

2026 LTFCA Clinic Featured Speakers

To Register

The Clinic is free for LTFCA Members. To join or renew membership, go to www.ltfca.com and click on the "LTFCA Coaches Clinic" link. We encourage you to pay online. You can find a link to hotel booking on this page.

Dues are \$105.00. Thursday's meal and award ceremony will be an additional \$30 fee. You must make reservations by December 31st to receive the hotel group rate of \$122 for a double room.

Out of State Coaches

Coaches from outside of Louisiana are welcome to attend the LTFCA Clinic at the same rates listed above.

Hotel Information

Double Tree Hotel By Hilton
1521 West Pinhook Road
Lafayette, LA 70503
(337) 235-6111

Directions

From I-10: Head south on Hwy 167/SW Evangeline Thruway. Take a right on Pinhook Road. Hotel is on the left in 1.6 miles.

From the west: Coming west on Hwy 90 take a left on Pinhook Road. The hotel is on the left in 1.6 miles.



Vince Anderson

Coach Anderson is one of the international authorities in sprint training. He has coached at the NCAA Division 1 level for 34 years, and at the Olympic and World Championship level since 1995. In 2017, former athlete Phyllis Francis won double gold in the 400m and 4x400 relay at the 2017 World Championships. While coaching at Texas A&M, the Aggies won 9 NCAA Outdoor titles and 1 Indoor title.



Shawn Jackson, South Carolina

Coach Jackson is in his third season at South Carolina where he coached Theo Mudzengerere to a 6th place finish at the NCAA Championships. Prior to South Carolina, Shawn coached at TCU where he had 8 triple jumpers reach the NCAA's with four 1st place finishes across the jumps. He was also the Asst. Head Coach at LA Tech where he was twice named Mid-East Region COY.



Stefanie Slekis, Nicholls State

Coach Slekis has helmed the Colonels to numerous program records. She spent four years at North Texas as the Head Cross Country Coach and Asst. Track coach winning Conference USA in 2014 and being named Conference Coach of the Year. As an athlete, Stefanie was a two time NCAA Qualifier, and she qualified for the US Marathon Trials in 2020.



John and Robert Woosley

Robert and John Woosley, formally of LSU, direct the USA Throws Project which has provided professional athletic training since 1997. It is a global team which has produced athletes who have gone on to throw collegiately and professionally.



Thanks to our clinic partner: MF Athletic Everything Track and Field. We offer four rooms simultaneously, each dedicated to an event-specific theme – something to interest you at every minute. Great speakers; great fellowship.

Louisiana Track & Field Coaches Association



2026 Annual Clinic

January 15 & 16, 2026

**Double Tree Hotel
By Hilton
1521 West Pinhook Road
Lafayette, 70503**

Clinic Schedule

General Clinic Schedule

Thursday, January 15

- 1:00-1:45: Regional Meetings
- 1:45-2:30: Regional Director Meeting
- 2:30-3:15: LHSAA Rules Clinic
- 3:15-4:15: LTFCA Member Business Meeting
- 4:15-5:00: Thomas Valles - McFarland USA
- 5:15-6:20: Dinner and Awards
- 6:30-9:20: Clinic Sessions
- 9:40-til: MF Coaches Social & LTFCA Coaches Awards

Friday, January 16

- 8:00-11:50: Clinic Sessions

Sprints/Hurdles/Relays Room

Thursday, January 15

- 6:30 - 7:20: Vince Anderson, Texas A&M
Teaching Acceleration Progressively.
- 7:30 - 8:20: Vince Anderson, Texas A&M
Developing Hurdles At Every Level.
- 8:30 - 9:20 Vince Anderson, Texas A&M
Three Important Sprint Exercises Explained:
(Will Explain The Vmax Drill aka Wicket Drill.



Friday, January 16

- 8:00-8:50: Kevin Jackson, Liberty High School
The Sprint Relays.
- 9:00-9:50: Trent Ellis, Brusley High School
A High School Sprinter's Seasonal Plan.
- 10:00-10:50: Dave Anderson, Boston Mountain TC
Sprints/Relays.
- 11:00-11:50: Hatem Bachar, West Feliciana
Sprinting 101: So Now You Have to Coach Sprints,
An Overview.



Distance Room

Thursday, January 15

- 6:30-7:20: Stefanie Slekis, Nicholls State
Goal Setting: The Tier System.
- 7:30-8:20: Stefanie Slekis, Nicholls State
Training: A Holistic Approach to the
Collegiate Year for the Distance and Mid-
Distance Student Athlete.
- 8:30-9:20: Stefanie Slekis, Nicholls State
The State of Collegiate Track and Field and
Cross Country: An Open Forum.



Friday, January 16

- 8:00-8:50: Laura Magann, ESA
Developing and Maintaining A Culture of
Success.
- 9:00-9:50: Zach Capello, Catholic High
The 1600m Run: Track's Premier Event; How
to Be Successful & Why I love It.
- 10:00-10:50: Claney Duplechin, Episcopal High
Nuts and Bolts - High School Cross Country
and Track .
- 11:00-11:50: Zach Hatfield, St. Michael
Race Day Analytics.



Jumps Room

Thursday, January 15

- 6:30-7:20: Shawn Jackson, South Carolina
Uncommon Principals in the Jumps.
- 7:30-8:20: Shawn Jackson, South Carolina
Cues To Success.
- 8:30-9:20: Shawn Jackson, South Carolina
Practice Breakdowns.



Friday, January 16

- 8:00-8:50: Dave Anderson, Boston Mountain TC
Building a Technical Model for the Developing
Triple Jumper.
- 9:00-9:50: Hatem Bachar, West Feliciana
Hey Coach, I Want to Triple Jump! A Pedagogical
Approach to Triple Jump.
- 10:00-10:50: Ron Baillargeon, Lafayette High
Approach Mechanics and Progressions In Jumping Events.
- 11:00-11:50: Kyle Pierce, USA Weightlifting, LSU-S
Current Trends VS Traditional Methods in Weight
Training: What Works.



Throws Room

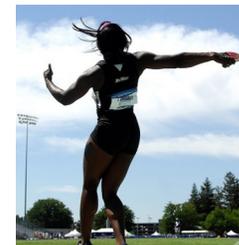
Thursday, January 15

- 6:30-7:20: Robert & John Woosley, LSU
Connecting Technical Skills With Training
Elements for Improving Performance.
- 7:30-8:20: Robert & John Woosley, LSU
Connecting Technical Skills With Training
Elements for Improving Performance.
- 8:30-9:20: Robert & John Woosley, LSU
Connecting Technical Skills With Training
Elements for Improving Performance.



Friday, January 16

- 8:00-8:50: Trey Talley, Dutchtown
Lessons from Dad - The Do's and Dont's
- 9:00-9:50: Tex Martin, Central Lafourche
Building The Rotational Thrower From The
Ground Up.
- 10:00-10:50: Kyle Pierce, USA Weightlifting, LSU-S
Current Trends VS Traditional Methods in
Weight Training: What Works.
- 11:00-11:50: Dave Anderson, Boston Mountain TC
Javelin Training and Constructs.



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LOUISIANA TRACK & FIELD COACHES ASSOCIATION

EST. 1982

2026



COACHING CLINIC

SCHEDULE OF EVENTS

JANUARY 15TH

THURSDAY

<u>Time</u>	<u>School / Position</u>	<u>Topic</u>
1:00 PM - 1:45 PM	ADAM MACDOWELL / Regional Champonship Meetings	LOGISTICS DISCUSSED FOR REGIONAL MEETS PER LHSAA BY-LAWS
1:45 PM - 2:30 PM	ADAM MACDOWELL LHSAA	REGIONAL DIRECTORS MEETING WITH LHSAA
2:30 PM - 3:15 PM	ADAM MACDOWELL LHSAA	RULES CLINC
3:15 PM - 4:15 PM	KENT FALTING LTFCFA PRESIDENT	LTFCFA MEMBERSHIP MEETING
4:15 PM - 5:00 PM	THOMAS VALLES MCFARLAND USA	CHAMPIONS COME FROM ANYWHERE
5:15 PM - 6:20 PM	DINNER AND AWARDS	COACHES OF THE YEAR / LIFETIME ACHIEVEMENT
6:30 PM - 9:30 PM	STEFANIE SLEKIS NICHOLLS STATE UNIV.	DISTANCE
6:30 PM - 9:30 PM	SHAWN JACKSON SOUTH CAROLINA	JUMPS
6:30 PM - 9:30 PM	VINCE ANDERSON NCAA DIV. I SPRINTS	SPRINTS
6:30 PM - 9:30 PM	ROBERT & JOHN WOOSLEY USA THROWS PROJECT	THROWS
9:40 PM - TILL	COACHES SOCIAL	CHAMPIONSHIP AWARDS

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COACHING CLINIC

SCHEDULE OF EVENTS

JANUARY 16TH

FRIDAY

<u>Time</u>	<u>PRESENTER/ AFFILIATION</u>	<u>Topic</u>
8:00 AM - 8:50 AM	LAURA MAGAN / ESA	DISTANCE
9:00 AM - 9:50 AM	ZACH CAPELLO / CATHOLIC BR	DISTANCE
10:00 AM - 10:50 AM	CLANEY DUPLUCHIN / EPISCOPAL	DISTANCE
11:00 AM - 11:50 AM	ZACH HATFIELD / ST. MICHAEL	DISTANCE
8:00 AM - 8:50 AM	DAVE ANDERSON / BOSTON MOUNTAIN TC	JUMPS
9:00 AM - 9:50 AM	HATEM BACHAR / WEST FELICIANA	JUMPS
10:00 AM - 10:50 AM	RON BAILLARGEON / LAFAYETTE H.S.	JUMPS
11:00 AM - 11:50 AM	KYLE PIERCE / LSUS	JUMPS
8:00 AM - 8:50 AM	KEVIN JACKSON / LIBERTY HIGH	SPRINTS
9:00 AM - 9:50 AM	TRENT ELLIS / BRUSLY	SPRINTS
10:00 AM - 10:50 AM	DAVE ANDERSON / BOSTON MOUNTAIN TC	SPRINTS
11:00 AM - 11:50 AM	HATEM BACHAR / WEST FELICIANA	SPRINTS
8:00 AM - 8:50 AM	TREY TALLEY / DUTCHTOWN	THROWS
9:00 AM - 9:50 AM	TEX MARTIN / LOUISIANA HURRICANES TC	THROWS
10:00 AM - 10:50 AM	KYLE PIERCE / LSUS	THROWS
11:00 AM - 11:50 AM	DAVE ANDERSON / BOSTON MOUNTAIN TC	THROWS