

Hello again coaches,

I am sure that you will be happy when these emails stop coming so frequently. I am hopeful that will happen very soon. Currently, we have had two deadlines. Our first deadline allowed all qualified lifters from last year's state meet entry into this year's meet (due date Feb. 1). Our second deadline allowed the entry of wildcards. Each school was given one male and female varsity lifter and two male and female JV lifters (due date Feb. 8). At this time, we still have room to allow more athletes to compete. Therefore, we are opening up more wild card slots. Each school is allowed to send **two more varsity level** and **two more JV level** wildcards. They do not need to be one of each... female/male. They can be whatever you have that would like the opportunity to lift. Ex: Two female varsity, 2 JV men, etc. There is a deadline of Friday, February 12th at 3:00 p.m.

Please do the following:

- 1) Pick your new wild cards
- 2) **Send me their names in this format Division, School, Body Weight, Name Example: W, Croswell Lexington, 115 lbs., Tara Adams**
- 3) **You DO NOT need to resend your whole roster.** I will add them on my end.
- 4) If you do not want to add any wildcards.....ignore this email and wait for further instructions as we near the actual meet.
- 5) **DEADLINE is FEBRUARY 12th, FRIDAY @ 3:00 p.m.**

Please share this information with your athletes and your parents. This will cut down on the athletes themselves trying to contact us for entry. Thank you for all you do. We appreciate your flexibility during this time.

FYI-We are also following the guidelines of MHSAA at this time and believe that we should be able to allow 2 spectators per athlete. Further information on this process will be forthcoming.

Thank you again,

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Jeremy Ferman
MHSPLA President
Sheila Klaas M.Ed.A
MHSPLA Vice President

Hello coaches,

I know that you have all been looking forward to information regarding this season. The board has met countless times to try and come up with some semblance of a plan that perhaps could benefit all athletes and our association safely. However, time after time, policies within our state have changed and we had to once again revisit and revamp the plan. Currently, the plan I am sharing with you is our best option. Even last night, we were forced to meet once again to change what had been discussed on Thursday. With MHSAA sports starting late and their season being pushed further into March, gym times are booked up and Saturdays are filled with events. In most schools, these sports take precedence over our own. Thus, the need for many changes in locations and our ability to offer weekend meets became a larger problem. Please understand that as everything this year, plans are ever changing. Be prepared for a few twists and turns as we proceed.

The current plan is as follows:

- 1) We are offering a state meet only season. There will be NO regional qualifiers.
- 2) All QUALIFIED lifters from the 2019-20 season are invited to lift at this season's state meet
- 3) Two state meets will be offered on the date of Saturday, March 13th.
- 4) The varsity meet will be held at Adrian High School; grades 9-12 are allowed to compete. Any sophomore that qualified as a JV lifter last year and is a junior this year will automatically be moved up to the varsity meet.
- 5) The JV meet will be held in Millington on the same date. Any JV qualified lifter from last year is invited to lift at this meet. (grades 7-10 ONLY are allowed to lift)
- 6) Your athlete will be asked to verify the weight class they will be lifting in. It does NOT have to be the same weight class as last year. There will be a deadline of Feb. 27th to verify the class they intend to lift.
- 7) We will have a weigh in the morning of the meet ... as all meets in the past. The same policies will be followed. However, if they are above or below their weight class, **this year only**, they will be allowed to bump up or down a weight class and still lift.
- 8) There will be NO team competition this year. It will be an individual competition only.
- 9) Athletes will be awarded the top 5 places for medals. This will be the case at both the varsity and JV meet.
- 10) There will be a \$20 charge to lift at this meet as in years past. You will pay on site the day of competition and weigh in.
- 11) There will be 4 sessions run at each state meet...two sessions of girls and two sessions of boys. The boys will lift in the a.m. session this season. By running two sessions of each, it allows us to space out platforms, keep the number of lifters low, and split the weight class in half. (Example: Weight classes 97-145 lift in the a.m. and 155-SHW lift in second session)

12) These meets will have approximately 75-80 lifters. With judges, table workers, and spotters included, we will keep our number under the allowed capacity limit per each gymnasium.

13) Each time will be **limited to two coaches**. NO extras!

14) Currently, under our state guidelines, we may not have spectators. There is a chance that this could change and we may be allowed one or two per athlete. This will be updated as the date gets closer.

15) There is a chance that you may be allowed to invite one or two wild cards from your team that were NOT qualifiers last year. This will be determined after we see what number of athletes we have at our first deadline. I am asking that you pay close attention to the deadlines set forth. We will need to be sticklers on this in order to make this plan run smoothly.

There will be many questions I am certain. Feel free to contact us as we proceed. Our first **deadline will be February 1st**. I am asking you to send your list of lifters that qualified last year and intend to lift at this year's meet. Please include their name, current grade, male or female, school, and the meet they intend to lift.

Example: Abby DeView, grade 12, female, Varsity, Croswell Lexington

Remember that they must have qualified in the past season to be eligible.

Thank you for your time and patience,

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Jeremy Ferman
MHSPLA President
Sheila Klaas M.Ed.A
MHSPLA Vice
President