

Irving “Boo” Schexnayder possesses 44 years of coaching and consulting experience, and currently heads Schexnayder Athletic Consulting. He consults in a variety of sports with many professional teams, NCAA programs, and foreign sports organizations in areas including speed, power, and strength development, biomechanics, restoration enhancement, and rehabilitation. He also frequently lectures and instructs classes in these topics. He is most noted for his 18 years on the coaching staff at LSU as a track and field coach, during which he produced 26 NCAA champions, 18 Olympians, and 8 world championship/Olympic medalists. He was a part of 14 national championship teams. He has also served as a National coach for Team USA in several competitions, including the 2008 Olympics in Beijing. An educator by profession and mentor to hundreds of coaches, he also directs the Track and Field Academy, the educational branch of the USTFCCA. Before LSU he coached at Blinn College and USL (now Louisiana-Lafayette), being a part of 2 Juco national titles and 5 conference titles. He began his coaching career coaching 11 years at St. James (LA) High School, coaching football, track and field, and cross country, and is a member of that schools Hall of Fame.

