**THSPA**

**Region VI**

**Division II** (4A Schools) **& Division III** (3A Schools)

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

Dear Coaches,

I would like to welcome you and your school to the start of the 2023 powerlifting season. Enclosed, you will find some useful information that will hopefully ensure a smooth and productive season. Just a reminder of the divisions (Div I: 5A & 6A, Div II: 4A, Div III: 3A, Div IV: 1A & 2A). Good luck to all coaches and lifters in the upcoming powerlifting season.

**THSPA MEMBERSHIP DUES** - They must be postmarked by **January 24, 2023**. On the THSPA website you can locate the Membership Form. Member schools will be posted on this website for you to verify your dues were received by THSPA. Please don’t wait until the last minute to check. Dues are $75.00 per school. Mail the membership form and check to:

**THSPA**

**P.O. Box 1072**

**Crowley, Texas 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. THIS FINE MUST BE PAID BY FEBRUARY 20, 2023 OR THE SCHOOL’S LIFTERS WILL NOT BE ELIGIBLE TO COMPETE AT THE REGIONAL OR STATE COMPETITION.**

**W-9 FORMS** - This is posted on the website with the other region 6 information.

**2023 RULEBOOKS** - Rulebooks can be downloaded from the THSPA website. Check the 2023 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-email as a .psm file attachment. PowerScore software is provided free to member schools and the Meet Director must have the latest version downloaded from the THSPA website. Meet results are due by 4:00pm the Monday following your meet. I will not accept results after this time. It is your responsibility to tell the meet director to send them to me. If something were to occur and you cannot get the results to me, make sure to contact me before the deadline.

2023 CHANGES – ***DUAL MEETS ARE NOT ALLOWED!*** Each meet must have a minimum of 3 BOY’S teams with at least 5 lifters per team. ALL judges for tri and quad meets must be certified. Tri meets and bigger will be allowed all season.

**REGISTERING YOUR MEET** - If you are hosting an invitational meet please send me an email letting me know (prior to the meet) so I can be expecting the results. It does not have to be registered on the website. Meet results from schools that have not paid membership dues by the deadline will be withheld or dropped from the standings.

**REGIONAL STANDINGS & LIFTER / SCHOOL NAMES** - Results are posted on the THSPA website. Top 12 lifters from each weight class will qualify for Regional competition. Check the standings weekly. If an error occurs in a lifters or schools name, send me an email so I can correct them. **Please don’t use all CAPITAL LETTERS when hosting a meet**.

**FINAL DAY FOR MEETS** - The last date to qualify is February 25, 2023. All results from these last invitational meets must be received by 12:00 midnight on this date to be counted.

**WEIGHT CLASS DECLARATIONS** - The deadline for declaring a lifter who has qualified for the regional meet in more than one weight class or who is scratched is Monday, February 27, 2023 at 4:00pm. **YOU ARE RESPONSIBLE FOR THE ENTRY FEE AFTER THIS DATE IF A LIFTER IS SCRATCHED.**

**REGIONAL MEET –** Both Division II & Division III meets will be held at Decatur High School. Division II (4A) will be Tuesday March 7, 2023. Division III (3A) will be Saturday March 11, 2023. I will post more information as we get closer, so check the THSPA website.

**SCHOLARSHIPS & ACADEMIC ALL-STAR NOMINATIONS** - Paperwork for scholarships is due at the Regional Meet and can be found in the Rulebook. Coaches will nominate their Academic All-Star lifters online. There should be more information posted on the website at a later date.

**STATE MEET INFORMATION** - The State Meet will be held at the Taylor County Expo Center in Abilene on March 24th – 25th. Division II (4A) & Division III (3A) will lift on Friday evening March 24th. More information will follow, so check the website for updates on this.

If you have any questions or I can be of assistance in any way, do not hesitate to contact me. The best way to contact me is by e-mail or text. Again, I wish you the best of luck in the upcoming season.

Thank you,

Cody Patterson

Pottsboro High School

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