

DUANE URBINA

Alexandria Senior High School



Coach / Past LHSPLA President / Official
Administrator / Meet Director

Powerlifting Honors:

- LHSPLA Coach of the Year: 1992 – 2002, 2004 – 2005, 2015
- USAPL Coach of the Year: 1997, 2005
- USAPL World Team Coach: 2015
- LHSPLA President: 1991 - 1999
- ADFPA State Chairman: 1994 – 2000
- LHSPLA Hall of Fame Inductee: 1998
- Coached 1 World Champion: Ashley Mitchell – 2015
- Coached 1 World Runner-Up: Lilliana Poisso – 2015
- Coached 15 National Outstanding Lifters
- Coached 70+ Individual National Champions
- Coached 15 State Outstanding Lifters
- Coached 70+ Individual State Champions
- His Lifters Set over 30 State Records and 30 National Records
- His Lifters set 4 World Records (NASA, IPF)

Won 28 High School Powerlifting National Championships: (NASA, ADFPA, USAPL)

BOYS DIVISION: - (5 TOTAL)

- 1992, 93, 94, 95, 96

GIRLS DIVISION: - (13 TOTAL)

- 1993, 94, 95, 96, 97, 98, 99, 00, 01, 04, 05, 06, 16

COMBINED DIVISION: - (10 TOTAL)

- 1997, 98, 99, 00, 01, 04, 05, 06, 15, 16

Won 28 LHSPLA State Championships:

BOYS DIVISION: - (11 TOTAL)

- 1992, 93, 94, 95, 96, 97, 98, 99, 00, 01, 02

GIRLS DIVISION: - (17 TOTAL)

- 1992, 93, 94, 95, 96, 97, 98, 99, 00, 01, 02, 04, 05, 06, 14, 15, 16

Professional Educational Accomplishments:

- Parish and Regional Principal of the Year 2015 (State Finalist)
- Blue Ribbon School – Ruby Wise Elementary – 2010
- Alexandria Senior High School – “A” rated school 2013, 2016

Educational Background:

- Masters of Education Administration Northwestern State University 2001
- Special Education Certification Louisiana College 1990
- B.S. Northwestern State University 1985

Teaching/Coaching Experience:

- Special Education Teacher: Alexandria Senior High 1985-2001 (16 years)
- Assistant Principal: Alexandria Senior High 2001-2007 (7 years)
- Principal: Ruby Wise Elementary 2008-2010 (3 years)
- Principal: Alexandria Senior High 2010-2017 (7 years)