**THSPA 2023**

**REGION 4**

**DIVISION 1 (5A & 6A Schools)**

[**www.thspa.us**](http://www.thspa.us)

Dear Coach,

I would first like to welcome you and your school to the start of the 2023 powerlifting season. Enclosed, you will find some information that will hopefully ensure a smooth and productive season.

**Membership Dues** – They must be postmarked no later than **January 23, 2023**. You can find the Membership Form on the THSPA website. A list of member schools will be posted on the website for you to verify that your dues were received by the association. **Please check this as soon as you pay your dues so that we may be able to verify payment before the due date. Do not wait until the last minute to check!** Dues are $75.00. Mail membership form and check to:

**THSPA**

**Box 1072**

**Crowley, TX 76036**

Please note: **Any school that does not have their dues postmarked by**

**January 24, 2023, 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 20, 2023) before the last qualifying date or the school’s lifters will not be eligible for Regional or State Competition.**

**W-9 Forms** – If your school is requiring you to get a W-9 form from THSPA, please send me an email at ericicar@dickinsonisd.org or r4d1@thspa.us and I will send you a copy.

**Rulebooks** – If you want a copy of the rulebook, you can download it from the THSPA website. Please check the rulebook at the beginning of the season for any rule changes. They are highlighted in yellow.

**Invitational Meets** – All meet results must be sent via ***e-mail as a .psm file*** ***attachment.*** THSPA provides PowerScore software free to member schools and the Meet Director must have the latest version downloaded from the website. Meet results are due by 4:00 pm on the Monday following the meet. **I will not accept results after this time.** It is **your** responsibility to tell the Meet Director to send the information to me. This is extremely important if you are lifting at a meet outside of Region IV. If you cannot have them to me by that time, make sure to contact me before the deadline.

**Register Your Meets**- If you are planning on hosting a meet, you can register it through the THSPA website or let me know by email prior to you hosting the meet. **Meet results from schools that have not paid membership dues by the deadline may be withheld or dropped and all standings for the region will be affected.**

**Regional Standings** – Results will be posted on the THSPA website. Please check these each week. If there are errors in the spelling of lifters’ names or schools, please send me an e-mail so I can get those corrected as we move through the season.

**Last Date to Qualify** – The last date to qualify is February 25, 2023. All results from these meets must be received by 12:00 midnight on the last qualifying date.

**Weight Declarations** – The deadline for declaring all lifters who have qualified for the Regional Meet in more than one weight class or scratch is Monday, February 27, 2023 at 4:00 pm. If you scratch after this date your school is still responsible for entry fee. Would like them earlier if possible.

**Regional Meet** – The Division 1 Regional Meet will be held Saturday, March 4, 2023 at ***Dickinson High School*.** More information to follow. Please check the THSPA website.

**Scholarships** – Please note the scholarship page in the rulebook if you have a senior lifter with a desire to attend college. Paperwork will be due at the Regional Meet.

**Academic All-Star Nominations** – Coaches will need to nominate their Academic All-Star athletes online. More information to follow. Please check the THSPA website.

**State Meet** – The State Meet will be held at the Taylor County Expo Center in Abilene on March 24-25, 2023.

**D2 & D3** – Friday, March 24th

**D1 & D4** – Saturday, March 25th

**Coaches and Lifters - Important Changes for 2023 Season**

**Invitational Meets**: Dual meets are not allowed

Each meet must have at least 3 boy’s teams with at least 15 lifters (minimum 5 lifters per team). All judges must be certified for tri & quad meets.

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

***Note:***

***Please send an email to me at*** ***r4d1@thspa.us******. I need your Name, School, and Cell phone. This will help me in case I need to get in contact with you throughout the season. Thank You***

Best of Luck,

Earl Ricicar

E-mail: r4d1@thspa.us or

 ericicar@dickinsonisd.org

Cell: 409-739-0441