

THSWPA

Region 6 Division 3 2025 Letter

Coaches,

My email address is: 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 has been raised to \$50 this year.
- See attachment for instructions on creating a Coaches' Account on the website.
- We are creating a Hall of Honor, if you have any nominations for coaches please email me with a "resume".
- 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.**
- Lastly, it is an election year, I will be running again to remain the Regional Director. If you also want to be added to the ballot please email me and let me know. We will vote by Google Form, this is the best alternative with all of the regional meets being split.

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 January 24, 2025. If the school Membership Fee is received after January 24, 2025, a **late fee of \$200** will be added to the membership fee and will only be accepted until February 10, 2025. 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 15, 2025. 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 15, 2025. **Weight class declarations must be made by 4:00 p.m. on Monday, February 17, 2025.** 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 17, 2025.**

Regional Meets:

3AD1: will compete in the **Bells New Gym**, Friday February 28th and early weigh in will be February 27, 2025 at Bells High School.

1A/2A (AM) & 3AD2 (PM): will compete in the **Bells New Gym**, Saturday March 1st and early weigh in will be Friday February 28, 2025 at Bells High School in the **Old Gym**.

Unequipped: will compete in **Sherman** on Thursday February 27, 2025.

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 12-15, 2025. 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. 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

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**.

Home I Am A... Association Documents

Changing your Coach's page...

Your Region

Region 1 - West Texas	Region 2 - Central Texa	Region 3 - East Texas	Region 4 - Gulf Coast	Region 5 - South Texas	Region 6 - North Texas
-----------------------	-------------------------	-----------------------	-----------------------	------------------------	------------------------

Your Division

Division 1 - 5A & 6	Division 2 - 4A	Division 3 - 1A, 2A
---------------------	-----------------	---------------------

Your Team

Alba-Golden	Alto	Apple Springs	App	Atlanta	Avalon
-------------	------	---------------	-----	---------	--------

Your Name

First: John

Last: Smith

Setup my Coach's page

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="jsmith5023"/>	(Any combination of numbers or letters, no spaces or special characters)	
Region	Division	Team	
<input type="text" value="Region 3 - East Texas"/>	<input type="text" value="Division 3 - 1A, 2A, 3"/>	<input type="text" value="Atlanta"/>	

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.

- 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.



- 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.

- 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

Add New Athlete				
First Name	Last Name	Grade	Wt. Class	
		0		<input type="button" value="Edit"/> <input type="button" value="Delete"/>

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

Add New Athlete				
First Name	Last Name	Grade	Wt. Class	
Mitch	Kaufman	10 ▾	198 ▾	<input type="button" value="Update"/> <input type="button" value="Cancel"/>

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