**THSPA Region 2 Divisions 2 and 3**

**Preseason Letter**

December 1, 2015

Coaches,

The following information should help you in your preparations for the upcoming 2016 Powerlifting Season.

1. COMMUNICATION:

Please email me your name and cell phone number, and the school you coach at so that I can communicate upcoming dates, meets, or other needed information. It will allow me to get updated information to you as quickly as possible.

**rcaraway@robinson.k12.tx.us**

If you need to contact me by phone or mail, my information is:

Robinson High School

Coach Ross Caraway

700 W. Tate

Robinson, TX 76706

254-709-0429 (Cell)

254-662-0900 (Athletic Office)

* + 1. (Fax)
1. MEMBERSHIP DUES:

Membership dues must be postmarked by **January 25th, 2016**. They are $75.00 and checks should be made payable to THSPA and sent to the following address:

THSPA

Box 1072

Crowley, TX 76036

A $200 late fee will be applied in addition to the $75 membership fee after the January 25th deadline. Schools who fail to pay the required fees will be unable to compete in the regional or state championships.

1. IMPORTANT DATES:

Please mark your calendar for the following dates.

**January 25 –** State membership dues must be postmarked

**February 27** – Last qualifying date **(*results on this day must be received by midnight)***

**February 29** –Weight declarations for double qualified lifters must submitted by 4:00 pm.

 **March 11** – Friday – Early Weigh-in for Region 2 Div. 2 and 3 Lifters – **Robinson High School**

 **March 12** – Saturday – Region 2 Division 2 and 3 Championships – **Robinson High School**

 **April 2** – State Meet – Taylor County Expo Center, Abilene, TX

1. INVITATIONAL MEETS:

If you are hosting a meet please let me know through email. I will keep schools informed on upcoming meets in our region as well.

1. REGIONAL STANDINGS:

Will be posted on the website typically by Sunday night. Please check these each week and if there are errors in the spelling of an athlete’s name or school please send me an email.

1. REGION 2 DIVISION 2 AND 3 CHAMPIONSHIP MEET:

**Early weigh-in will take place on Friday, March 11, with the Regional Championship Meet for both division 2 AND 3 taking place the following day, Saturday, March 12**. There will be more information later on this meet.

1. SCHOLARSHIP:

If you have an athlete interested in attending college, please note the guidelines located in the rulebook for applying for a THSPA scholarship. All required materials and documentation are due at the Regional Championship Meet.

Continue to check the THSPA website ([www.thspa.us](http://www.thspa.us)) from time to time for updated information regarding upcoming invitational meets, regional rankings, and the regional meet. If you have any further questions, please contact me. Good luck to all of you this season.

Ross Caraway

Robinson High School

Director, THSPA Region 2 Divisions 2 and 3

rcaraway@robinson.k12.tx.us

(254) 709-0429 (Cell)