

# Linda Louissaint

## *Personal Records:*

Triple Jump: 13.01m – 42'8.25"

Long Jump: 6.05m – 19'10.25"

High Jump: 1.80m – 5'10.75"



Age: 24

Height: 5'7"

Weight: 118lb

## *Florida International Record:*

High Jump: 1.80m – 5'10.75"

## *Haiti National Record:*

Triple Jump: 13.01m – 42'8.25"

Long Jump: 6.05m – 19'10.25"

High Jump: 1.80m – 5'10.75"

## 2002

### *Best Performance*

#### Indoor

Armory Track & Field, New York, NY	HJ – 1.69m (5'-6.5")	02/08/2002
Armory Track & Field, New York, NY	TJ – 11.91m (39'-1")	02/08/2002

#### Outdoor

Miami Gatorade Invitational, Miami, FL	HJ – 1.69m (5'-6.5")	04/13/2002
Hurricane Invitational, Miami, FL	TJ – 11.69m (38'-4.25")	03/16/2002

## 2003

### *Awards*

Sun Belt Conference Outdoor Performer of the Week 05/13/2003

### *Best Performance*

#### Indoor

Sun Belt Conference, Jonesboro, AR	HJ - 1.68m (5'-6") – Gold	03/02/2003
FL Intercollegiate, Gainesville, FL	TJ – 12.16m (39'-10.75")	01/18/2003
Sun Belt Conference, Jonesboro, AR	LJ – 5.56m (18'-6")	03/02/2003

#### Outdoor

FL Women's Classic	HJ - 5'7" (1.70m) – Gold	04/26/2003
Sun Belt Conference, Denton, TX	TJ – 12.26m (40'-2.75")	05/11/2003
Sun Belt Conference, Denton, TX	LJ – 5.44m (17'-10.25")	05/11/2003

## 2004

### *Awards*

Sun Belt Conference Performer of the Week 01/26/2004

SBC Indoor Women's Most Outstanding Field Performer 02/29/2004

### *Best Performance*

#### Indoor

Sun Belt Conference, Murfreesboro, TN	HJ – 1.72m (5'-7.75") - Silver	02/28/2004
Sun Belt Conference, Murfreesboro, TN	TJ – 12.62m (41'-5") - Gold	02/29/2004
Sun Belt Conference, Murfreesboro, TN	LJ – 5.88m (19'-3.5")	02/28/2004

#### Outdoor

**Red Shirt** – Did not compete outdoor season

## 2005

### *Awards*

Sun Belt Conference Performer of the Week 04/11/2005

Sun Belt Conference Outdoor Women's Top Point Scorer 05/15/2005

### *Best Performance*

#### Outdoor

NCAA Championships, Sacramento, CA	HJ – 1.80m (5'-10.75")	04/16/2005
Sun Belt Conference, New Orleans, LA	TJ – 13.01m (42'-6") - Gold	05/14/2005
Sun Belt Conference, New Orleans, LA	LJ - 6.05m (19'-10.25") - Silver	05/14/2005

My name is Linda Louissaint. I am a track and field jumper aiming to represent Haiti in the 2008 Olympic and all other competitions. In college, I represented Florida International University (FIU). My accomplishments range from school and meet records to a reputation that spanned from local competitors to national competitions.

My best seasons at FIU were 2003 indoor to 2005 outdoor. In 2003 indoor, I was beginning to get the groove in high jump again. Coming out of high school my best jump was 1.70m (5-7"). That performance was not seen until outdoor 2003, three years after graduating high school. In the 03' indoor season, for every meet I competed I beat the previous meet mark in the high jump. The progression was 1.62m in January, 1.63m twice then to 1.65m in February, and finally 1.68m in March at our Sunbelt Conference Championships where I won the Gold medal and scored 10 points for my team. My triple jump performance was unfortunate. During the three months of indoor season, my marks were declining at every meet. Although, indoor was not a success in triple jump, my outdoor season proved to be my best come back for both events.

I had finally approached my best mark in high school and surpassed it at my first meet that season. It was the Hurricane Invitational on March 3, 2003. I had continued on to win first place at Penn Relays in the college division with that same mark. My best high jump mark that season was 1.73m (5-8"), which qualified me for regional. As for the triple jump, I ended the season with a personal record of 12.26m (40'-2.75") at the Sunbelt Conference Championship. I won second place and qualified for regional.

In the 2004 indoor season, I won my conference in the triple jump with a personal record of 12.62m (41'-5"). FIU track & field changed coaching staff that year. My new coach and I decided to take outdoor season off to be able to have one more season of eligibility. In 2005 outdoor, I achieved my goal of the school high jump record, tied the Sunbelt Conference record, and continued on to National where I placed 12<sup>th</sup> in the nation. In triple jump, I got the Sunbelt Conference Championship record, won conference, and qualified for regional. In every meet I competed, I had a personal record in the triple jump that year. That season holds my best marks of 1.80m (5'-10.75") and 13.04m (42'-8.25") in high jump and triple respectively

After college in July 2005, I have represented Haiti in the Central American and Caribbean (CAC) Senior Champions and the CAC Games in July 2006. After the CAC Senior Championship I have continued my training but on my own. I currently coach myself with help, if time allows, by Richard Curry, a former FIU coach. He coached two National All Americans, one of them becoming a multiple Olympic medalist – Tayna Laurence. I have chosen him through referrals and practice trials. I can say he could be the perfect coach for me at this time but I cannot afford him and he cannot afford to train me at the level we need to succeed. I am looking for an entity to sponsor me for track. I am in need of finances to pay a coach, traveling expenses, and equipment. My accomplishments are on paper, my zeal is in this letter, and my will is in my training. I would like to represent Haiti in my athletic career with a plan to achieve my goal.