

# 2022 THSWPA

## Region 1 Division 3 Letter

Coaches,

My e-mail address is [caffeyj@shamrockisd.net](mailto:caffeyj@shamrockisd.net) if you have not gotten an e-mail 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:

I will use the same SportsYou page as last season probably more than email. **The signup sheet is included with this letter!!!!**

Meets must be certified through me via the Girls website if a girls only meet. If it is a co-ed meet it can be registered on either site just click that it is a co-ed meet. Results need to be emailed to me by 4:00 p.m. on the Monday following your meet. **Remember any meet not certified through website, the results will be Null and void. At least 1 member of the powerlifting coaching staff must be a certified judge on the girls test!**

**Results:** We will only use the PowerScore system for the rankings again this year. This is a free down load 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 now \$100.00 and must be post marked by February 1, 2022. Late dues will be \$200.00 and will only be accepted until February 13, 2023. 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**

**Last Meet:** The last qualifying date will be Saturday, February 18, 2022. 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 18, 2022. **Weight class declarations must be made by 4:00 p.m. on Monday, February 20, 2022.** 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.

**Regional Meet:** Division 3 meet will held Friday March 3<sup>th</sup> (1/2A) & Saturday 4<sup>th</sup> (3A DIV. 1 & 2) at Shamrock ISD. The entry fee this year will be \$35 per lifter **CHECKS MADE OUT TO "SHAMROCK 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 Frisco, Tx at the Comerica Center on March 15<sup>th</sup>-18<sup>th</sup>, 2023.

## **Rule Clarifications:**

The UPDATED Rule book is not yet posted on the site.

All Changes will be Highlighted in yellow. **At least one coach on powerlifting staff must be certified judge on the girls rulebook.**

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

The top 12 lifters from each division will qualify for Regional competition. There are three ways to qualify for Regionals: be in the top 12 of your weight class for your division, reach your weight class's automatic total or be the one of the top 2 lifters from your UIL classification. There are three ways to qualify for State: place in the top two at Regional competition, reach your weight class' automatic total at the Regional meet, or be the one of the top 2 lifters in your UIL classification (3A div. 1, 3A div. 2, 1/2A) at the Regional meet.

Finally Coaches, Please have your kids sign up for the scholarships. This year each region will give 5 \$1000 Scholarships per region. 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 contact me by SportsYou or e-mail at [caffeyj@shamrockisd.net](mailto:caffeyj@shamrockisd.net)

Jeff Caffey  
Region 1, Director Division 3  
Shamrock HS