

To Register

The Clinic is free for LTFCA Members. To join or renew membership, go to www.ltfca.com and click on the "LTFCA Coaches Clinic" link. We encourage you to pay online. You can find a link to hotel booking on this page. Dues are \$105.00.

Thursday's meal and award ceremony will be an additional \$30 fee. You must make reservations by January 7th to receive the hotel group rate of \$112 for a double room.

Out of State Coaches

Coaches from outside of Louisiana are welcome to attend the LTFCA Clinic at the same rates listed above.

Hotel Information

Double Tree Hotel By Hilton
1521 West Pinhook Road Lafayette,
LA 70503 (337) 235-6111

Directions

From I-10: Head south on Hwy 167/SW Evangeline Thruway. Take a right on Pinhook Road. Hotel is on the left in 1.6

From the west: Coming west on Hwy 90 take a left on Pinhook Road. The hotel is on the left in 1.6 miles.



Tommy Badon, UL Lafayette Coach Badon is the Head Coach at ULL and is one of the most sought after clinicians in the country. He has been a long time Level 1 and Level 2 Instructor in the USATF Coaches Ed Program. He is currently an instructor in the USTFCCA Track and Field Academy. During his over 15 years at ULL Coach Badon has developed 2 Olympians, Ndaba Mdhlongwa and Hollis Conway, the current US record holder in the high jump Indoors.



James Thomas, University of Oklahoma During his career he has coached 9 NCAA Champions, 138 NCAA All Americans and 9 Olympians. In 2022 he served as the USATF Indoor World Championships USTFCCA has named Coach Thomas a Regional Assistant Coach of the Year 11 times.



Don Babbitt, University of Georgia Coach Babbitt is in his 28th year at Georgia, and he is currently the Associate Head Coach of the program. 149 of his athletes have earned NCAA All American honors. He has coached 30 NCAA Champions, and 58 of Coach Babbitt's athletes have competed in either the Olympic Games and/or the World Championships.



Devlyn Lovell, Antonian Coll. Prep. HS Coach Lovell has led Antonian High School for the past 25 years, currently as the program's Head Coach. Coach Lovell has received 6 Coach of the Year awards between 2005 and 2020. He is a proud alum of East Texas State University where he was a member of the 1993 NCAA Regional Champ. Qualifying Team.

Thanks to our clinic partners: MF Athletic Everything Track and Field and The U.S. Track & Field and Cross Country Coaches Association. We offer four rooms simultaneously, each dedicated to an event-specific theme – something to interest you at every minute. Great speakers; great fellowship.

Louisiana Track & Field Coaches Association



2025 Annual Clinic

January 16 & 17, 2025

Double Tree Hotel By
Hilton 1521 West Pinhook
Road
Lafayette, 70503

Clinic Schedule

General Clinic Schedule

Thursday, January 16

- 1:00-1:45: Regional Meetings
- 1:45-2:30: Regional Directors Meeting
- 2:30-3:15: LHSAA Rules Clinic
- 3:15-4:00: Hosting a Track Meet (Best Practice)
- 4:00-5:00: LTFCA Business Meeting
- 5:15-6:20: Dinner and Awards
- 6:30-9:30: Clinic Sessions
- 9:40-til: MF Coaches Social & LTFCA Coaches Awards

Friday, January 17

- 8:00-11:50: Clinic Sessions

Sprints/Hurdles/Relays Room

Thursday, January 16

- 6:30 - 7:20: Tommy Badon, UL Lafayette
Building A Sprint Culture Within Your School Mindset Matters.
- 7:30 - 8:20: Tommy Badon, UL Lafayette
Strength and Conditioning for Speed & Power.
- 8:30 - 9:20 Tommy Badon, UL Lafayette
Relays: Most Fun Events in Track & Field, Everything You Wanted to Know About Sprints and Hurdles but were Afraid to Ask.



Friday, January 17

- 8:00-8:50: Kyle Pierce, USA Weightlifting LSU-Shreveport
Training Design for the Speed and Power Athlete.
- 9:00-9:50: Dave Anderson, Boston Mountain Athletics
Relays: Technical Model, Best Practices, Errors and Corrections
- 10:00-10:50: Vernon Langley, St. Joseph's Academy
A Natural Progressive Approach to the Triple Extension Block Start.
- 11:00-11:50: Vernon Langley, St. Joseph's Academy
A Natural Progressive approach to Max Velocity.



Distance Room

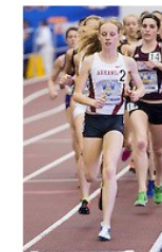
Thursday, January 16

- 6:30-7:20: Devlyn Lovell, Antonian Coll. Prep.
Perfecting The Warmup.
- 7:30-8:20: Devlyn Lovell, Antonian Coll. Prep.
Cross Country Training.
- 8:30-9:20: Devlyn Lovell, Antonian Coll. Prep.
A Complete Program for the High School Miler.



Friday, January 17

- 8:00-8:50: Philip Guidry, Breaux Bridge High School
How to Build a Championship Program.
- 9:00-9:50: Lemaire/Haro, Lafayette/Brother Martin
How to Host a Cross Country Meet.
- 10:00-10:50: Dave Anderson, Boston Mountain Ath.
Microdosing: Training Design for the Distance Athlete.
- 11:00-11:50 Mitch Bogran, Dutchtown HS
800m by the numbers



Jumps Room

Thursday, January 16

- 6:30-7:20: James Thomas, U of Oklahoma
Approaching The High Jumper.
- 7:30-8:20: James Thomas, U of Oklahoma
6/4 High Jump Approach Explained.
- 8:30-9:20: James Thomas, U of Oklahoma
Horizontal Jumps: Graduation Program.



Friday, January 17

- 8:00-8:50: Ron Baillargeon, Lafayette High School
Coaching the Beginner Pole Vaulter.
- 9:00-9:50: Ron Baillargeon, Lafayette High School
Coaching the Advanced Pole Vaulter.
- 10:00-10:50: Josh Domingues, Ponchatoula High School
Training a Jumper.
- 11:00-11:50: Josh Domingues, Ponchatoula High School
Overview of the Technical Aspects The Long and Triple Jumps.



Throws Room

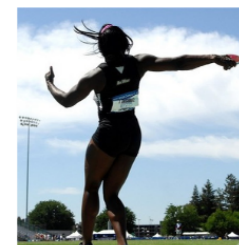
Thursday, January 16

- 6:30-7:20: Don Babbitt, U of Georgia
Technical Considerations and Teaching Progressions for the Javelin.
- 7:30-8:20: Don Babbitt, U of Georgia
Technical Considerations and Teaching Progressions for the Shot Put.
- 8:30-9:20: Don Babbitt, U of Georgia
Power Training Theory and Exercise Selection for the High School Thrower



Friday, January 17

- 8:00-8:50: Mark Faliveno, LTFCA
Javelin 101: Fundamentals & Practice Planning For A New Coach.
- 9:00-9:50: Kyle Pierce, USA Weightlifting LSU-S
Training Design for the Ultimate Speed and Power Athlete.
- 10:00-10:50: Tex Martin, Central Lafourche HS
Rotational Throws: Translating Drills to Competition.
- 11:00-11:50: Dave Anderson, Boston Mountain Ath.
Managing Throws Practice.



LTFCFA

LOUISIANA TRACK & FIELD COACHES ASSOCIATION

EST. 1982

HOTEL

GROUP RATES START AT

 \$ 112

 Hilton 1521 West
Lafayette, LA

AWARDS
DINNER \$30

LTFCFA MEMBER
REGISTRATION INFO

Dues \$105



Lifetime Achievement

Tommy Schexnaider

Mark LaHaye



Tom Nolan Award

Ron Baillargeon



LTFCFA.COM

The clinic is FREE to LTFCFA Members. To join or renew go to www.ltfcfa.com and click on the "LTFCFA Coaches Clinic" link. We encourage you to pay online.



@LTFCFA1982



JAN 16th, 17th
2025
ANNUAL CLINIC

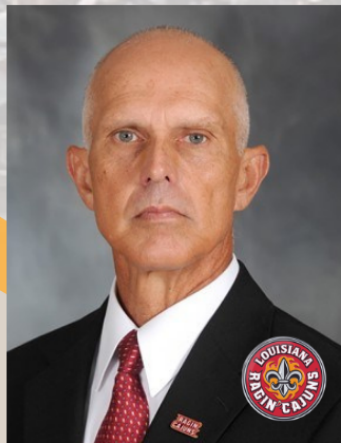
Devlyn Lovell



Don Babbitt



Tommy Badon



James Thomas





LOUISIANA TRACK & FIELD COACHES ASSOCIATION

EST. 1982

**2025 LTFCA COACHES CLINIC
JANUARY 16TH & 17TH
DOUBLE TREE HOTEL
LAFAYETTE, LA**



Guest Speakers

Devlyn Lovell / Antonian College Preparatory HS / Distance

James Thomas / Oklahoma / Jumps

Tommy Badon / UL / Sprints

Don Babbitt / Georgia / Throws

David Anderson / Boston Mountain Athletics / Distance

Phillip Guidry / Breaux Bridge HS / Distance

Tim Lemaire & Drew Haro / Laff. HS - Brother Martin / Distance

Laura Magann / Episcopal of Acadiana / Distance

Ron Baillargeon / Lafayette High School / Jumps

Josh Domingues / Ponchatoula HS / Jumps

Kyle Pierce / LSUS / Sprints

Vernon Langley / St. Joseph's Academy / Sprints

Mark Faliveno / Throws

Tex Martin / Central Lafourche HS / Throws

