

## THSPA Region 1, Divisions 3 & 4

Coaches,

I'd like to welcome you to the start of the 2025 season! The following is some important information regarding the 2025 Powerlifting season.

**Contact Information** – With this being my first year as our Regional Director, I am trying to create a mass email of all of our Head Coaches that way I can share information with you all immediately. If you have not already done so, fill out the “**2025 Coaches Contact Information Form**” that is on the home page of the site.

**State Website** - [www.thspa.us](http://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.

If you want a copy of the rulebook, you can download it from the website. Please check the rulebook at the beginning of the season for any rule changes. **They are highlighted in yellow.** (Please note that the 2025 rulebook will be available soon on the THSPA site).

Please refer to the rulebook and the approved equipment list when ordering/using equipment during the season.

**THSPA Membership Dues** - The THSPA membership form is located on the state website and all dues must be postmarked by **January 24, 2025**. 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.

Please note: Any school that does not have their dues postmarked by **January 24, 2025**, and still wishes to lift in the Regional Meet will have to pay a \$200.00 fine before their lifters may compete. The fined school must then pay the fine by the Monday (**February 17, 2025**) before the last qualifying date or the school's lifters will not be eligible for Regional or State Competition.

### **Important Dates:**

January 24 - THSPA Dues must be postmarked by this date (form is on the state website)

February 22 - Last Qualifying date for Boys (*results on this day must be received by midnight*)

February 24 - 4:00 pm Weight declarations for lifters qualified in two weight classes

March 6 - Regional Meet - Division 4, Brownfield HS, Indoor Turf Room, *Time TBD*

March 8 - Regional Meet - Division 3, Brownfield HS Indoor Turf Room, *Time TBD*

March 21 - State Meet – Divisions 2 and 3, Taylor County Expo Center, Abilene, *Time TBD*

March 22 - State Meet – Divisions 1 and 4, Taylor County Expo Center, Abilene, *Time TBD*

**Invitational Meets** - If you are hosting a meet you must certify the meet through me. This will just be done through the site or you can email me prior to you hosting (at least a week in advance). 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.

If you are hosting a meet, please email me a copy of the meet results so I can get them entered into our site immediately. All meet results need to be emailed to me the following Monday by 4:00 p.m. If you need assistance doing this, please reach out and I will help you!

**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.

The deadline for declaring all lifters who have qualified for the Regional Meet in more than one weight class or scratch is Monday, **February 24, 2025 at 4:00 pm.** **If you scratch after this date your school is still responsible for entry fee.**

**Regional Meet** - These will take place March 6 (Div. 4) and March 8 (Div. 3) in Brownfield at our Indoor Turf Room. More information will follow when it comes closer to that date.

If I can be of any assistance to you or your athletes in any way this season, please just let me know.

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