

LTFC

LOUISIANA TRACK & FIELD COACHES ASSOCIATION

EST. 1982

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THE FINAL LEG OF THE SEASON



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THE PRESIDENT'S NEWSLETTER

MAY 2025

ISSUE NO. 6



MESSAGE FROM THE OFFICE

KENT FALTING LTFCA PRESIDENT / PARKWAY H.S.

Let me start off by saying, job well done! The three days of state competition produced a display of athleticism and coaching that was amazing to watch! There were a total of 339 Milesplit Elite Performances throughout the various weather conditions we faced, just incredible!

The flipside to this starts the day after. This is the most bittersweet time of the year for me. Going through cross country, indoor, and outdoor track makes for a long year but it flies by so fast. Then it's over. There's no practice, no team talks, no competition. Your seniors are off to do new things, Yes, I know that it all starts up soon, and there will be new seniors, but for one small moment it just stops. Sometimes the silence can be huge. However, I choose to take this time to evaluate the year I had coaching, the year my athletes had competing, what worked and what didn't work. I read a book about running to look for a little insight. I talk to my peers to get new ideas. I take all of this new knowledge I can gain and then I start to dream about the possibilities for next year. I want to get excited before I meet with my athletes this summer. I want to find inspiration from people, books, podcasts, whatever I can get my hands on. Because, I know an inspired coach will produce inspired athletes.

If it's been a long year and you're tired or burnt out, take a vacation. Spend time with family and friends or binge watch the show you keep putting off. Do something to reset. Take a break from your athletes while you do. But afterward, get inspired for all the opportunities awaiting you this next year. Go to a clinic and talk to your peers. Plan for something new to add to your program. Set goals that are currently just out of reach and find the kids on your team who believe they can get them.

This year, the coaches in LA have truly raised the bar of athletic performance to a point where other states are taking notice. Let's take the next few days to rest, regroup, and then like one of LA's finest, Mondo Duplantis, let's find the next bar to clear! Congrats again on an incredible year!

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.

CONTINUING EDUCATION

Track and Field Tool Box

The Track and Field Toolbox is a great free resource for both track and cross country coaches. With new articles released weekly (including videos), there are tons of new ideas for training, team building, and mental toughness. Here is the link to their sprint archive with 11 pages of articles and videos available. Feel free to click on the tabs throughout the website to explore topics related to throws, jumps, etc.



GET THE INFO HERE



Track and Field Tool Box



LTFC A

LOUISIANA TRACK & FIELD COACHES ASSOCIATION

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BARBE
LADY BUCCANEERS



One of the most complete teams this season, these ladies scored points in throws, sprints, jumps, and relays. These ladies set district, regional, and state records on their way to the top of the 5A podium! From Coach Amy Mitchell, "This is an incredible group of young ladies who do everything the right way, true champions on the track and in life! Their performances were not a shock, everything was earned through their relentless effort every single day. Hard work is undefeated and these ladies proved that!"

JESUIT
BLUEJAYS



Although they placed 2nd in 5A in one of the closest State Meets I can remember, the Blue Jays came out on top when scored against all classes. Led by a strong contingency of distance runners and hurdlers, Jesuit was able to amass 54 pts when compared to all athletes across the three days of competition. The most impressive performance on the team may be from sophomore Ja'ir Burks, who recorded the fastest 110 and 300 hurdle times of the weekend. When asked about the team's performance, Coach Nick Accardo said, "The team had a ton of fun taking a shot at a championship. All of our scorers did about what we thought they could do. We left some points out there at the meet. When you're trying to win a 5A title, you have to put it out of reach. We didn't quite do that, but overall it was a great experience for the boys."

Richey
ATHLETICS



MF
ATHLETIC

Everything Track & Field



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Abby Landry




ABBY
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STUDENT'S NEWSLETTER

ETHAN
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Ethan Comb



TIGERS

Breaux Bridge High School

