

THSPA
REGION VI
DIVISION II (3A schools)
www.region6powerlift.com

Dear Coach,

I would first like to welcome you and your school to the start of the 2009 powerlifting season. My name is Tim Mynarcik, your Regional Director for Division II. **Please note that this year's Division III is being handled by Coach Kevin Pitman at Paradise High School.** I hope that this year's experience will be pleasurable for all the lifters and coaches. Enclosed you will find some information that will hopefully ensure a smooth and productive season. Good luck to all the coaches and lifters on the upcoming powerlifting season.

Membership Dues – They must be postmarked no later than **February 2, 2009**. You can find the Membership Form on the Region 6 website listed above. A list of member schools will be posted on the Region 6 website for you to verify that your dues were received by the association. **Please check this as soon as you pay your dues so that we may be able to verify payment before the due date. Do not wait until the last minute to check!** Dues are \$75.00. Mail forms and checks to:

THSPA
Box 1072
Crowley, TX 76036

Please note: **Any school that does not have their dues postmarked by February 2, 2009, and still wishes to lift in the Regional Meet will have to pay a \$200.00 fine before their lifters may compete.**

Rulebooks –Rulebooks will not be mailed out. If you want a copy of the rulebook you can download it from the Region 6 website.

Invitational Meets – All results must get to me by 4:00 pm on the Monday following the meet. **I will not accept results after this time.** It is **your** responsibility to tell the person hosting the meet to send the information to me. Make sure you remind them and give them my fax number or email address to make it easy for them. This is extremely important if you are lifting at a meet outside of Region VI. **If you lift outside of Region VI, please email me before you go to that meet so that I can look for those results as they are faxed to me. If I don't know you are going then I won't know to look for those results.**

Regional Standings – Each week I will send out a list of the Regional Standings to the THSPA website. Standings should be posted by Wednesday. Please note that only the top 20 lifters in each weight class will be listed. If you notice any misspellings or mistakes, please email me so that I can make the necessary corrections.

Scholarships – Please note the scholarship page in the rulebook if you have a senior lifter with a desire to attend college. Paperwork will be due at the Regional Meet.

Last Date to Qualify – The last date to qualify is February 28, 2009. All results from these meets must be received by 12:00 midnight on the last qualifying date. If you are planning to lift on February 28th, please let me know in advance so that there are no mistakes in the Regional Standings.

Regional Meet – The Regional Meet will be held at Decatur High School on March 7, 2009. More information to follow. Please check the THSPA website.

State Meet – The State Meet will be held at the Taylor County Expo Center in Abilene on March 28, 2009. More information to follow. Please check the THSPA website.

If I can be of any assistance in any way, do not hesitate to contact me. The best way to contact me is by e-mail. In most instances, I will have an answer for you as soon as I can find it. As with most coaches, trying to get me on the phone can be difficult; therefore, e-mail is the best form of correspondence. Again, I wish you the best of luck in the upcoming season.

Thanks,

Tim Mynarcik

E-mail: r6d2@thspa.us or
tim.mynarcik@decatur.esc11.net

Fax: 940-427-8361

Cell Phone: 940-393-8546

Work Phone: 940-393-7293

Home Phone: 940-427-8362 **between 7 and 10 pm.**

Address: Decatur High School
Attn: Tim Mynarcik
750 E. Eagle Summit Dr.
Decatur, TX 76234

Note: Please fill out the Coach's Information Sheet on the next page for me ASAP. If you filled one out last year, I still need one this year. You can fax, email, or send it by USPS mail. Thanks.

REGION 6 - 2009
Coach's Information Sheet
(Please Print or Type)

Fax this back to Tim Mynarcik @ 940-427-8361 or
E-mail this back to r6d2@thspa.us or
tim.mynarcik@decatgur.esc11.net

School: _____

Coach's Name (first & last): _____

Coaches' Office Phone: _____

Home Phone: _____

Cell Phone: _____

E-mail Address: _____

Which phone would be the best to contact you? _____

Are you planning on hosting a meet? _____

If yes, what is the date? _____

Will it be a boys' meet, girls' meet, or both? _____

Do you want me to post it on the Region VI website? _____

If yes, what contact information do you want me to put on the
website? _____