



**REGION 5
DIVISION I (5A & 6A schools)**

www.thspa.us

Dear Coach,

I would first like to welcome you and your school to the start of the 2019 powerlifting season. Enclosed, you will find some information that will hopefully ensure a smooth and productive season. Good luck to all the coaches and lifters on the upcoming powerlifting season.

Membership Dues – They must be postmarked no later than **January 26, 2019**. You can find the Membership Form on the THSPA website. A list of member schools will be posted on the website for you to verify that your dues were received by the association. **Please check this as soon as you pay your dues so that we may be able to verify payment before the due date. Do not wait until the last minute to check! Dues are \$75.00.**

Mail membership form and check to:

**THSPA
Box 1072
Crowley, TX 76036**

Please note: **Any school that does not have their dues postmarked by **January 26, 2019**, and still wishes to lift in the Regional Meet will have to pay a \$200.00 fine before their lifters may compete. The fined school must then pay the fine by the Monday before the last qualifying date (**February 23, 2019**) or the school's lifters will not be eligible for Regional or State Competition.**

W-9 Forms – If your school is requiring you to get a W-9 form from THSPA, please send me an email at aguzman@wisd.us or r5d1@thspa.us and I will send you a copy.

Rulebooks – If you want a copy of the rulebook, you can download it from the THSPA website. **Please check the 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 e-mail as a .psm file attachment. THSPA provides PowerScore software free to member schools and the Meet Director must have the latest version downloaded from the website. Meet results are due by 4:00 pm on the Monday following the meet. **I will not accept results after this time.** It is your responsibility to tell the Meet Director to send the information to me. This is extremely important if you are lifting at a meet outside of Region V. If you cannot have them to me by that time, make sure to contact me before the deadline.

If you are planning on hosting a meet, please remember that it must certified through THSPA website prior to you hosting the meet for the results to be reflected in the

standings. This can be accomplished through the website with a form that will be sent to me. Meet results from schools that have not paid membership dues by the deadline may be withheld or dropped and all standings for the region will be affected.

Regional Standings – Results will be posted on the THSPA website. Please check these each week. If there are errors in the spelling of lifters' names or schools, please send me an e-mail so I can get those corrected as we move through the season.

Last Date to Qualify – The last date to qualify is February 23, 2019. All results from these meets must be received by 12:00 midnight on the last qualifying date. If you are planning to lift on February 23rd, please let me know in advance so that there are no mistakes in the Regional Standings.

Weight Declarations – The deadline for declaring all lifters who have qualified for the Regional Meet in more than one weight class or scratch is Monday, February 25, 2019 at 4:00 pm. If you scratch after this date your school is still responsible for entry fee. Would like them earlier if possible.

Regional Meets – The Division 1 Regional Meet will be held Saturday, March 9, 2019 at Weslaco East High School. More information to follow. Please check the THSPA website.

Scholarships – Please note the scholarship page in the rulebook if you have a senior lifter with a desire to attend college. Paperwork will be due at the Regional Meet.

Academic All-Star Nominations – Coaches will need to nominate their Academic All-Star athletes online. More information to follow. Please check the THSPA website.

State Meet – The State Meet will be held at the Taylor County Expo Center in Abilene on March 23rd, 2019. More information to follow. Please check the THSPA website.

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, email or text is the best form of correspondence. Again, I wish you the best of luck in the upcoming season.

Thanks,

Rene Guzman

E-mail: r5d1@thspa.us or
aguzman@wisd.us

Cell Phone: 956-494-5543

Note: Please send an email to me at r5d1@thspa.us. I need your Name, School, and Cell phone. This will help me in case I need to get in contact with you throughout the season. Thank you