

## THSPA - Region VI – Division IV (1A & 2A schools)

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

Dear Coaches,

I would like to welcome you and your school to the start of the 2025 powerlifting season. Enclosed, you will find some useful information that will hopefully ensure a smooth and productive season. Good luck to all coaches and lifters in the upcoming powerlifting season.

**THSPA MEMBERSHIP DUES** - They must be postmarked by **January 24, 2025**. 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, 2025**, AND STILL WISHES TO LIFT IN THE REGIONAL MEET WILL HAVE TO PAY A **\$200.00** FINE BEFORE THEIR LIFTERS MAY COMPETE. THIS FINE MUST BE PAID BY **FEBRUARY 21, 2025** OR THE SCHOOL'S LIFTERS WILL NOT BE ELIGIBLE TO COMPETE AT THE REGIONAL OR STATE COMPETITION.

**W-9 FORMS** - If your school requires a W-9 form from THSPA, send me an email at [quentin.berend@muensterisd.org](mailto:quentin.berend@muensterisd.org) or [r6d4@thspa.us](mailto:r6d4@thspa.us) and I will email you a copy.

**2024 RULEBOOKS** - Rulebooks can be downloaded from the THSPA website. Check the 2024 Rulebook at the beginning of the season for any rule changes. They are highlighted in yellow. **No Duel Meets allowed 2025 Season, Tri / Quad accepted with min 5 lifters per team, All judges must be certified!**

**Team Roster** – Please complete your team rosters by **January 25, 2025**. This is accessible through your coaches' page on the thspa.us website. When I receive your request, I will forward you your UserID and Password. If you need the old account deleted, please send me an email and I can delete it so you can request a new account. If you have forgotten your username and password, please send me an email and I can get that information for you.

**INVITATIONAL MEETS** - All meet results must be sent via-e-mail 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. **If you are planning on hosting a meet please let me know beforehand so I can be expecting results.**

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

**LAST CHANCE TO QUALIFY MEETS** – The last date to qualify is **February 22, 2025**. All results from these Last Chance 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 24, 2025 at 4:00pm**. **YOU ARE RESPONSIBLE FOR THE ENTRY FEE AFTER THIS DATE IF A LIFTER IS SCRATCHED.**

**REGIONAL MEET** - **Tuesday March 4, 2025**, the regional meet will be held at Decatur High School in Decatur, Texas. 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 **Friday March 21, 2025 (Division II) and Division III. Division I – IV is Saturday March 22, 2025. More information will follow, so check the website for updates on this.**

If I can be of any assistance in any way, do not hesitate to contact me. The best way to contact me is by e-mail. In most instances, I will have an answer for you as soon as I can find it. As with most coaches, trying to get me on the phone can be difficult; therefore, e-mail is the best form of correspondence. Again, I wish you the best of luck in the upcoming season. Let's keep expanding and growing Region 6 Division 4 into a great division!

Thank you,  
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