

# LTFCFA

LOUISIANA TRACK & FIELD COACHES ASSOCIATION

EST. 1982

# TRACK is BACK!

## MESSAGE FROM THE LTFCFA PRESIDENT

*Kent Falting / Parkway H.S.*  
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### ATHLETE SPOTLIGHT



**HOLY SAVIOR MENARD  
CAMI HARRISON**

**MANSFIELD H.S.  
JADEN YOUNGBLOOD**

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# DILLON REIDENAUER

*Never forgotten*

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# MESSAGE FROM THE OVAL OFFICE

KENT FALTING LTFCA PRESIDENT / PARKWAY H.S.

Can you feel the excitement in the air! Outdoor track is finally here. I'm going to admit one of my track coaching superstitions to you. Before every single meet, I have to listen to the song, "Starting Over" by Chris Stapleton. It's not my favorite song but it reminds me that every track meet and every season is a chance to start over. My relay team dropped the baton last week, this week we're starting fresh. My two-miler won the last meet, it doesn't mean he's going to win this week. We're starting over. A kid ran terribly last season, who cares? This season, he gets to start over.

Two years ago, Will Achee quit playing football for Parkway High School, and we didn't see him until track season. An athlete with amazing potential took 6 months off from sports, got a job, and showed up out of shape. After making the state meet as a freshman and a sophomore, Will sat at home for the 2023 State Championships. Last year, Will changed his entire way of training and committed to being the best version of himself. He started over with a new outlook. He worked on endurance with the cross country team, he trained in the winter, he pushed through a small plateau in the early parts of outdoor season and went on to make the state meet in three events. He broke the Parkway school records in the 200, 400, and 4x400 (a record that stood for 40 years)! He finished 2nd at state in the 400m with a time of 47.19. Will was a late signee with Northwestern State University where on Monday, he placed 2nd in the Southland Conference in the 400m and anchored his 4x400 team to a win! 22 months after missing out on a state meet, Will has performed at the highest level both in high school and college. All because he was willing to start over!

As you go through the first parts of this outdoor season, be willing to hit the reset button after a bad meet. Give a new kid an opportunity in a different event. Give a second chance to that kid who would take advantage of it. Week after week, start fresh, and like Will, give yourself a chance for you and your team to find a spot on that podium!





# LTFCA

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## CAMI HARRISON



The senior pole vaulter PR'd with a jump of 11' 3.75" on her way to winning a 4th state pole vaulting title in the Division II State Indoor Meet. Cami has been pole vaulting since 2020 and has improved by nearly 4 feet. From Coach Morgan Redmon, "Cami is one of those athletes that comes around maybe once in a coaching career when you take into account her value to the team on and off the track." Congrats, Cami, your hard work has paid off!

## JADEN YOUNGBLOOD



One of the top hurdlers in the State, Jaden won his 4th hurdling state title at the Division II State Indoor Meet. This is Jaden's third indoor title but first since 2023. This definitely is a testament to his dedication, winning the state championship as both a freshman and sophomore, not winning it as a junior, and coming back to put his stamp on the event as a senior. Way to go, Jaden!





# CONTINUING EDUCATION

## Clyde Hart

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*For this week's continuing education offer, I'd like to recommend two resources that came in handy while coaching Will Achee last season. Clyde Hart is one of the premiere 400m coaches in the country. If you would like to take a deep dive into his training and how to apply it to high school runners, check out the book, *Breaking Down the Wall: Training the High School 400 Meter Runner* by Derek Leininger.*

<https://amzn.to/4i58Ecq>



# RANKINGS

## PRESEASON

**B**

**1. EPISCOPAL OF ACADIANA**

**2. J.S. CLARK**

BOYS

**B**

**1. HATHAWAY**

**2. MIDLAND**

GIRLS

**C**

**1. GIBSLAND-COLEMAN**

BOYS

**C**

**1. SIMPSON**

GIRLS

# 1A Girls Rankings

## PRESEASON

| RK | TEAM                |
|----|---------------------|
| 1  | MERRYVILLE          |
| 2  | EAST IBERVILLE      |
| 3  | SLAUGHTER COMMUNITY |
| 4  | HIGHLAND BAPTIST    |
| 5  | CENTRAL CATHOLIC    |



# 1A Boys Rankings

## PRESEASON

| RK | TEAM               |
|----|--------------------|
| 1  | HIGHLAND BAPTIST   |
| 2  | OUACHITA CHRISTIAN |
| 3  | ST. MARTIN'S       |
| 4  | HAYNESVILLE        |
| 5  | HAMILTON CHRISTIAN |



# 2A Girls Rankings

## PRESEASON

| RK | TEAM               |
|----|--------------------|
| 1  | NEWMAN             |
| 2  | HOLY SAVIOR MENARD |
| 3  | EPISCOPAL          |
| 4  | ROSEPINE           |
| 5  | COUNTRY DAY        |



# 2A Boys Rankings

## PRESEASON

| RK | TEAM                 |
|----|----------------------|
| 1  | CALVARY BAPTIST      |
| 2  | MANSFIELD            |
| 3  | COUNTRY DAY          |
| 4  | ACADIANA RENAISSANCE |
| 5  | EPISCOPAL            |



THE PRESIDENT'S NEWSLETTER

# 3A Girls Rankings

## PRESEASON

| RK | TEAM                      |
|----|---------------------------|
| 1  | PARKVIEW BAPTIST          |
| 2  | ST. LOUIS CATHOLIC        |
| 3  | MADISON PREP              |
| 4  | UNIVERSITY HIGH           |
| 5  | LAKE CHARLES COLLEGE PREP |



# 3A Boys Rankings

## PRESEASON

| RK | TEAM                      |
|----|---------------------------|
| 1  | LAKE CHARLES COLLEGE PREP |
| 2  | GLEN OAKS                 |
| 3  | PARKVIEW                  |
| 4  | UNIVERSITY HIGH           |
| 5  | JOHN F. KENNEDY           |



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# 4A Girls Rankings

## PRESEASON

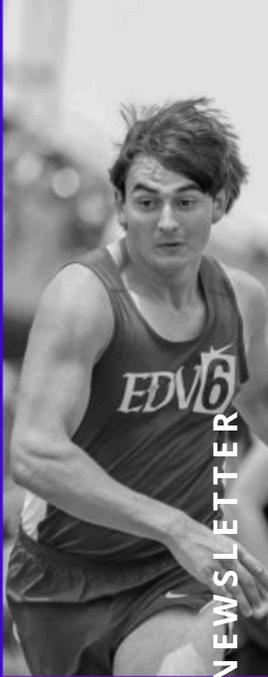
| RK | TEAM               |
|----|--------------------|
| 1  | WOSSMAN            |
| 2  | WEST OUACHITA      |
| 3  | WEST FELICIANA     |
| 4  | BRUSLY             |
| 5  | TEURLINGS CATHOLIC |



# 4A Boys Rankings

## PRESEASON

| RK | TEAM       |
|----|------------|
| 1  | E.D. WHITE |
| 2  | WESTGATE   |
| 3  | LEESVILLE  |
| 4  | TIOGA      |
| 5  | CECILIA    |



# 5A Girls Rankings

## PRESEASON

| RK | TEAM          |
|----|---------------|
| 1  | LAFAYETTE     |
| 2  | BARBE         |
| 3  | ST. JOSEPH'S  |
| 4  | DESTREHAN     |
| 5  | SCOTLANDVILLE |



# 5A Boys Rankings

## PRESEASON

| RK | TEAM          |
|----|---------------|
| 1  | SCOTLANDVILLE |
| 2  | JESUIT        |
| 3  | CATHOLIC      |
| 4  | PARKWAY       |
| 5  | DUTCHTOWN     |



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# 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.*





# THE LOUISIANA MILE FESTIVAL

Ruston H.S..

*In an attempt to honor Coach John Talley for his years of service, the LTFCA is offering a new scholarship in his name. The proceeds of the Louisiana Mile Festival will go to fund this scholarship. The LA Mile Festival is hosted at Ruston High School and has produced some of the fastest cumulative times in the state year after year. Last year, 19 boys broke 4:40 during the event. The meet allows for unlimited athlete registration and athletes are heated and seeded to ensure a ton of PRs. If you are interested in a great race or just supporting the scholarship, you can register your athletes through [la.milesplit](http://la.milesplit). This year's meet is on April 12.*





# DILLON REIDENAUR



FONTAINBLEAU HS / LSU

*ABITA SPRINGS, La. (WVUE) - Reidenauer, 18, grew up in Abita Springs and was known for her determination, athleticism, and positive spirit. She was a standout in both track and swimming at Fontainebleau High, serving as captain for both programs before joining LSU's track and field team as a pole vaulter.*

*"She always had a smile on her face, she was so positive all the time," said her friend and former swim teammate Sydney Wycoff. "She had a big impact on so many people."*

*Mitch Rabalais, a lifelong friend and neighbor, described Reidenauer as a well-known and beloved member of the small Abita Springs community.*

*"We are devastated by the tragic passing of Dillon Reidenauer, who was taken from us much too soon," LSU track and field coach Dennis Shaver said. "Everyone in our LSU Track & Field family is keeping Dillon's loved ones in our thoughts and prayers, as well as those of the other individual lost in the incident."*

*On behalf of the LTFCA President, Kent Falting, the board members and all member coaches we offer our deepest condolences to Dillon's family and may Dillon rest in eternal peace.*

# FOREVER LSU

## DILLON REIDENAUR

2006-2025

