

# THSWPA

## Region 6 Division 3 2026 Letter

Coaches,

My email address is: [colton.henderson@bellsisd.net](mailto:colton.henderson@bellsisd.net) if you have not received an email from me in the past please send me a message so I can add you to my contact list.

Here is some other information that might be helpful:

- The Regional and State fee will remain \$50 this year.
- See attachment for instructions on creating a Coaches' Account on the website.
- Meet Results need to be emailed to me by 4:00 p.m. on the Monday following your meet. **Please send me word through email if you are hosting a meet, at least one member of the powerlifting coaching staff must be a certified judge through the girl's test accessible on boys website.**

**Results:** We will only use the Power-Score system for the rankings again this year. This is a free download and is a very easy system to use at the meets. All meets must use this form and send it to me in this format. Results sent to me in any other format **WILL NOT** be included in the rankings.

**Dues:** Boys and Girls dues are sent to different places so please inform your business department accordingly. State dues are **\$100.00** and must be postmarked by February 1st, 2026. If the school Membership Fee is received after February 1st, 2026, a **late fee of \$200** will be added to the membership fee and will only be accepted until February 14th, 2026. Any dues postmarked past that date will be returned and your lifters will be disqualified from the Regional meet. Please make sure your business department is also aware of this deadline. Complete the registration form and send it along with payment to:

**THSWPA**  
**PO Box 3021**  
**Brownsville, Texas 78523** (this is not the address for the Girls & Boys, make sure to mail TWO checks for your dues.)

**Last Meet:** The last qualifying date will be Saturday, February 21, 2026. All judges MUST be certified for a last qualifying meet. All results from the last qualifying date must be sent to me by **MIDNIGHT**, February 21, 2026. **Weight class declarations must be made by 4:00 p.m. on Monday, February 23, 2026.** If I do not hear from you and you have a lifter who is in the top 12 in two weight classes she will be placed in the heavier weight class. **Equipped/Unequipped declarations must also be made by 4:00 p.m. on Monday, February 23, 2026.**

## **Regional Meets:**

**3AD1:** will compete in the **BRECKENRIDGE HIGH SCHOOL GYM**, Thursday, March 5th and early weigh in will be March 4th, 2026 at Breckenridge High School Gym.

**1A/2A (AM) & 3AD2 (PM):** will compete in the **Bells New Gym**, Saturday March 7th and early weigh in will be Friday March 6th, 2026 at Bells High School in the **New Gym**.

**Unequipped:** will compete in **Sherman High School Gym** on Tuesday, March 3rd, 2026.

The entry fee this year will be \$50 per lifter and **checks will be made out to: Bells ISD (attention Powerlifting)**. Tickets at the door are \$5. We will send out more details as the meet gets closer.

**State Meet:** The state meet will be in Edinburg @ Burt Ogden Arena March 18-21, 2026. 1A/2A will lift Wednesday Morning. 3AD2 will lift Thursday Morning. 3AD1 will lift Thursday afternoon. Unequipped will lift on Thursday evening.

## **Rule Clarifications:**

The UPDATED Rule book is posted on the site.  
All Changes will be Highlighted in yellow.

## **Qualifying for Regional and State Competition:**

The top 12 lifters from each weight class will qualify for Regional competition. There are two ways to qualify for Regionals: be in the top 12 of your weight class for your UIL classification (1a/2a are considered the same) or, reach your weight class's automatic total. There are two ways to qualify for State: finish with one of the top two totals at Regional competition or, reach your weight class' automatic total at the Regional meet.

Finally, Coaches, Please have your kids sign up for the scholarships. Again this year the THSWPA will give 5 - \$1000 Scholarships per region. It is very important that the scholarship packet is complete or it will not even be considered (all letters, application and transcript.)

Good Luck to you all and I hope to see you around at the meets.  
If any rules questions or general concerns please call/text or email me. (903) 284-0453 or [colton.henderson@bellsisd.net](mailto:colton.henderson@bellsisd.net)

Colt Henderson  
THSWPA Region 6, Director Division 3  
Bells HS



# Powerlifting Coaches

How to request a Coach's account to allow for creation of a team roster.

1. On the THSWPA home page under the **I Am A** menu, click on **Powerlifting Coach**.



2. Select your **Region**, **Division** and **Team** from the lists. Then enter your name. When you're done click **Setup My Coach's Page**.

A screenshot of the 'Changing your Coach's page...' form. The form has a blue header with 'Home', 'I Am A...', 'Association', and 'Documents' links. Below the header, the title 'Changing your Coach's page...' is displayed. The form contains three dropdown menus: 'Your Region' (with 'Region 3 - East Texas' selected and circled in red), 'Your Division' (with 'Division 3 - 1A, 2A' selected and circled in red), and 'Your Team' (with 'Atlanta' selected and circled in red). Below these are two text input fields for 'Your Name' (First: 'John', Last: 'Smith', both circled in red). At the bottom is a button labeled 'Setup my Coach's page' (circled in red).

3. Click **Team Account** to request your account.

## **Coach's Page for John Smith, Atlanta**

### **Tools**

[Team Account](#) - Request a team account so you can build a roster.

[Team Roster](#) - Manage your team roster

[Team Browser](#) - Locate results by team.

4. Fill in the entire form then click Request Account.

### ***Request THSWPA Coach's Account***

Please enter the following:

[If you have already received your password from your regional director, click here to login.](#)

First Name	<input type="text" value="John"/>	Last Name	<input type="text" value="Smith"/>
School Email	<input type="text" value="jsmith@atlantaisd.org"/>		
Cell Phone	<input type="text" value="444-555-6666"/>	School Phone	<input type="text" value="234-567-8901"/>
User Name	<input type="text" value="jrsmith5023"/>	(Any combination of numbers or letters, no spaces or special characters)	
Region	Division	Team	
<div>Region 1 - West Texas Region 2 - Central Texas Region 3 - East Texas Region 4 - Gulf Coast Region 5 - South Texas Region 6 - North Texas</div>	<div>Division 1 - 5A &amp; 6A Division 2 - 4A Division 3 - 1A, 2A, 3</div>	<div>Alba-Golden Alto Apple Springs Arp Atlanta Avalon Avery Avinger Beckville</div>	

Please Note: When you click Request Account, your info will be sent to the regional director from your selection above. Your director will verify your account and send you your password.

[Request Account](#)

5. You will receive verification of your request.

### ***Request THSWPA Coach's Account***

Your team account request has been sent to your regional director. When you receive your password you can use the Sign In option to log in to your account.

6. Your regional director will send you your password for the account. When you receive your password you can return to the THSWPA website and log in.



7. After you've logged in, go back to your Coach's Page, then click **Team Roster**.

## Coach's Page for John Smith, Atlanta

### Tools

[Team Account](#) - Request a team account so you can build a roster

[Team Roster](#) - Manage your team roster

[Team Browser](#) - Locate results by team.

8. To enter an athlete, first click **Add New Athlete**. Then click the **Edit** button next to the new athlete.

## THSPA Team Page for Atlanta

### Team Roster

Please make sure your team roster is up to date

<b>Add New Athlete</b>				
First Name	Last Name	Grade	Wt. Class	
		0		<b>Edit</b> <b>Delete</b>

9. Edit the athlete's info then click **Update** to save your changes.

<b>Add New Athlete</b>				
First Name	Last Name	Grade	Wt. Class	
Mitch	Kaufman	10 ▾	198 ▾	<b>Update</b> <b>Cancel</b>

10. Continue until your roster is complete. You can return to this page at any time during the season to update your roster.