

Randy Johnson

Administrator/Coach and Founding Member of the LHSPLA



Education:

B.A. - Southeastern Louisiana University, Hammond, LA.
M.S. - Northwestern State University, Natchitoches, LA.

Career Accomplishments:

- Has taught or coached on the Collegiate and High School levels in three states. (LA., MS., and TX.)
- First official strength coach hired in the Greater New Orleans area (Holy Cross High School - 1976)
- Was an active Powerlifter with 20+ years of experience, 2 time Louisiana State Master's Powerlifting Champion (198 lbs.).
- Active member of the LHSPLA since 1983. He rewrote the original LHSPLA Constitution to meet the needs of the growing organization. He served as the third president of the organization and was the founder of the South Region. He also has served on the Executive Committee for years in numerous roles.
- Has coached National and High School Powerlifting Championship teams, and also numerous Regional Champion Teams.
- Was chosen Regional, State and National Coach of the Year.

- Randy has been the guest speaker at numerous National, Regional and State Strength and Conditioning Clinics as well as an instructor at several NSCA Strength Training Clinics.
- U.S. Weightlifting Federation Level I coaching certification. One of the 80 original people selected to train with the American Junior Olympic Weightlifting team at the Olympic Training Center in Colorado Springs, CO.
- Was the AAU Southeast Regional Powerlifting Director.
- Has or has held LHSPLA, USPF, ADFPA and AAU Powerlifting Associations State Judges Certification and has judged at Regional, State and National Competitions.