

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

www.thspa.us

Dear Coaches,

I would like to welcome you and your school to the start of the 2024 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 on the upcoming powerlifting season.

THSPA MEMBERSHIP DUES - They must be post marked by **January 24, 2024**. 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, 2024**, 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 19, 2024** OR THE SCHOOL'S LIFTERS WILL NOT BE ELGIBLE 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 or 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 2024 Season, Tri / Quad accepted with min 5 lifters per team, All judges must be certified!**

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 was to occur and you cannot have 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, meet registration will be required. Meet registration can be found on THSPA homepage. 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 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 24, 2024**. 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 26, 2024 at 4:00pm**. **YOU ARE RESPONSIBLE FOR THE ENTRY FEE AFTER THIS DATE IF A LIFTER IS SCRATCHED.**

REGIONAL MEET - **Friday March 8, 2024**, 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 **Saturday March 23, 2024 (Division IV) and Division I**. Division II – III is Friday March 22, 2024. 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,
Quentin Berend
Muenster High School
135 East 7th Street Muenster, Texas 76252

Cell Phone: 817-629-6443

E-mail: quentin.berend@muensterisd.org and/or r6d4@thspa.us