



Dear Coaches,

I hope this message finds you in good health and high spirits. As we approach the upcoming State powerlifting meet, I want to take a moment to address an issue that is of great importance to all of us—the safety of our athletes.

While the advancements in lifting gear have been remarkable in terms of design and materials, there is one element that remains paramount: the safety of the lifters. As coaches, we are entrusted with the well-being of our athletes, and this responsibility extends far beyond teaching techniques or managing training programs. It is vital that we take every step necessary to ensure our athletes are not only physically prepared but also mentally equipped to lift at the highest level while minimizing any risk of injury.

The Texas High School Powerlifting Association is a collective of coaches who share a common goal: to foster an environment where young athletes can grow, excel, and compete safely. In this spirit, we would like to advocate for a balanced and thoughtful approach to how we guide our athletes in selecting the weights they will attempt at the State meet.

As a coach, it is imperative to understand that your position is integral to the safety and success of your athletes. While pushing for personal bests is a natural part of powerlifting, we must always remember that an athlete's physical limitations should guide the weights they attempt. Overloading an athlete beyond their current abilities can result in injury, which is not only detrimental to their long-term health but also detrimental to the integrity of the sport.

In order to provide the best opportunity for success, we encourage all coaches to ensure that every athlete is fully prepared—both physically and mentally—for the lifts they will undertake. This includes proper training, consistent communication, and making informed decisions based on each athlete's current readiness.

I want to thank each and every one of you for your dedication to the sport and to the development of your athletes. Together, we can maintain the safety, integrity, and positive growth of high school powerlifting. Let's continue to work as a unified group to ensure that our athletes have the safest possible experience as they strive for excellence.

Thank you for your time and commitment.

Sincerely,

A. Rene Guzman

President, Texas High School Powerlifting Association (THSPA)