

LTFCFA

LOUISIANA TRACK & FIELD COACHES ASSOCIATION

EST. 1982

LHSAA

TRACK & FIELD STATE MEET

2025

ATHLETE
SPOTLIGHT



WEST FELICIANA H.S.
DIAMOND PECK

PARKWAY H.S.
DEVON OLIVIER

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FROM THE
LTFCFA
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MESSAGE FROM THE OFFICE

KENT FALTING LTFCA PRESIDENT / PARKWAY H.S.

We have made it to the final bell of track season! All of our athletes' hard work has led us to this moment. One more meet for our athletes to chase a PR, get on the podium, get recruited, and most importantly one more week for them to continue with their teammates and coaches.

This is the gun lap for each of us for the 2024-25 high school season. My advice to everyone, cherish it. Some of you coaches are on the gun lap of your career while others are just getting started as head coaches. Some of your athletes are seniors who will never compete again while others will go on to run for a new coach in college. I implore you to savor this week of moments. Don't let the pressures of State, of parents, of critics, rob you of this last lap around the track. There is no amount of stress that will turn your athletes into champions, but there is plenty of stress that can rob them of their moment. Find another coach that you can vent to this week if it gets stressful. Hug your athletes a little more. Give one more, "you go, girl" before the week is over.

This is my 20th year taking athletes to state and I can remember every one of them. Some are incredible memories while others are regrets. The regrets always seem to stand out a little more and most of those came from too much stress on either myself or the athletes. Make memories not regrets. Celebrate that last lap around the track and finish the race you started as a coach so many months ago. Best of luck to everyone at LSU!

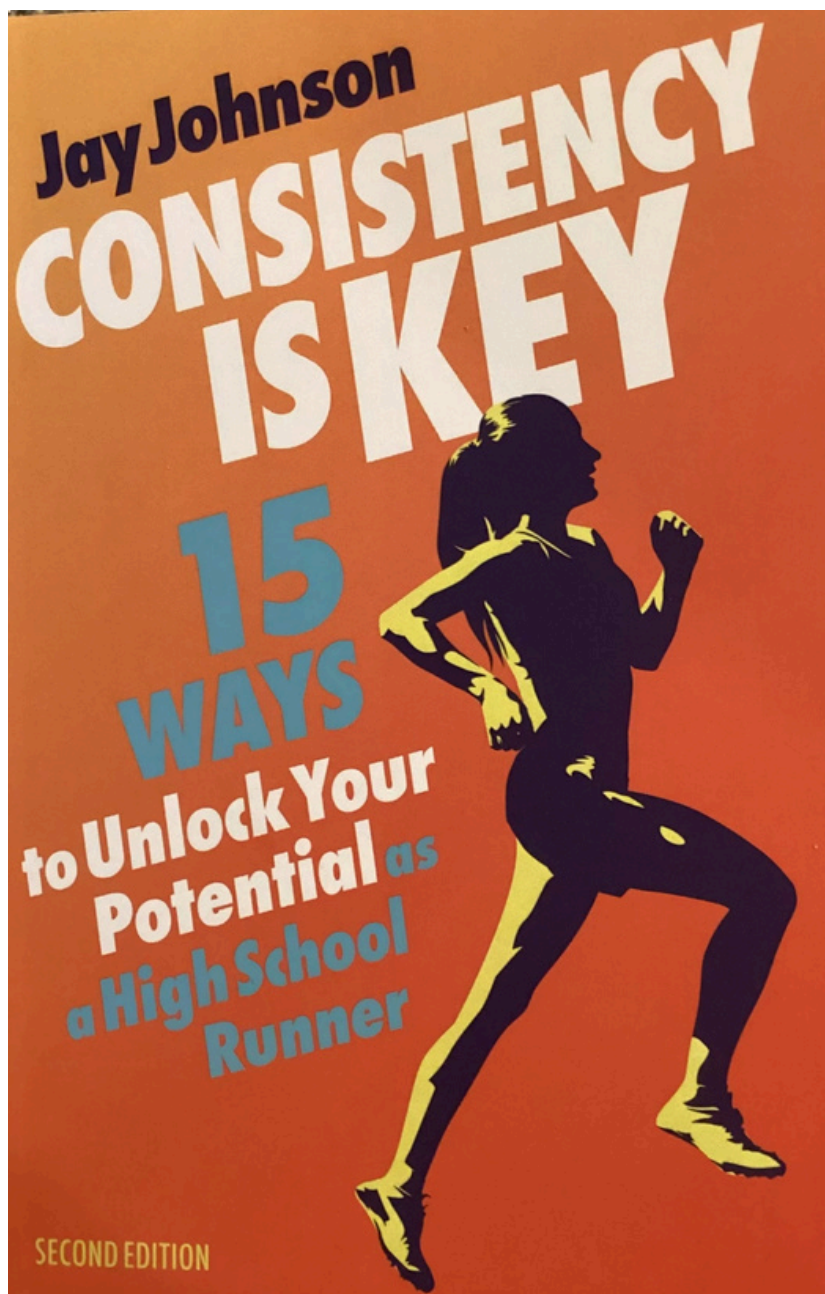
CONTINUING EDUCATION

Jay Johnson

Since it has been a little while since my last newsletter, I wanted to do something special with the continuing education portion and I think I hit a homerun!

Coach Jay Johnson, one of the most respected distance coaches in the country, gave me two opportunities to distribute out to our membership.

The first is a free copy of his book, *Consistency is Key!* I have had all of my athletes and most of my parents read this book to better understand the reasons for how distance runners train. It is an incredible resource and right now it is completely free. The second opportunity is a chance to sign up for Jay's weekly newsletter that provides training tips, videos, and deals on his various clinics and training plans. You can sign up at:



**GET IT HERE
FREE COPY OF BOOK**



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

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LTFCA

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DIAMOND PECK



Sometimes having one of the top athletes in the state as a teammate can be stressful. However, Diamond Peck has shined in the jumps while paired with Tristen Harris. Diamond has consistently been one of the top jumpers in 4A, qualifying for State in the long jump, triple jump, and high jump this year. Without making a pun, Coach Bachar says, "she is a true diamond in the rough. She has barely scratched the surface and I'm hoping she will reach her full potential. Very shy and humble, I can't wait to see what happens when the warrior in her comes out!"

DEVON "DD" OLIVIER



Not only did DD finish his last regional meet as a 4-time qualifier for State by qualifying in the discus and shot put, he also broke a school record that has stood since 1979. DD's throw of 55' 9.25" broke the record by 6 inches! He now holds the school records in both shot and discus

Richey
ATHLETICS



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ATHLETIC

Everything Track & Field

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