

December 1, 2012

To All Region 6 Division 1 & Division 2 Powerlifting Coaches:

Welcome to the new season. This year will bring many changes to the THSWPA. During our directors' meeting this summer, many adjustments were made to our organization. These are listed on the state website, but I would like to mention a few. First, we voted to align our association with the boys association in terms of rules. Having only one set of rules should help alleviate confusion among coaches and judges. There have been a few more rule changes and a couple of those have been highlighted lower in the letter. Regional Qualification will be the same as last year. The top ten girls from each weight class will qualify for their regional meet in each division. This means that the qualifications for state have changed slightly. Please refer to the "How to Qualify for State" page on this website for more information.

Major Rule Book Notes and Changes for 2012-2013:

- **Regional and State dues are now \$35 each lifter**
- Equipment will be checked after Regional and State Records
- Knee socks are still to be worn on deadlift
- Hair Bows and Hair accessories are now permitted

Here is some information that will be helpful for planning your schedules.

- Regional information and rankings will be updated weekly and posted on the THSWPA website, beginning about the second week of January.
- Please read the rule changes and the updated rulebook, which can be found on the THSWPA website.
- **State Dues must be postmarked by February 1, 2013.**
 - Dues are \$75.00 and should be made payable to THSWPA.
 - Mail dues with your information to:

THSWPA

14 SAGUA CT

BROWNSVILLE, TEXAS 78526

-If dues are not postmarked by the deadline, your school will be charged a \$200 late fee, or your lifters will not be allowed to lift.

- If you are hosting a meet, please notify me with the date of the meet as soon as possible. This helps to keep the regional standings updated by knowing when to expect results and will allow me to keep a list of available meets for coaches.
- All meets need to be done using PowerScore. This program is available for free on the state THSWPA website. Please download this program so that your meet will be in the proper format.
- All meet results must be emailed to me by the following Monday at 4 PM or they will not be accepted. I would prefer that the meet Director email them, however, if you attend a meet outside of our region get a complete copy of the results including the name, address, and phone of the meet director, and fax them to me yourself. If there is a problem getting them to me in time, please call ahead of time and let me know the situation. **NO HAND WRITTEN RESULTS WILL BE ACCEPTED.**
- Regional Meet is scheduled for February 23, 2012 at Wylie High School.
- Meet results from the last qualifying date (February 16th) should be sent to me by midnight that night or the results will not be accepted. No MID-WEEK meet results will be accepted on the week of the last qualifying date.
- Weight Declarations must be made for your athletes by Monday at 4p.m. following the last qualifying date. If you do not make a declaration by that time, any lifter in question will be placed in the heavier weight class. Also, all LAST QUALIFYING DATE meets must be judged by Certified Judges. This includes all three judges, front, and both side judges.
- State meet will be March 15 and 16 at the American Bank Center in Corpus Christi.