

THSWPA

Region 6 Division 1 & 2 2025 Letter

Coaches,

My email address is: kwilkerson@shermanisd.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:

If you are hosting a meet I need to be notified and results need to be emailed to me by 4:00 p.m. on the Monday following your meet in a .psm format (Powerscore File).

At least one member of the powerlifting coaching staff must be a certified judge through the girl's test accessible on boys website.

******IMPORTANT UPDATE FOR THE 2025 SEASON******

The THSWPA will have an **Unequipped Regional Meet** this year, those details are posted on SportsYou and will be posted on the website soon.

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. Late dues will be \$200.00 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. If a lifter is qualified in both Equipped and Unequipped and does not declare by the deadline they will be placed in the Equipped Division.

Equipped/Unequipped declarations must also be made by 4:00 p.m. on Monday, February 17, 2025.

Regional Meets - Entry Fees \$50 per lifter

6A @ Prosper High School - 2/25

5A Div 1 @ Sherman High School - 2/27 @ 5pm

5A Div 2 @ Wichita Falls Legacy High School - 3/1

4A Div 1 @ Decatur High School - 2/25

4A Div 2 @ Decatur High School - 2/25

Unequipped (1A-6A) @ Sherman High School - 2/27 @ 10 am

State Meet: - Entry Fees \$50 per lifter

The state meet will be in Edinburgh, TX on March 12-15, 2025.

3/12 AM - 1A/2A

3/12 PM - 6A

3/13 AM - 3A Small School

3/13 PM - 3A Large School

3/13 PM - Unequipped @ 6:30 pm

3/14 AM - 4A Small School

3/14 PM - 4A Large School

3/15 AM - 5A Small School

3/15 PM - 5A Large School

Rule Clarifications:

The UPDATED Rule book is posted on the site.

All Changes will be Highlighted in yellow.

One Major Change is No Electronics will be allowed on the Platform. This includes but is not limited to Smart Watches, Air Pods, Earbuds, Phones, etc.....

*A medical exception can be made with written documentation of the need and prior approval by the meet director.

Qualifying for Regional and State Competition (Equipped):

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: place in the top two at Regional competition or, reach your weight class' automatic total at the Regional meet.

Qualifying for Regional and State Competition (Unequipped):

The top 12 lifters from each weight class in all classifications will qualify for Regional competition. There is no automatic qualifying total. To qualify for the State Meet you must finish in the Top 2 in the Regional Meet.

Team Registration:

We will require each team to be registered with the THSWPA through the THSWPA.com website. All lifters must be on the team roster prior to competition. Steps on how to register your team are below.

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**.

Your Region	Your Division	Your Team
Region 1 - West Texas	Division 1 - 5A & 6	Alba-Golden
Region 2 - Central Texas	Division 2 - 4A	Alto
Region 3 - East Texas	Division 3 - 1A, 2A	Apple Springs
Region 4 - Gulf Coast		Arp
Region 5 - South Texas		Atlanta
Region 6 - North Texas		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="jrsmith5023"/>	(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.

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 or email me. (903) 819-1167 or kwilkerson@shermanisd.net

Kenny Willkerson
THSWPA State President
THSWPA Region 6, Director Division 1&2
Sherman High School

