

# LTFC

LOUISIANA TRACK & FIELD COACHES ASSOCIATION

EST. 1982

## CALL TO ACTION

### THE FUTURE OF TRACK & FIELD

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# MESSAGE FROM THE OFFICE

**KENT FALTING LTFCA PRESIDENT / PARKWAY H.S.**

It's been a great first two weeks of outdoor season across our state with a little bit of indoor still sprinkled in. Watching several meets and outstanding performances, I began to think about the impact of some of the "unsung heroes" of track and field. Those athletes that missed the podium but through their 4th, 5th, and 6th place efforts helped push their team to the meet victory. I walked by the pole vault at the Benton Tiger Invitational and remembered the time two cheerleaders came out for our track team to pole vault for one season because it looked fun. At our district meet, after only one month of training, they placed 4th and 6th respectively, helping us win the district title by a single point. It got me thinking about the power of those points and the huge contribution those two made without many people knowing.

Looking back at this indoor season, I noticed the same thing from the DII state champions, Lake Charles College Prep. LCCP had an incredible showing in winning all three relays plus the triple jump. However, in order to secure the 55 meet points and a 4 point edge over runner-up Glen Oaks, it needed to be all hands on deck. A 6th place finish in the hurdles, a 5th in the long jump, another point scorer in the triple jump. Little by little everyone played their part in an historic season! When I spoke with head coach Ervin Williams, he told me, "Championships aren't just won by the top finishers-they're built on the depth and determination of the entire team. Those athletes who placed 4th, 5th, and 6th played a crucial role in our state title, securing the points that made all the difference. Their performances, resilience, and commitment to the team were just as valuable as the gold medal finishes. Every point matters, and every athlete contributes to the bigger picture of success!" Could not have said it better myself.

I say all this to remind everyone, track is a team sport. So many members of the team play a role that often goes unnoticed. Let's get them some notice. Start an Athlete of the Week post on your team's social media page, announce PR's at your team meetings, put a shoutout in your team group text. All of these things make a positive difference. You never know which one of these things could turn into a value that's as good as gold like Coach Williams said!







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## WILLIAM DECUIR



Known for his 800m speed (he just ran a 1:54.39 at New Balance Nationals), William doubled that distance the first week of the outdoor season with no problem at all. Running the 1600m at the CHS Tip-Off, he ran a state leading time of 4:22.93. That was a 13 second PR for the outdoor 1600m! Here's a little more info from Coach Zach Capello, "I'm immensely proud of the runner that William is becoming. He's still young, but you wouldn't be able to tell in practice or at meets. He steps up in both big moments and small moments alike, and his commitment to his teammates is obvious. He knows what it means to wear the orange Catholic High singlet, and he takes pride in that responsibility. His older brother is historically one of our program's greatest middle-distance runners, and William isn't apprehensive to fill those shoes as he is truly maturing in his recent success. My favorite moment with him so far has been him taking down his brother's indoor 800m school record! What an awesome moment for him and their family." Congrats, William!

## ANA ROBINSON



Ana started off outdoor season with a bang, throwing a state-leading javelin throw of 143' 7" and breaking her own school record by 7 inches. Ana now holds the top 12 spots in school history! From Coach David Janssen, "Ana is a great worker and it shows in her results. She busted her butt to come back from surgery to be ready for the season. One of the best things about coaching her is she wants to compete in all the throwing events, not just the jav, so she really helps the team. Someone is going to get lucky when they land her in college." Keep it up, Ana!





# CONTINUING EDUCATION

## Dr. Jeff Messer

Sometimes it's hard to make it to a coaching clinic between teaching, coaching, parenting, etc. So for this week's educational opportunity, I wanted to make everyone aware of the LA84 Foundation's Track Education Archives.

This is a digital coaching clinic with a wealth of presentations on every event. Filmed in 2021, when COVID prevented a lot of in-person activities, these videos are a great resource. If you are a distance coach like myself, there are two presentations from one of the top high school distance coaches in the country as well as a friend of mine, Dr. Jeff Messer. Dr. Messer recently coached Jojo Jourdon to break 4:00 in the indoor mile last year.

Find his presentations and many others at the following link



[runmtsac.com/la84/on-demand/](https://runmtsac.com/la84/on-demand/)







RANKINGS  
**RANKINGS**  
RANKINGS

OUTDOOR  
TRACK &  
FIELD

**B**

**BOYS**

**#1** ANACOCO  
**#2** QUITMAN  
**#3** HATHAWAY

**GIRLS**

**#1** ANACOCO  
**#2** QUITMAN  
**#3** FLORIEN



RANKINGS  
**RANKINGS**  
RANKINGS

OUTDOOR  
TRACK &  
FIELD

**C**

**BOYS**

**#1** MAUREPAS  
**#2** EVANS  
**#3** SIMPSON

**GIRLS**

**#1** SIMPSON  
**#2** EVANS  
**#3** NORTHSIDE  
CHRISTIAN



RANKINGS  
**RANKINGS**  
RANKINGS

OUTDOOR  
TRACK &  
FIELD

**1A**

**BOYS**

**#1** ASCENSION  
EPISCOPAL  
**#2** MONTGOMERY  
**#3** DELHI  
**#4** ASCENSION  
CATHOLIC  
**#5** HIGHLAND  
BAPTIST

**GIRLS**

**#1** HAYNESVILLE  
**#2** DELHI  
**#3** ASCENSION  
EPISCOPAL  
**#4** LOUISE  
MCGEHEE  
**#5** CENTRAL  
PRIVATE



RANKINGS  
**RANKINGS**  
RANKINGS

OUTDOOR  
TRACK &  
FIELD

**2A**

**BOYS**

**#1** EPISCOPAL  
**#2** LAFAYETTE  
CHRISTIAN  
**#3** OUACHITA  
CHRISTIAN  
**#4** MANSFIELD  
**#5** SLAUGHTER  
CHARTER

**GIRLS**

**#1** EPISCOPAL  
**#2** NORTHLAKE  
CHRISTIAN  
**#3** LAFAYETTE  
CHRISTIAN  
**#4** MANSFIELD  
**#5** ROSEPINE



**RANKINGS**  
**RANKINGS**  
**RANKINGS**



**OUTDOOR TRACK & FIELD**

# 3A

<b>BOYS</b>	<b>GIRLS</b>
<b>#1</b> LAKE CHARLES COLLEGE PREP	<b>#1</b> ST. LOUIS CATHOLIC
<b>#2</b> STERLINGTON	<b>#2</b> PARKVIEW BAPTIST
<b>#3</b> GLEN OAKS	<b>#3</b> LAKE CHARLES COLLEGE PREP
<b>#4</b> UNIVERSITY HIGH	<b>#4</b> ACADIANA RENAISSANCE
<b>#5</b> PARKVIEW BAPTIST	<b>#5</b> UNIVERSITY HIGH

**RANKINGS**  
**RANKINGS**  
**RANKINGS**



**OUTDOOR TRACK & FIELD**

# 4A

<b>BOYS</b>	<b>GIRLS</b>
<b>#1</b> NORTH DESOTO	<b>#1</b> ST. THOMAS MORE
<b>#2</b> LEESVILLE	<b>#2</b> TEURLINGS CATHOLIC
<b>#3</b> FRANKLIN PARISH	<b>#3</b> E.D. WHITE
<b>#4</b> NORTHWOOD	<b>#4</b> BRUSLY
<b>#5</b> BRUSLY	<b>#5</b> WEST FELICIANA

**RANKINGS**  
**RANKINGS**  
**RANKINGS**



**OUTDOOR TRACK & FIELD**

# 5A

<b>BOYS</b>	<b>GIRLS</b>
<b>#1</b> ALEXANDRIA	<b>#1</b> LAFAYETTE
<b>#2</b> DUTCHTOWN	<b>#2</b> ALEXANDRIA
<b>#3</b> CATHOLIC	<b>#3</b> ZACHARY
<b>#4</b> RUSTON	<b>#4</b> MT. CARMEL
<b>#5</b> OUACHITA PARISH	<b>#5</b> RUSTON





# 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.*

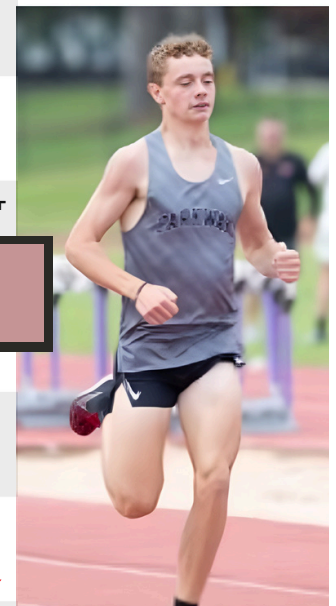
*A recommendation from the LTFCA member attesting to the applicant's character and their positive influence on their high school and/or their T&F/XC team.*

*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.*

2024





Dennis Shaver LSU

# **CALL TO ACTION**

## **AN OPEN LETTER TO THE TRACK & FIELD COMMUNITY**

### **FROM:**



Ben Thomas – Virginia Tech	Jerry Schumacher – Oregon
Beth Alford-Sullivan – Connecticut	Kevin Sullivan – Michigan
Caryl Smith Gilbert- Georgia	Leroy Burrell - Auburn
Chris Bucknam – Arkansas (Men)	Mark Elliott – Clemson
Connie Price-Smith – Mississippi	Maurica Powell – Washington
Dan Waters - Alabama	Mick Byrne – Wisconsin
Dave Smith – Oklahoma State	Shawn Wilbourn – Duke
Dennis Shaver – LSU	Susan Seaton – Cincinnati
Ed Eyestone - BYU	Vin Lananna - Virginia

***We write to you today to share a document. We trust that you will agree that we have a collective responsibility to remain vigilant for the future of NCAA Track/Field and Cross Country. We may not agree on every aspect of this document, however our inaction will be devastating for our sport.***

***The landscape of collegiate athletics is shifting rapidly, and the future of track and field is at risk. Recent NCAA changes—such as eliminating scholarship limits, implementing roster size caps, and introducing revenue sharing—will have a profound impact on our sport. This is a critical moment, and we can no longer afford to be passive. If programs are eliminated, they won't return. The NCAA v. House Settlement will mandate the NCAA and the Power 5 Conferences to pay settlement funds for a class of past athletes. In addition, the Power 5 Conference institutions will be required over the next ten years to share future revenues with current and future athletes. This will increase the cost base for all NCAA Division I athletic departments, leading to the likely elimination of entire sports programs in order to cut costs.***



# WHAT'S AT STAKE

1

**Scholarships:** While the elimination of NCAA-mandated scholarship limits offers flexibility to some programs, it risks reduced funding and potential cuts for Olympic sports like track and field. Without action, opportunities for student-athletes, particularly from underserved communities, could be drastically reduced. Although permitted under the settlement terms, collegiate track & field programs won't likely see funding across institutions for the potential new limit of 45 scholarships for men and for women. In addition, conferences and institutions on their own may further reduce the number of athletes allowed to compete.

2

**Roster Sizes:** New rules limit cross-country rosters to 17 athletes and track and field to 45, with the option to fully or partially fund each. While some programs may thrive, others could be forced to make difficult cuts, diminishing opportunities for development and recruitment. This may also encourage programs to recruit only fully developed athletes internationally, potentially reducing access for U.S. athletes.

3

**Budget Implications:** The financial burden of these changes may require substantial increases in funding to sustain track and field programs. If we don't secure necessary funding, scholarships, coaching positions, and facilities could be cut. Revenue sharing also pressures universities to direct additional funding to football and basketball.

4

**Exposure:** Collegiate track and field needs to evolve to be more television-friendly and engaging. The sport should be broadcast more than just two times per year for NCAA Championships in cross country and outdoor track and field. Without wider exposure, track and field will struggle to gain the recognition it deserves and increase its value.

# **THE CONSEQUENCES**

*For every athlete who earns a college scholarship, wins an NCAA championship, or make an Olympic team, countless others pursue the same goal. Even those who didn't reach the ultimate prize gain invaluable life experiences that lead to career success. Eliminating the Olympic pipeline and NCAA opportunities will disrupt youth and high school track and field, removing incentives for young athletes to pursue a sport that has proven to foster success in life.*

*If we fail to act, the consequences will be devastating. Many young athletes, especially from underserved communities, could lose access to educational opportunities. This will harm the U.S. pipeline of athletes, diminishing our edge at the Olympic Games and World Championships. Our medal count at the Olympic Games is likely at risk.*

*We cannot afford to let the system that has produced countless opportunities for student-athletes, Olympic champions and world-class athletes fall apart. The future of track and field, and the future of our athletes, depend on our collective action.*

*Track and field offers opportunities to many American student-athletes, particularly from black and brown communities. It is essential that we preserve these opportunities for the next generation.*

## **NOW IS THE TIME TO ACT**

*The clock is ticking. This is a critical moment for collegiate track and field, and we must take action to protect and preserve the sport. We need to mobilize, speak out, and change this downward trajectory. Whether it's engaging with NCAA officials, advocating for fair funding, or creating innovative solutions for access, we must act now. It is alarming that NO major media outlet has broadcast this existential threat to these student-athlete opportunities and Olympic Movement. We must find new sources of income—through philanthropy and media partnerships—to alleviate financial pressures on NCAA institutions. But time is running out.*



# HOW CAN YOU HELP

1

***Raise Awareness:** Share this message with fellow coaches, athletes, administrators, media, and alumni. It's crucial to get this story into mainstream media outlets and programs such as 60 Minutes and NBC Nightly News. Involve organizations like the USOPC, USA Track & Field, corporations, private philanthropy, and especially Congress. The more people who understand the stakes, the stronger our collective voice will be.*

2

***Advocate for Change:** Contact conference commissioners, athletic directors, and NCAA leaders to make your voice heard. Emphasize the importance of track and field to the collegiate athletic landscape. Track and field represents opportunity for the largest populations in the country, including many international athletes. Track and Field is the sport of opportunity.*

3

***Support Track and Field Programs:** Help local programs through financial support or mentorship. Every effort, no matter how small, counts.*

4

***Build Partnerships:** Collaborate with other Olympic sports to create a unified front, ensuring that all sports receive the attention and resources*

5

***Reinvent the Sport for Broader Exposure:** Track and field must become a more consumable product and more television-friendly. By introducing innovative formats, enhancing athlete storytelling, and pushing for prime-time broadcasts, we can increase the sport's visibility and appeal to a wider audience.*

***Track and field is at a crossroads. We must act decisively, speak up for our athletes and sport, and ensure that future generations have the opportunity to compete and thrive in this incredible sport. The time to secure the future of collegiate track and field is now. Let's rise to the challenge and protect the future of our sport.***

# NIN



NIKE INDOOR  
NATIONALS 2025



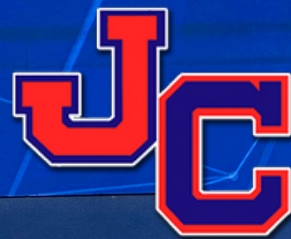
NIKE INDOOR NATIONALS  
NIKE TRACK & FIELD CENTER AT THE ARMORY



ADDILYN  
DUFRENE  
Luling-LA



High Jump  
2025



FEBRUARY 2025 THE PRESIDENT'S NEWSLETTER

ISSUE NO. 3

Addilyn Dufrene is no stranger to National Championship meets. She all ready has two AAU All American honors in the high jump, 2022 5th and 2023 4th, and just narrowly missed one in the Heptathlon in this past summers AAU National Championships placing 9th scoring 4,143 pts. Addilyn is also a two time LHSAA State Champion in the High Jump 2024 Outdoor and 2025 Indoor. The future is looking bright for the Junior from John Curtis and we're all waiting to see what heights she'll soar to next!



# Aiden Monistere



**NEW BALANCE  
NATIONALS  
2025**



**ALL AMERICAN**  
★ **2nd** ★

**1 MILE  
2 MILE**

**B**  
new balance



Lightning never strikes twice they say, unless your Aiden Monistere of Parkview Baptist. Aiden added two of the 4 All American honors to Louisiana's medal count for the indoor season along with Addilyn Dufrene of John Curtis and Tristen Harris of West Feliciana. Aiden placed 2nd in the 1 Mile Championship Division with a time of 4:06.31 and 2nd in the 2 Mile Championship Division with a time of 8:46.78. These are the two fastest times in those events indoor or outdoor in Louisiana History!

2022 XC State Champions  
2022 4X800m Relay State Champions (outdoor)  
2023 XC State Champions  
2023 1600m State Champion (indoor)  
2023 1600m / 3200m State Champion (outdoor)  
2023 4X800m Relay State Champions (outdoor)  
2024 XC State Champions / Individual State Champion  
2024 1600m / 3200m State Champion (indoor)  
2024 1600m / 3200m State Champion (outdoor)  
2024 4X800m Relay State Champions (outdoor)  
2025 XC State Champion (Individual)  
2025 1600m / 3200m State Champion (indoor)  
2025 1 Mile / 2 Mile Indoor NB National Runner - up



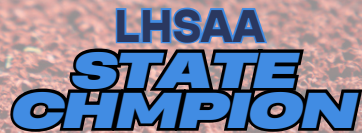


**G.O.A.T**



**LOUISIANA ALL TIME #1 LJ INDOOR**  
**LOUISIANA ALL TIME #2 60M INDOOR**  
**LOUISIANA ALL TIME #1 LJ OUTDOOR**

**12X**



**4X**



**3X**



**2X**



**ALL AMERICAN**

