

THSPA
REGION VI
DIVISION II (3A schools)
www.thspa.us
www.region6powerlift.com

Dear Coach,

I would first like to welcome you and your school to the start of the 2010 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 **February 1, 2010**. You can find the Membership Form on the THSPA website or the Region 6 website listed above. A list of member schools will be posted on the Region 6 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 forms and checks to:

THSPA
Box 1072
Crowley, TX 76036

Please note: **Any school that does not have their dues postmarked by February 1, 2010, and still wishes to lift in the Regional Meet will have to pay a \$200.00 fine before their lifters may compete.**

Rulebooks –Rulebooks will not be mailed out. If you want a copy of the rulebook, you can download it from the THSPA website or the Region 6 website.

Invitational Meets – All meet results must be sent via e-mail as a .psm file attachment this year. 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 VI. If you cannot have them to me by that time, make sure to contact me before the deadline.

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.

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.

Last Date to Qualify – The last date to qualify is February 27, 2010. 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 27th, 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 is March 1, 2010, at 4:00 pm.

Regional Meet – The Regional Meet will be held at Decatur High School on March 6, 2010. 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 27, 2010. 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, e-mail is the best form of correspondence. Again, I wish you the best of luck in the upcoming season.

Thanks,

Tim Mynarcik

E-mail: r6d2@thspa.us or
tim.mynarcik@decatur.esc11.net

Cell Phone: 940-393-8546

Work Phone: 940-393-7293

Fax: 940-427-8361

Address: Decatur High School
Attn: Tim Mynarcik
750 E. Eagle Summit Dr.
Decatur, TX 76234

Note: Please fill out the Coach's Information Survey at the following link.

<http://tinyurl.com/yfbp5t4>

This is basic information that I need to be able to get in contact with you if needed. It is only 7 questions. Thank-you for your time.