**THSPA - Region 2 – Division 1** (5A & 6A schools)

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

Coaches-

Welcome to 2019 powerlifting season. You will find some useful information enclosed in this letter. Good luck to all coaches and lifters. I hope the season is productive.

**THE USE OF THE NEW SQUAT WRAP SUITS ARE NOT APPROVED BY THSPA.**

**THSPA MEMBERSHIP DUES**

They must be post marked by **January 21, 2019**. On the THSPA website, you can locate the Membership Form. Member schools will 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**

**Box 1072**

**Crowley, Texas 76036**

**DUES MUST BE POSTMARKED BY JANUARY 21, 2019. ANY SCHOOL THAT** WISHES **TO LIFT IN THE REGIONAL MEET WILL PAY A $200.00 FINE BEFORE A LIFTER CAN COMPETE. THIS FINE MUST BE PAID BY THE MONDAY BEFORE THE LAST QUALIFIERS MEET, FEBRUARY 23, 2019 OR THE SCHOOL’S LIFTERS WILL NOT BE ELGIBLE TO COMPETE AT REGIONALS OR STATE.**

**W-9 FORMS**

If your school requires a W-9 form from THSPA, send me an email at sbwilliams@bisdmail.net or r2d1@thspa.us and I will email you a copy.

**2019 RULEBOOKS**

Rulebooks can be downloaded from the THSPA website. Check the 2019 Rulebook at the beginning of the season for any rule changes.

**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 before the deadline.

All meets must be certified through the THSPA website prior to you hosting the meet, if you want the results to be counted in the standings. The form for this can be found on the website and will be sent to me. 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. 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.

**LAST CHANCE TO QUALIFY MEETS**

The last date to qualify is February 23, 2019. 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 25, 2019 at 4:00pm. **YOU ARE RESPONSIBLE FOR THE ENRTY FEE AFTER THIS DATE IF A LIFTER IS SCRATCHED.**

**REGIONAL MEET**

Saturday March 9, 2019 the regional meet will be held at Burleson High School in Burleson, 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 March 23, 2019. More information will follow, so check the website for updates on this.

We are all coaches. Getting a hold of me on the phone can be difficult. But, please don’t hesitate to call, text, or email me if I can help or be of any assistance to you. E-mail is the best way to contact me. I wish all of you the best of luck in the upcoming season. Let’s make Region 2 the strongest region in the THSPA!

Thank you,

Scotty Williams

Cell Phone: 479-234-5991

E-mail: sbwilliams@bisdmail.net and/or r2d1@thspa.us

If you want to email me your name, school, and cell phone number in case I need to contact you, please do!