



LTFCFA



LOUISIANA TRACK & FIELD COACHES ASSOCIATION

EST. 1982



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MESSAGE FROM THE OFFICE

KENT FALTING LTFCA PRESIDENT / PARKWAY H.S.

This week saw the inaugural Grand Slam Track Event put on by Olympic gold-medalist Michael Johnson. Michael sold this as a chance to get more people excited about the sport of track while not being locked into the traditional format. This reminded me of the recently adopted LHSA rule that allows us as coaches to have a little more freedom in the design of our track meets as well.

This coming weekend marks the 4th year of the LA Mile Festival with the same idea in mind. Each year this meet has continued to grow, and it is expected that roughly 200 kids will show up in Ruston, LA for one singular event with multiple heats. One event but a ton of excitement! Athletes show up knowing when their heats start, when to warm up, and knowing that they only have to compete in one event so go ahead and lay it on the line! What if we did the same thing with other events. Imagine 100+ kids showing up to compete in a throws "relay" where teams of 4 threw the shot put and their cumulative best throws were added together for a team score. Imagine a scenario, like in college, where we could rank high school long jump teams based on their cumulative performances. All it takes is a meet date and a little ingenuity, and we could see this happen. The mile festival is always two weekends before district in Ruston. What if the "Throws Relay Carnival" was the last weekend in March in Houma, LA or the "Team Jump Competition" was the first weekend in April in Zachary, LA. The sky is the limit. Don't get me wrong, I want to keep the traditional meet schedule intact, with schools competing for parish championships, home meet titles, etc. But maybe a few unconventional meets in addition might be the perfect level of excitement this sport needs.



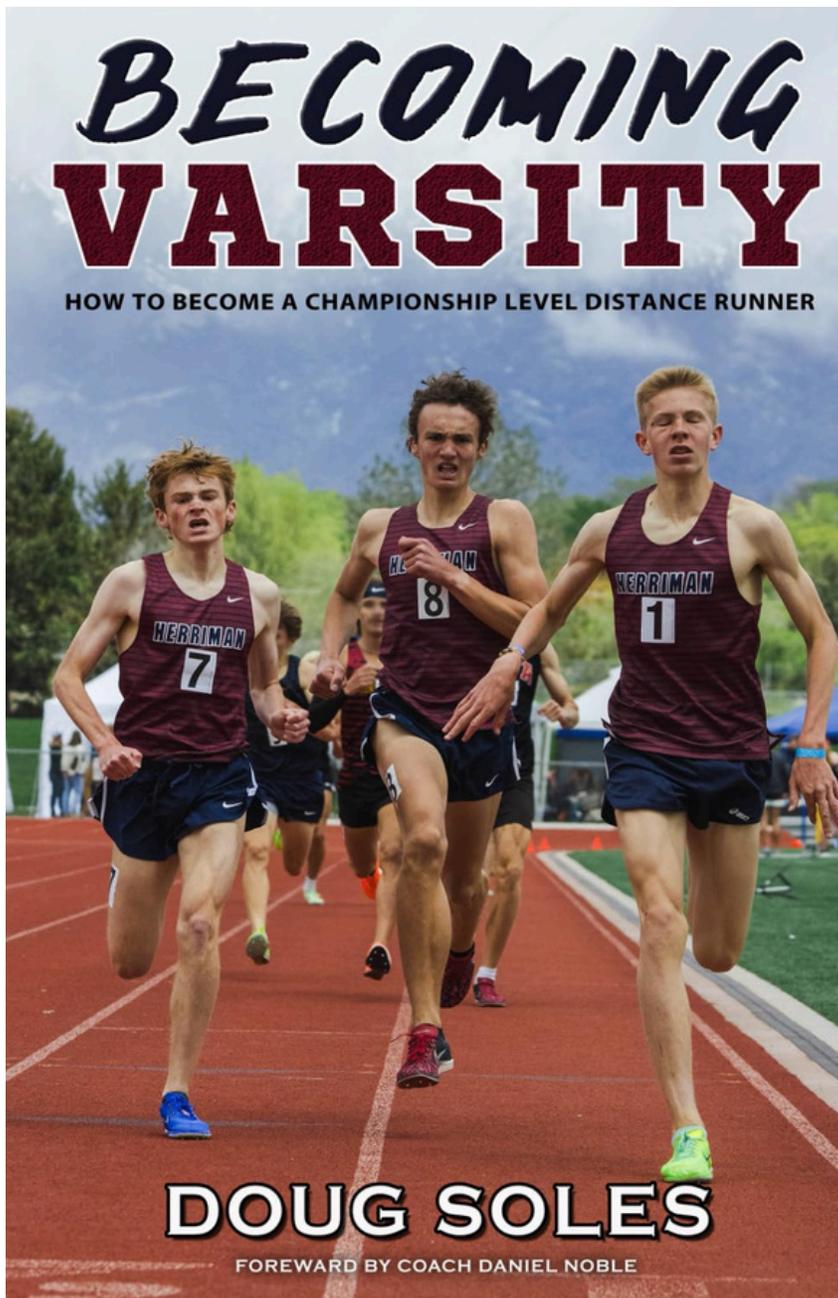
CONTINUING EDUCATION

Doug Soles

I recently had the opportunity to speak at a signing ceremony where five young men and women committed to competing in college track/xc for the next four years. During my speech, I took the time to point out that so many athletes enter high school claiming they are going to be college athletes while so few ever make it. It's not simply about the goal, it's about the journey.

Today's continuing education recommendation is the book, *Becoming Varsity* by Doug Soles. If you've ever seen or read anything by Doug Soles, you will know that he's a little intense.

However, this book is a straight forward road map for high school distance runners on what it takes to be able to sign with a college and be one of the few who completed the journey. I think there are great lessons for non-distance runners as well in this book. Nutrition, sleep, training, making excuses,...you name it



GET IT HERE



<https://amzn.to/4j5PL9U>

RANKINGS

RANKINGS

RANKINGS



OUTDOOR
TRACK &
FIELD

B

BOYS

- #1** QUITMAN
- #2** CASTOR
- #3** ANACOCO
- #4** HATHAWAY
- #5** GRACE CHRISTIAN

GIRLS

- #1** ANACOCO
- #2** QUITMAN
- #3** EPISCOPAL OF ACADIANA
- #4** ZWOLLE
- #5** HATHAWAY

RANKINGS

RANKINGS

RANKINGS



OUTDOOR
TRACK &
FIELD

C

BOYS

- #1** HACKBERRY
- #2** GIBSLAND-COLEMAN
- #3** EVANS
- #3** PHOENIX
- #3** STARKS

GIRLS

- #1** SIMPSON
- #2** EVANS
- #3** GIBSLAND-COLEMAN
- #3** HACKBERRY
- #3** SUMMERFIELD

RANKINGS

RANKINGS

RANKINGS



OUTDOOR
TRACK &
FIELD

1A

BOYS

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

GIRLS

- #1** HAYNESVILLE
- #2** DELHI
- #3** ASCENSION EPISCOPAL
- #4** HIGHLAND BAPTIST
- #5** CENTRAL PRIVATE

RANKINGS
RANKINGS
 RANKINGS



OUTDOOR
 TRACK &
 FIELD

2A

BOYS

GIRLS

- #1** LAFAYETTE CHRISTIAN
- #2** EPISCOPAL
- #3** MANSFIELD
- #4** CATHOLIC-NEW IBERIA
- #5** OUACHITA CHRISTIAN

- #1** EPISCOPAL
- #2** MANSFIELD
- #3** LAFAYETTE REN. CHARTER
- #4** METAIRIE PARK COUNTRY DAY
- #5** NORTHLAKE CHRISTIAN

RANKINGS
RANKINGS
 RANKINGS



OUTDOOR
 TRACK &
 FIELD

3A

BOYS

GIRLS

- #1** LAKE CHARLES COLLEGE PREP
- #2** STERLINGTON
- #3** GLEN OAKS
- #4** PARKVIEW BAPTIST
- #5** ERATH

- #1** ST. LOUIS CATHOLIC
- #2** PARKVIEW BAPTIST
- #3** UNIBERSITY HIGH
- #4** MADISON PREP
- #5** ACADIANA RENAISSANCE

RANKINGS
RANKINGS
 RANKINGS



OUTDOOR
 TRACK &
 FIELD

4A

BOYS

GIRLS

- #1** DAVID THIBODAUX
- #2** NORTH DESOTO
- #3** LEESVILLE
- #4** E. D. WHITE
- #5** NORTHWOOD

- #1** E. D. WHITE
- #2** TEURLINGS CATHOLIC
- #3** ST. THOMAS MORE
- #4** WEST FELICIANA
- #5** BROADMOOR

RANKINGS
RANKINGS
 RANKINGS



OUTDOOR
 TRACK &
 FIELD

5A

BOYS

GIRLS

- #1** CATHOLIC
- #2** JESUIT
- #3** SCOTLANDVILLE
- #4** ALEXANDRIA
- #5** BROTHER MARTIN

- #1** LAFAYETTE
- #2** BARBE
- #3** DUTCHTOWN
- #4** ALEXANDRIA
- #5** ST. JOSEPH'S



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.

**DEADLINE
APRIL 14**

<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.

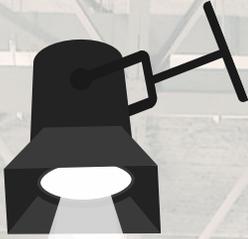
A recommendation from the LTFCA member attesting to the applicant's character and their positive influence on their high school and/or their T&F/XC team.

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.





ATHLETE
SPOTLIGHT



**CONGRATULATIONS TO THIS YEARS
INDOOR ALL STATE
ATHLETES**

Coaches: You can download and print your certificates for your athletes from our website ltfca.com

2025 LTFCA Indoor Track & Field Boys All-State Team

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance/Height</u>
60 Meter Dash	Phillip Wright III	Destrehan High School	6.81
60 Meter Dash	Micah Green	Archbishop Rummel High School	6.9
400 Meter Dash	Phillip Wright III	Destrehan High School	50.0
400 Meter Dash	Catron Hargrove	Glen Oaks High School	50.37
60 Meter Hurdles	Jaden Youngblood	Mansfield High School	8.08
60 Meter Hurdles	Zion Smith	Airline High School	8.22
4 x 200 Meter Relay	Jordan Watkins	Scotlandville High School	1:29.57
4 X 200 Meter Relay	Ferzell Shepard	Scotlandville High School	1:29.57
4 X 200 Meter Relay	Ashton Wiggings	Scotlandville High School	1:29.57
4 X 200 Meter Relay	Fayden Brown	Scotlandville High School	1:29.57
4 x 200 Meter Relay	D'Joryen Jenkins	Ruston High School	1:30.36
4 X 200 Meter Relay	Aidan Anding	Ruston High School	1:30.36
4 X 200 Meter Relay	Dylone Brooks	Ruston High School	1:30.36
4 X 200 Meter Relay	Malcom Pierce	Ruston High School	1:30.36
4 X 400 Meter Relay	Harrison Lalande	Catholic High School	3:25.24
4 X 400 Meter Relay	Christopher McCullen	Catholic High School	3:25.24
4 X 400 Meter Relay	William Decuir	Catholic High School	3:25.24
4 X 400 Meter Relay	Amari Clayton	Catholic High School	3:25.24
4 X 400 Meter Relay	D'Adario Conway	Scotlandville High School	3:25.29
4 X 400 Meter Relay	Ferzell Shepard	Scotlandville High School	3:25.29
4 X 400 Meter Relay	Dylan Evans	Scotlandville High School	3:25.29
4 X 400 Meter Relay	Fayden Brown	Scotlandville High School	3:25.29
4 x 800 Meter Relay	Max Jacketti	Mandeville High School	8:01.23
4 x 800 Meter Relay	Brayden Berglund	Mandeville High School	8:01.23
4 x 800 Meter Relay	Ryan Locher	Mandeville High School	8:01.23
4 x 800 Meter Relay	Kayden Hedrick	Mandeville High School	8:01.23
4 x 800 Meter Relay	Brandt Blanchard	Jesuit High School	8:07.62
4 x 800 Meter Relay	Leland Crawford	Jesuit High School	8:07.62
4 x 800 Meter Relay	Brady Mullen	Jesuit High School	8:07.62
4 x 800 Meter Relay	Patrick Smith	Jesuit High School	8:07.62
800 Meter Run	Jackson Burney	Calvary Baptist School	1:56.56
800 Meter Run	Aidan Monistere	Parkview Baptist School	1:57.01
1600 Meter Run	Connor Fanberg	Jesuit High School	4:22.53
1600 Meter Run	Aidan Monistere	Parkview Baptist School	4:23.13
3200 Meter Run	Brady Monahan	Jesuit High School	9:31.81
3200 Meter Run	Noah Mooney	Brother Martin High School	9:31.13
High Jump	Gionni Wiltz	Slidell High School	6-10.75
High Jump	Landon Gibbs	Huntington High School	6-02.75
Long Jump	Ferzell Shepard	Scotlandville High School	23-03.25
Long Jump	Aidan Anding	Ruston High School	23-01.25
Pole Vault	Miller Malley	Benton High School	14-05.25
Pole Vault	Lucas Owens	ARCA	14-05.25
Shot Put	Kaden Adams	Central Lafourche High School	58-06.5
Shot Put	Jack Torrance	Catholic High School	55-08.5
Triple Jump	Ferzell Shepard	Scotlandville High School	47-06.25
Triple Jump	Cameron Brazze	Lake Charles College Prep	47-06.25

2025 LTFCA Indoor Track & Field Girls All-State Team

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance/Height</u>
60 Meter Dash	Tristen Harris	West Feliciana High School	7.44
60 Meter Dash	Marley Richard	Destrehan High School	7.56
400 Meter Dash	Kennedi Burke	Barbe High School	54.36
400 Meter Dash	Hannah Boullion	St. Louis Catholic School	55.9
60 Meter Hurdles	Katie Truett	East Ascension High School	8.98
60 Meter Hurdles	Makayla Miller	Madison Preparatory Academy	9:03
4 x 200 Meter Relay	Brylee Williams	St. Louis Catholic School	1:42.7
4 X 200 Meter Relay	Halee Jackson	St. Louis Catholic School	1:42.7
4 X 200 Meter Relay	Cydnee Harris	St. Louis Catholic School	1:42.7
4 X 200 Meter Relay	Hannah Boullion	St. Louis Catholic School	1:42.7
4 x 200 Meter Relay	Makayla Miller	Madison Preparatory Academy	1:44
4 X 200 Meter Relay	Dynasty Wilfred	Madison Preparatory Academy	1:44
4 X 200 Meter Relay	Destinee Wilfred	Madison Preparatory Academy	1:44
4 X 200 Meter Relay	Lyric Walker	Madison Preparatory Academy	1:44
4 X 400 Meter Relay	Cydnee Harris	St. Louis Catholic School	3:55.99
4 X 400 Meter Relay	Halee Jackson	St. Louis Catholic School	3:55.99
4 X 400 Meter Relay	Sophia Bergen	St. Louis Catholic School	3:55.99
4 X 400 Meter Relay	Hannah Boullion	St. Louis Catholic School	3:55.99
4 X 400 Meter Relay	Jaelyn Jones	St. Joseph's Academy	4:03.94
4 X 400 Meter Relay	Audrey Manda	St. Joseph's Academy	4:03.94
4 X 400 Meter Relay	Claire Bodin	St. Joseph's Academy	4:03.94
4 X 400 Meter Relay	Wesly Lipari	St. Joseph's Academy	4:03.94
4 x 800 Meter Relay	Ainsley Brignac	St. Joseph's Academy	9:47.68
4 x 800 Meter Relay	Tiana Khuri	St. Joseph's Academy	9:47.68
4 x 800 Meter Relay	Emmaline Ritter	St. Joseph's Academy	9:47.68
4 x 800 Meter Relay	Michelle Daigle	St. Joseph's Academy	9:47.68
4 x 800 Meter Relay	Abby Landry	Teurlings Catholic High School	9:51.86
4 x 800 Meter Relay	Lucy Chisholm	Teurlings Catholic High School	9:51.86
4 x 800 Meter Relay	Abigail Leger	Teurlings Catholic High School	9:51.86
4 x 800 Meter Relay	Aaryam Saleh	Teurlings Catholic High School	9:51.86
800 Meter Run	Dynasty Wilfred	Madison Preparatory Academy	2:17.04
800 Meter Run	Lucy Cramer	Parkview Baptist School	2:17.61
1600 Meter Run	Michelle Daigle	St. Joseph's Academy	05:06.7
1600 Meter Run	Lucy Cramer	Parkview Baptist School	05:11.7
3200 Meter Run	Catalina Reichard	Mt. Carmel Academy	11:11.3
3200 Meter Run	Lucy Cramer	Parkview Baptist School	11:17.93
High Jump	Addilyn Dufrene	John Curtis School	5-03
High Jump	Emma Smith	Delcambre High School	5-03.75
Long Jump	Tristen Harris	West Feliciana High School	20-02.5
Long Jump	Jaelyn Jones	St. Joseph's Academy	18-02.5
Pole Vault	Scarlett Petticrew	Lafayette High School	11-05.75
Pole Vault	Miranda Weeks	Mt. Carmel Academy	11-05.75
Shot Put	Kiristen McGrit	East Ascension High School	48-06
Shot Put	Kaci Fulton	Barbe High School	38-03.25
Triple Jump	Bethany Long	Lafayette High School	36-7
Triple Jump	Camryn Clayton	Brusly High School	35-8.75