

LTFCFA

LOUISIANA TRACK & FIELD COACHES ASSOCIATION

EST. 1982



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MESSAGE FROM THE OFFICE

KENT FALTING LTFCA PRESIDENT / PARKWAY H.S.

I was blessed to get to travel to Vanderbilt University this weekend to watch one of the last collegiate indoor meets before conference. Although I was 10 hours away from home, I got to watch 30+ former LHSAA athletes compete for universities across the country including three children of LTFCA members: Breanna Becerra (Jacksonville State), Gabe Falting (Arkansas State), and Josiah Whitaker (ULL). Watching all these young men and women compete at the next level just reiterated to me how important each of us are in helping our athletes achieve long term success. Each workout you put together for your athlete is still helping them in their development after they leave your program. Never forget or undervalue the role you continue to play in these athletes' lives after they leave your program.

I also had the privilege to watch two former LA athletes conquer the Austin Marathon on Sunday with Jarrett Leblanc placing 8th in the men's elite field and Alison Ringle Wells finishing 2nd in the women's elite field. I know Heartbreak Hill is famous in Boston but the hills these two had to face in Austin were no joke. In Alison's post-race interview, she mentioned wanting to walk up the final hill before telling herself, "The climb may be tough, but think of the view from the top!" What a great message for all of our kids! Indoor season was tough with the training, the snow, the rain, but those who made it through have the opportunity for some serious rewards this weekend.

Lastly, I want to continue to let everyone in this community know that I work for you. If there is something that you need to reach out to me about to be a sounding board or an advocate to this group or the LHSAA, feel free to text me at 318-230-4659 or email me at kent.falting@bossierschools.org.





LTFCA

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CATALINA REICHARD



Competing in her first meet since the 2023 cross country season, Catalina reappeared on the running scene in a big way. Running the 3200m at the last Chance Invitational, she opened her season with an impressive 11:23.07 to place 2nd on the Division I performance list heading into this week's state meet.

LUCAS OWENS



In two years, Lucas Owens has improved his school record in the pole vault by almost 3 feet! Lucas is currently the #1 ranked pole vaulter in Division II with a vault of 14'11". Lucas is only 4 inches shy of his outdoor PR and it's only February!





CONTINUING EDUCATION

This week's resource is a look into the mind of one of the LTFCA's lifetime achievement award winners, Coach Dave Anderson. Dave is a lifelong coach who attended Bossier High School before coaching at Ruston High, Neville, Bentonville West and a few other schools. He is the first high school coach to ever be interviewed on the Gill Athletics Podcast and you can listen to it here:

<https://podcasts.apple.com/in/podcast/12-dave-anderson-bentonville-west-high-school/id1500782760?i=1000469146955>



ST. JOSEPH'S ACADEMY

**MARK
LAHAYE**



Mark LaHaye has led St. Joseph's Academy to their 9th Straight LHSAA Division I State Championship in November of 2024

St. Joseph's Academy head Cross Country coach was named the 2024-2025 High School Girls Cross Country Coach of the year by the National High School coaches Association (NHSCA) The NHSCA has recognized the top coaches and senior athletes across all sports since 2000. The hall of Fame selection committee tracks the highest-level performers, creates a watch list at the beginning of each school year and, after each season, selects only one coach and one senior athlete to be recognized as the top in their respective sports.





SCHOLARSHIP OPPORTUNITIES

This award is only available to athletes whose coaches are members of the organization. With four scholarships available this year, it is a great opportunity for your kids who need a little more money for college.

Louisiana Track and Field Cross Country Coaches Association will be awarding the \$500 Ed Marcinkiewicz Scholarship, the \$500 Boo Schexnayder Scholarship, and the \$500 Jay Stuckey scholarship to three high school seniors.

<http://ltfca.com/ltfca-scholarship-award/>

SCHOLARSHIP REQUIREMENTS:

Applicant must have been coached by a current member of the LTFCA OR be a family member of a current member of the LTFCA.

A recommendation from the LTFCA member attesting to the applicant's character and their positive influence on their high school and/or their T&F/XC team.

Applicant must be a 2025 graduating high school senior.

Applicant has been accepted to an accredited two- or four-year college or university.

Applicant must write a 500-word essay.



Kaden Adams / SR

2025 Indoor PR 58-5 McNeese Indoor II
2024 AAU Jr. Olympics 54-2.5 6th (All- American)
2024 State Championships 55-3.75 2nd
2024 Region III-5A 57-0.5 1st
2024 Indoor State Championships 55-0 1st
2023 AAU Region III Qual. 50-5.5 1st
2023 Outdoor State Championships 49-2.5 5th
2023 Indoor State Championships 48-9.75 3rd
2022 Region III-5A 44-3 6th
2022 (SB) 47-3.5
2022 Indoor State Championships (SB) 46-5.75 7th



THE TRUTH BEHIND HIS SUCCESS

KADEN ADAMS



CENTRAL LAFOURCHE H.S..

Kaden Adams hails from the humble town of Lockport, LA where he first found his love of throwing. One of his teachers tell the tall tail of a young Kaden Adams throwing a shot put through a car window. Eventually Kaden learned to harness his talents and become productive in the shot put as a high schooler at Central Lafourche High School. As a Freshman and Sophomore Kaden used the “glide” technique but under the instruction of newly appointed Head Track Coach in 2023, Tex Martin, he would begin the transition to becoming a rotational thrower. This would be a process learned from the ground up. Coach Tex Martin said, “Kaden was terrified to make that first turn, but after lots of drills he was able to build the confidence he needed, and as good as he is it’s still a work in progress. He’s always challenging himself to find new ways to improve and it’s no secret that him being a very coachable athlete along with his tremendous work ethic has got him to where he is today”. Kaden is also on the schools football team and power lifting team under the supervision of Head Coach Chris Dugas and is on track to win a state championship there as well. During indoor season Coach Dugas is primarily focused on the powerlifting team, but towards the end of Indoor season he takes on his role as the Throws Coach for the duration of the outdoor season. This great relationship between coaches helps to build Kaden into a well rounded athlete.

FIGHT ON AND GIVE 'EM HELL

THE TRUTH BEHIND HIS SUCCESS

**KADEN ADMAS, SR. (TROWS)
CLHS**

Success nonetheless never happens alone. Especially not for me. I was blessed with the opportunity of having a family that was willing to support me throughout my journey, coaches who push me to be the best possible athlete I can be, and a community who supports me from a distance. My support group has really been the major part in my success. Without constant encouragement and motivation from everyone, I do not believe I would have made it this far in the last 4 years. Outside of my support circle, self driven determination has been the lead cause for my success. Thousands of throws, countless hours in the weight room, and have paved the way for my success.

