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Houston Franks, LSU  
Distance Featured Speaker

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Tommy Badon, UL  
Sprints Featured Speaker

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Terry Hughes, UL  
Throws Featured Speaker

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Miguel Pate, Alabama  
Jumps Featured Speaker

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Houston Franks, formerly of Mississippi State, was named the assistant coach for LSU track and field's mid-distance and distance squads in addition to head coaching duties for the cross country team on July 23, 2019.

Franks comes to Baton Rouge with 20+ years of coaching distance runners under his belt. He served as the head cross country coach at Mississippi State dating back to 2011 and he has been on staff in Starkville with the track and field program since 2004. Prior to his stint at Mississippi State, Franks' coaching career began at Southwest Missouri State University (now known as Missouri State University); he spent five seasons in Missouri and led the Bears to three Missouri Valley Conference women's titles on the cross country circuit.

The women's cross country team had its most successful season in a long time in 2020 that concluded with a fifth-place finish at the SEC Championships. The SEC meet was hosted at the University Club in Baton Rouge and the Tigers came away with their best placing at the conference meet since 1999. Katy-Ann McDonald was named to the All-SEC Second Team and Shelby Spoor was named to the SEC All-Freshman Team. McDonald became the first runner to achieve that feat since 2012, and Spoor is the first freshman in program history to earn all-freshman honors on the women's side.

The women also won the 5k open race at the Florida State Invitational on October 2 with a team score of 27, and they finished second at the Arturo Barrios Invitational ahead of four other Power 5 programs. The men's squad matched its 2019 finish at the SEC Championships with an eighth-place finish at the 2020 conference meet in Baton Rouge. The men's squad was led all season by Davis Bove and Eric Coston.

During the 2020 indoor track season, Franks helped Katy-Ann McDonald (800 meters), Julia Palin (3,000 meters) and Davis Bove (800 meters) register top-10 LSU marks. McDonald circled the track four times at the Iowa State Classic in a personal best time of 2:04.59 to claim the ninth-fastest time in LSU history in the event; McDonald captured silver at the SEC Championships in the 800 meter run. Palin ran a PR of 9:46.99 at the Razorback Invitational on February 1 to stake claim to the fifth-fastest time in program history. Alicia Stamey also PR'd in the 3,000 meters with a time of 9:58.49 under Franks for the eighth-fastest readout in the LSU record book.

Bove ran a PR of 4:03.97 in the mile run at the David Hemery Valentine Invitational on February 15 to place 28th overall and clock the seventh-fastest time in LSU history. Two weeks later he became the first LSU male runner to score in the mile run at the SEC Championships since 2010 with a seventh-place showing.

Franks made an immediate impact on LSU's cross country program in the fall of 2019 as he had three runners – Eric Coston, Davis Bove, and Katy-Ann McDonald – earn all-region honors. The men's squad registered an

eighth place finish at both the SEC meet and regional meet to mark the highest finish in program history since 2007 and 2008, respectively, at each of those meets. Franks was named the Louisiana Sports Writers Association Women's Coach of the Year for his efforts, and his athletes - Coston (Male Runner of the Year), Bove (Freshman Runner of the Year) and Adele Broussard (Freshman Runner of the Year) - were also honored by the LSWA.

Coston and Bove led the squad all fall long. Coston was LSU's top finisher at all five meets he competed at and Bove earned SEC Freshman of the Week honors at back-to-back meets in mid-September becoming the first runner in program history to achieve that feat. Jackson Martingayle was named the SEC Men's Co-Runner of the Week on Sept. 3, 2019 after he ran to a fifth-place showing at the at the McNeese Opener with a 6k time of 18:33.2; he was the first male runner in program history to earn the award. Bove was named to the 2019 SEC All-Freshman team after he registered a 23rd place showing at the conference meet in his debut season.

The women's squad was led by sophomore Katy-Ann McDonald in 2019. She paced the women at all five meets she competed at and earned all-regional honors to close out the season as she narrowly missed a bid to the NCAA Championships as an individual. Her 14th place showing at the NCAA South Central Regional was the fourth best by a woman in program history. The future for LSU cross country bodes well as the Tigers will return all but one runner from the 2019 season who factored into LSU's team scores throughout the season.

On the track, Franks has a solid history of coaching distance runners. His latest endeavor included training the 2019 NCAA indoor runner up in the 800 meters, Marco Arop. Arop ran a time of 1:47.00 at the Birmingham CrossPlex in March to earn his silver medal on the national stage; his season best time indoors of 1:45.90 was the second fastest in the NCAA during the indoor season. Outdoors, Arop went sub 1:47 twice, including a season best of 1:45.50 at the Crimson Tide Invitational to claim gold. The 1:45.50 also made him the second fastest NCAA runner outdoors based off time.

Franks trained Rhianwedd Price-Weimer and Marta Freitas to back-to-back NCAA titles in the 1,500 meter run in 2015 and 2016. Price-Weimer won the NCAA title in the 1,500 meters in 2015 as a sophomore with a winning time of 4:09.56. In 2016, Freitas made it two straight titles in the event for Mississippi State with a winning time of 4:09.53. Freitas competed at the 2016 Rio Olympics in the 1,500 meters for Portugal and she owns the Portuguese national record in the mile with a personal best of 4:22.45.

He was named the 2016 USTFCCCA South Region Coach of the Year during the cross country season for leading the Bulldogs' women's team to the NCAA South Region crown before registering the best finish in program history at the NCAA Championships (15th place). That 2016 squad featured a Mississippi State record of five All-Region honorees, each whom finished in the top 25 of the regional meet, and the Bulldogs were the top finishing SEC team in the nation that year.

Prior to Starkville, Franks spent five years at Southwest Missouri State University (1999-2004). He led his women's teams to three Missouri Valley Conference titles, and during his last three years, the Bears' women's squad finished in the top four at the NCAA Midwest Regionals each year. He was a three-time MVC Coach of the Year in women's cross country.

Franks competed collegiately for Mississippi State from 1994-98 and he earned his undergraduate degree in the spring of 1998 in education; a year later, he received his master's in sports administration from Mississippi State as well. He is joined in Baton Rouge by his wife, Meggan, and their two children – Madison and Patrick.



Tommy Badon, one of the most renowned track and field coaches in the country, returns to his alma mater as an assistant coach for the Louisiana Ragin' Cajuns track and field team.

Badon, a 1981 graduate of then USL, served as an assistant for the Ragin' Cajuns from 1989-97 under legendary coach Charles Lancon. Before his return to campus in August in 2018, Badon spent the past four years as head track coach and assistant football coach at Lafayette Christian Academy. During his tenure, Badon led LCA to a combined eight district titles in track, the 2018 Girls' Class 1A state title and the 2017 LHSAA Division IV state championship in football.

During his first stint at Louisiana, Badon was part of a team that claimed 14 indoor and outdoor conference championships while producing 27 NCAA All-Americans. Badon coached Hollis Conway, the world's No. 1 high jumper in the early 1990's and the current United States record holder in the indoor high jump. His relay teams were ranked third nationally in the Track and Field Relay rankings for the 1993 season.

Badon also coached another Olympian during his first stint with the Ragin' Cajuns - Ndaba Mdhlolongwa - who competed for his native Zimbabwe in the 1992 and 1996 Summer Olympic Games.

Along with Conway and Mdhlolongwa, Badon was also responsible in the progression of eventual UL Athletics Hall of Fame members Neal Guidry, Larry Moore, Grady Labbe, Winston Sinclair, Keisha Ray Owens, Twilet Malcolm, Beverley Langley and JoJo Harris.

One of the most decorated and respected track coaches in Acadiana, Badon moved to LCA after a 12-year stint at Westminster Christian Academy. Badon oversaw an athletic department at Westminster that grew and matured into one of the most respected programs in Louisiana. As head football coach at Westminster, Badon compiled a 90-41 record and led his team to five state quarterfinal appearances, eleven consecutive playoff appearances and an undefeated regular season in 2010.

In track, his girls' teams at Westminster won 10 straight district titles, four regional championships and the Class 1A state championship in 2013. His boys' teams captured five district crowns and two regional titles while Badon coached multiple individual state champions, including the only hurdler to win three consecutive 300 hurdles titles in any division.

Badon was named the Class 1A state Coach of the Year in 2013 and was presented the Outstanding Coach

Award at the district level 15 times.

Badon's coaching career began in 1981 at his alma mater, Teurlings Catholic High School. He was part of the Rebels' district championship squad in football, where he served as defensive coordinator for a team that went undefeated and unscored upon for 11 straight games in 1982.

After a six-year stint at Teurlings, Badon moved across town to Lafayette High School where he coached a pair of track standouts – Mike St. Julien, one of the best high school jumpers in the country, as well as Pat Frederick, a member of the 1988 U.S. National Junior Team.

In 1987, Badon moved to Blinn (Texas) College and helped the Buccaneers capture two NJCAA indoor national championships and two outdoor national titles

Badon has been active in Coaching Education since 1987. He was a USATF Level I and Level II Instructor for 20 years, and has served as both a TFTC Instructor and an SCC Instructor in the USTFCCCA Coaches Education program since the inception of that program. Badon is an active member in the LTFCA, and has spoken at numerous state association conventions throughout his career, as well as presenting at the USTFCCCA Annual Convention in 2013.

Badon earned a bachelor's degree in social studies education from then USL in 1981 before receiving his masters' degree in physical education from Prairie View A&M in 1989. During his undergraduate days, Badon was a student assistant in the UL Sports Information Office under LSWA and CoSIDA Hall of Fame member Dan McDonald.

Badon and his wife, the former Susan Domingues, live in Lafayette and are the parents of three children.



Terry Hughes, a four-year letter-winner in track and field at LSU, begins his first season as an assistant coach for the Louisiana Ragin' Cajuns track and field team.

Hughes served as a volunteer assistant coach at LSU during the 2016-17 season, where he assisted in the training of all throwing events. He gained experience in all off-track facets, including recruiting, travel accommodations, scheduling, administration of home meets, academic success, equipment management, sports marketing and community service projects.

During his track and field career, Hughes competed in four different events during his four seasons at LSU from 2013-16. He participated in the indoor weight throw and discus, hammer and javelin throws. An NCAA Championships qualifier in the javelin in his final season at LSU in 2016, he earned a career-best 10th-place finish in the javelin at the SEC Outdoor Track & Field Championships during the 2016 season. He ended his career with a personal-best mark of 210 feet, 6 inches in the event.

He emerged as Louisiana's most versatile throws prospect at the prep level for the Class of 2012 with his performance as a senior at Dutchtown High School. A six-time medalist at the LHSAA state meets, Hughes wrapped up his prep career by scoring 26 points in leading Dutchtown High School to the Class 5A state championship in 2012.

Hughes graduated from LSU in 2016 with a degree in sports administration. He has USTFCCCA Throws Specialist Certification.



2022

Former University of Alabama All-American and long jump national champion Miguel Pate is in his ninth season as an assistant coach at the Capstone in 2020. Pate serves as the Crimson Tide's jumps coach.

The 2018 season saw Pate pupil Shelby McEwen win the SEC indoor and outdoor high jump titles and finish third and second respectively, in the event at the NCAA indoor and outdoor championships in his first season with the Crimson Tide. McEwen's 7-6 clearance at the NCAA indoor meet made him just the second man to surpass that height in Alabama history and the first to do it in a collegiate meet.

McEwen would cap his season with a fifth-place finish at the USA Track & Field National Championships.

Christian Edwards earned SEC All-Freshman honors with a second-place finish at the conference indoor championships as the Tide jumpers accounted for 18 team points to help the Crimson Tide capture its first league title since 1972.

Edwards followed up his indoor performance with a sixth-place finish in the triple jump at the SEC Outdoor Championships to earn All-Freshman honors for a second time. He would go on to qualify for the NCAA Outdoor Track & Field Championships before winning the triple jump at the USA Track & Field Junior Championships to earn a spot on the U.S. U20 national team that competed in the 2018 IAAF U20 Championships in Tampere, Finland.

On the women's side, junior Stacey Destin once again earned All-America honors in the indoor high jump as well as the pentathlon and turned in third- and fourth-place finishes in the events at the SEC Indoor Championships. Junior Tamara Moncrieffe became just the third woman in school history to surpass 43 feet in the women's triple jump and finished sixth in the event at the SEC indoor meet while Jaimie Robinson earned SEC All-Freshman honors in the triple jump. Senior Filippa Fotopoulou also turned in seventh place finish in the long jump as Pate's jumpers accounted for 16 points at the conference indoor meet.

In 2017, senior Quanesha Burks won her third SEC outdoor long jump title, becoming just the fourth woman in Alabama history to win three or more conference crowns in one event in program history. She also earned Destin earned All-America honors in the high jump at the NCAA indoor and outdoor championships while Fotopoulou reached the finals of the long jump at the SEC Indoor Championships and qualified for the NCAA Outdoor Championships for the second time in her career.



Pate's pupils were also a driving force behind the Alabama women posting a third-place finish at the 2017 NCAA Indoor Track & Field Championships as Burks, Destin and Fotopoulou accounted for 18 of UA's 37 points at the meet.

As a junior in 2016, Burks captured the SEC and NCAA indoor long jump titles and repeated at the SEC outdoor champion in the event and was the runner-up at the NCAA outdoor meet.

Pate was instrumental in developing Burks in the long jump, leading to her winning efforts at the 2015 NCAA Outdoor Championships in Eugene, Ore. and the 2016 NCAA Indoor Championships in Birmingham as well as being one of 10 semifinalists for the Bowerman Trophy as a sophomore. Burks' outdoor title capped an unbeaten outdoor season in 2015, as she also claimed the long jump title at the SEC Championships. Burks also set a new school record several times during the outdoor season, the last coming at the 2015 North American, Central American and Caribbean (NACAC) Senior Championships in San Jose, Costa Rica, where she jumped 22-9 (6.93m) to claim gold.

In 2014, Pate coached Burks to second-team All-America honors in the long jump, as well a second-place finish in the women's long jump at the U.S. Junior National Championships.

Burks ended her career holding the 10 best indoor and outdoor long jump marks in Alabama history. On the track, she was a member of Alabama's record-setting 4x100-meter relay in 2017 and ended her career with three of UA's 10 fastest 100-meter times in school annals. The Hartselle, Ala., native was a three-time outdoor All-American in the long jump and 4x100 relay and a 2017 All-American in the 100 meters. Indoors, she twice earned All-America honors in the long jump and was a 60-meters All-American in 2017.

In 2016, men's triple jumper Jeremiah Green broke Pate's own 14-year-old school record in the indoor triple jump and went on to earn All-America honors in the event at the NCAA Indoor Championships. In all, Green was a four-time All-American under Pate in the event as well as the 2014 SEC indoor champion and 2014 SEC Freshman Field Athlete of the Year. Green was also a member of the Tide's All-SEC 4x100-meter relay at the 2016 conference outdoor championships in Tuscaloosa.

The 2016 season also saw high jumper Justin Fondren establish himself as one of the top Tide athletes in the specialty, earning All-America and All-SEC honors for the third time in his career. On the women's side, Claire Orcel earned All-SEC honors in the high jump with a runner-up finish at the SEC Outdoor Championships in Tuscaloosa.

Pate helped Alabama sprinters make an impact on the SEC and national levels in 2013. Led by SEC outdoor 100-meter champion Diondre Batson, the Alabama sprint corps announced the Tide's return to national prominence by keying a run to an 11th-place team finish at the NCAA Outdoor Championships. At that meet, Alabama's 4x100-meter relay crew of Batson, Alex Sanders, Hakeem Haynes and Dushane Farrier posted the two fastest relay performances in Alabama history. In the semi-finals, the quartet broke a 23-year-old record with a time of 38.78. Three days later, the foursome came within a whisker of winning the NCAA title in the event, finishing second in the relay in another school-record time of 38.54.

Both the men's and women's squads built on their success from 2013 as they moved into the 2014 season. Batson captured the 200-meter title at the NCAA indoor meet in a time of 20:32, while simultaneously breaking the Alabama school record. Batson returned to the track the next day to take third in the 60-meter race. Throughout the 2014 indoor season, Batson posted five of the 10 best times in Alabama history, as well as four of the top 10 best 60-meter times.



Remona Burchell set the standard for the women's squad, winning the 60-meter title at the NCAA indoor meet, as well as the 100-meter title at the NCAA outdoor championship. Burchell's 60-meter title was the first indoor title for an Alabama woman in any event since 1989. The junior also broke a 28-year-old Alabama school record in the 100-meters in route to qualify for the national championships at the NCAA East Preliminary meet. The 4x100-meter squad finished sixth at the outdoor championship, anchored by Burchell.

In his first season on staff, Pate coached Kaylon Eppinger to all-conference recognition in the pentathlon at the 2016 SEC indoor meet.

Pate returned to Tuscaloosa after a season as an assistant at Samford, following a successful professional career.

As a student-athlete at Alabama from 1999-2002, Pate captured the NCAA indoor long jump title in 2002 and finished second in the triple jump. That same indoor season, he set the collegiate indoor long jump record with a mark of 28-2 1/4 at the USA Indoor Championships before winning a bronze medal at the World Championships. Pate was a seven-time All-American at Alabama and was ranked in the top five in the United States and the top 10 in the world in the long jump for eight consecutive years. He still owns the Alabama records in both the long jump and triple jump indoors and remains the Tide record holder in the outdoor long jump.

Pate finished third at the 2008 U.S. Olympic Trials to earn his first spot on the Olympic team at the Beijing Games. The West Feliciana, La., native ended the 2008 season ranked number one in the U.S. by Track & Field News and followed that with a fourth-place finish at the USA Outdoor Championships before retiring from competition to begin his coaching career.

JANUARY 15