or to receive messages via email, send an email to **r4pwl@mail.remind.com**. To unsubscribe, reply with 'unsubscribe' in the subject line.



WHAT IS REMIND AND WHY IS IT SAFE?

Remind is a one-way text messaging and email system. With Remind, all personal information remains completely confidential. Teachers will never see your phone number, nor will you ever see theirs.

Visit remind.com to learn more.

***** All results MUST be sent to me via Powerscore!!*****

Powerscore is a free download from the THSPA website (www.thspa.us) . If you host a meet, you must use Powerscore to score the meet. Then you must export the meet and send it to me as an attachment. I have included directions to do this:

How to Export Results and Forward to Regional Director from PowerScore (6 steps)

1) After your meet is completed and you have verified all of the results are correct, go to the registration page of PowerScore. Make sure you meet is highlighted (in this tutorial, I will use Region IV Division III Championships)

The screenshot shows the PowerScore 6.0 software interface. The title bar reads "PowerScore 6.0 [PowerScore.psd] Region IV Division III Championships - THSPA Boys". The interface is divided into several panes:

- Meets:** A table listing various meets. The entry "3/7/2009 Region IV Division III Championships" is highlighted with a blue oval.
- Divisions:** A list box showing "THSPA Boys" selected.
- Teams:** A list box showing "All Teams" selected.
- Lifters:** A table listing lifters with columns for Lifter No., Lifter, Team, BWT, Weight Class, Schwartz, Lifter Status, and Team Status.

Date	Name	Location
3/3/2002	THSPA Region I Division II Championships	South Plains College, Levell...
1/15/2009	Anahuac Meet	Anahuac High School
1/22/2009	LCM (import 2)	LCM
2/2/2009	Anahuac 8th & 9th Grade Meet	Anahuac High School
2/5/2009	Liberty	Liberty HS
2/12/2009	Barbells by the Bay	Anahuac, Texas
3/7/2009	Region IV Division III Championships	Anahuac, Texas

Lifter No.	Lifter	Team	BWT	Weight Class	Schwartz	Lifter Status	Team Status
1	Jacinto, Michael	Louise	112.45	114	0.9779		
2	Rocha, Marcus	El Maton	111.60	114	0.9884		
3	Vega, David	Danbury	110.20	114	0.9991		
4	Conner, Cody	Evadale	114.45	114	0.9578		
5	Lara-Cortez, Victor	Corrigan-Camden	112.55	114	0.9779		
6	Rosalez, Ross	Ganado	106.00	114	1.0448		
7	Lambright, Vance	Woodville	111.05	114	0.9884		
8	Johnston, Daniel	East Bernard	112.45	114	0.9779		
9	Kirkendall, Colt	Evadale	111.50	114	0.9884		
10	Guillen, Antonio	Kountze	109.10	114	1.0101		
11	Sartin, Cody	Danbury	121.90	123	0.8946		
12	Whigham, Thad	Woodville	123.00	123	0.8783		
13	Netro, Lorenzo	Winnie East	122.95	123	0.8863		
14	Chalambaga, Delis	Deveyville	120.05	123	0.9029		
15	Netro, German	Winnie East	121.10	123	0.8918		

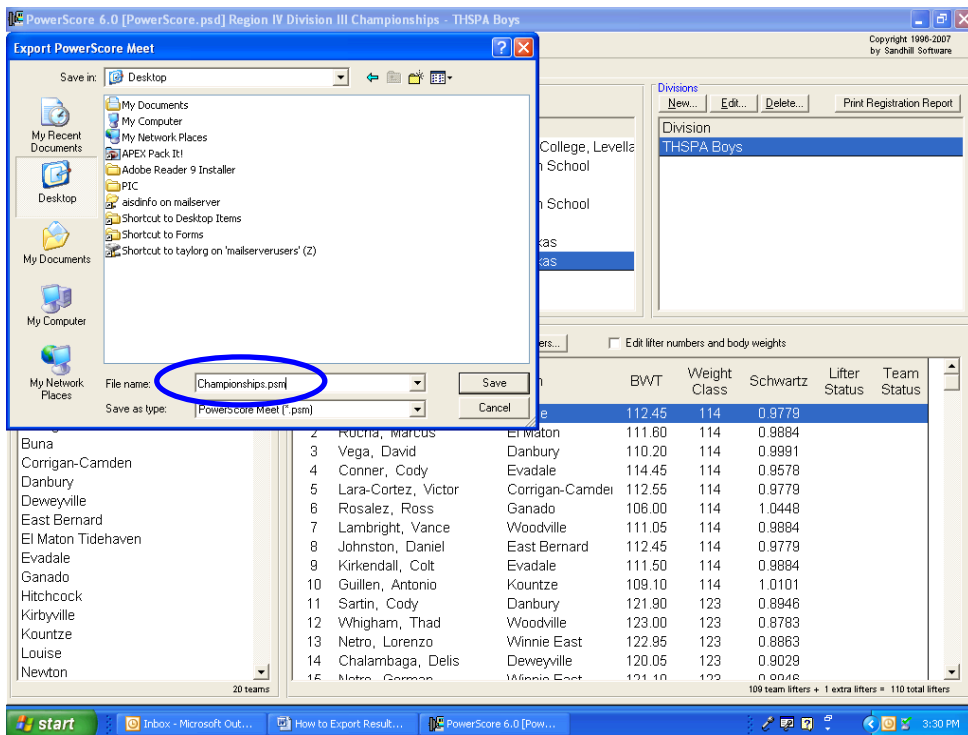
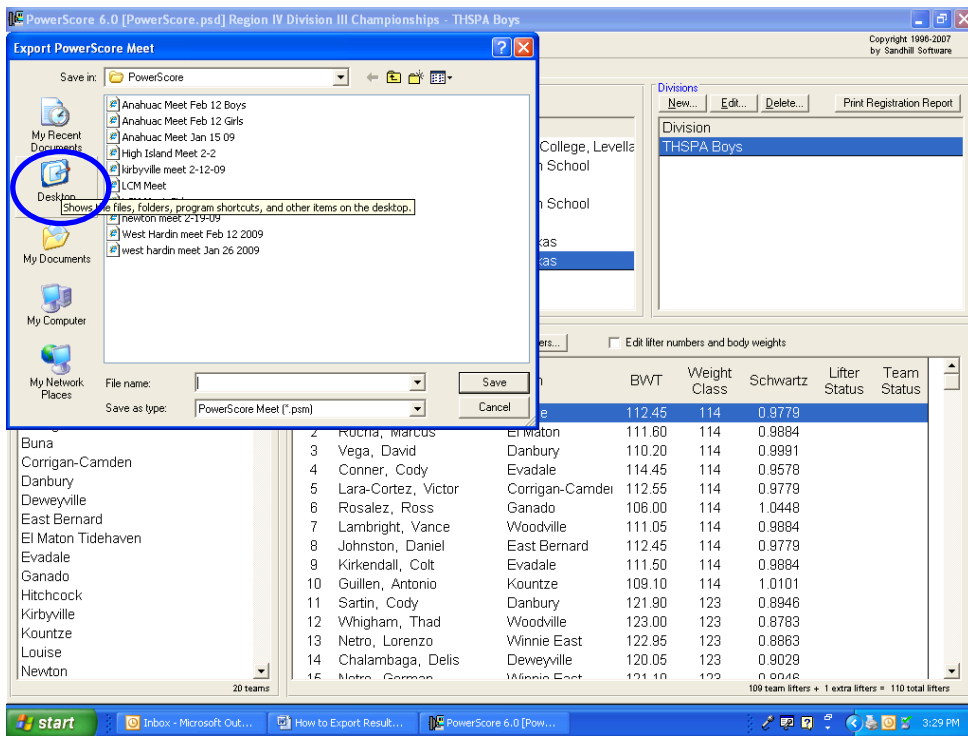
2) On the toolbar above the listed meets, click on Export Meet.

The screenshot shows the PowerScore 6.0 software interface. The title bar reads "PowerScore 6.0 [PowerScore.psd] Region IV Division III Championships - THSPA Boys". The menu bar includes "Registration", "Competition", "Standings", "Best Lifters", "Best Lifts", "Summary", "Detail", and "Tools". The "Meets" section is active, displaying a table of meets with columns for Date, Name, and Location. The "Export Meet..." button is highlighted with a black arrow. The "Divisions" section on the right shows "THSPA Boys" selected. The "Teams" section at the bottom left lists various teams, and the "Lifters" section at the bottom right displays a table of lifters with columns for Lifter No., Lifter, Team, BWT, Weight Class, Schwartz, Lifter Status, and Team Status.

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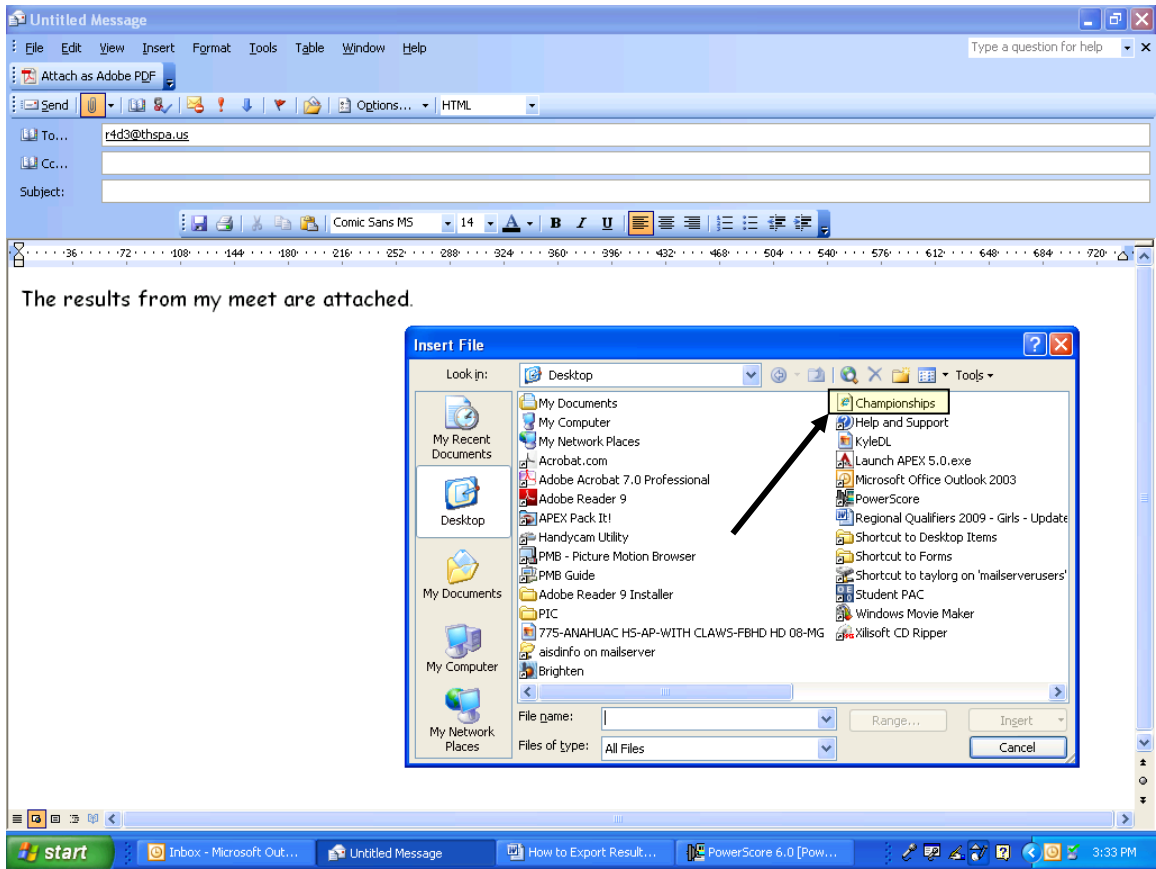
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3) When you click Export Meet, a window will open in which you will decide where to save the file. In this tutorial, I am going to save it to my desktop as Championships.psm – then I will click Save.



4) You should now be able to go to your desktop and see the file. This is what you will attach in your email to your regional director.

5) Go to your email provider and format a new email to your regional director. Attach the results that you just saved to your desktop.



6) Be sure the results are attached and press send. Your regional director should send a short response letting you know that he receive them. You should also be able to see them on the website shortly.

