Coaches,

As we head into the last week of the regular season please take care of  the following things:

1. Go to the website and find your team and check the spellings of each of your lifters.  Please let me know of any misspellings and I will correct them.
2. You may only lift in one meet per week (Monday-Saturday).  If you lift in more than one both sets of results will be deleted.
3. During the last week of competition a meet must have a minimum of 4 schools and no less than 25 female lifters involved.
4. All results must be emailed to me no later than Saturday, February 16th before midnight.
5. Regional weight declarations must be received before 4:00 pm on Monday, February 18th.  If a weight declaration isn’t made the lifter will be in the heavier weight class.
6. At 4 pm om Monday, February 18th  all schools will be held financially responsible for any lifter in the top 12.  If a lifter isn’t going to attend let me know ASAP.

Let me know if you have any questions or need anything.  I look forward to seeing you in a couple of weeks.

Sincerely,

Jamie Humphries

Assistant Principal/ Athletic Director/ THSWPA Director Region 1 Division 3

Seagraves High School