

THSPA Region 3, Division 1

Coaches,

Below is some important information regarding the 2023 powerlifting season:

Membership Dues

- Amount- \$75- Made out to THSPA
- Deadline- Must be postmarked January 23, 2023
- Late Dues- After January 23rd an additional \$200 is due and must be postmarked by February 17, 2023. If not paid, lifters will not be able to compete at the Regional Meet.
- Mailing Address- T.H.S.P.A
Box 1072
Crowley, TX 76036

Communication

- All information including Regional rankings will be placed on the THSPA website. www.thspa.us.
- Please email me your information if you are the head coach to Evan.Beaton@TylerISD.org:
 - School Name and Phone Number
 - School Fax
 - Powerlifting Coach
 - Coach's cell # and e-mail

Invitational Meets

- If you are hosting a meet, you must get the results to me by 4:00 pm on the Monday following the meet. Make sure that your meet follows all guidelines to be counted as a legal meet. The meet **must be** certified through me for results to count for Regional standings. This will be done through the website. There is a meet registration link for you to input all of your meet information on the THSPA website. **You must use Powerscore to score your meet.** It is provided free of charge through the THSPA website. It is your responsibility to tell the person hosting the meet to send the information, especially if you lift at a meet outside of the region.

Dates

- **January 23rd** - THSPA dues must be postmarked
- **February 25th** - Last Qualifying Date. If you host a meet you must have results submitted by 12:00 midnight.
- **Monday, February 27th** - Weight declarations for double qualified lifters- by 4:00 pm
- **Wednesday, March 8th** - Regional Meet - Tyler Legacy High School
- ***PROJECTED DATE* March 24-25th** - State Meet - Taylor County Expo Center, Abilene, TX

Rulebooks

- Rulebooks can be found on the THSPA website. They can be downloaded from the website.
- You will see on the website that the knee wrap suits have NOT been approved for boys competition.

Regional Standings

- Each week I will post the totals on the THSPA website. If there are any mistakes or misspellings, please let me know.

I will send out more info on the Regional Meet in the near future. Good luck this season. If you have any questions, comments, or concerns, please do not hesitate to contact me.

Sincerely,

Evan Beaton
Tyler Legacy High School
Director Region 3, Division 1
Cell #: 903-530-0592
E-mail: Evan.Beaton@TylerISD.org