

Vincent ready to tackle new heights with Iowa State track and field



Louisburg's Nathan Vincent will get a chance to compete at the highest collegiate level as he signed to join the Iowa State track and field program this coming season.

Growing up, the idea of doing track and field wasn't even on Nathan Vincent's radar.

As much as anything, Vincent was a big time football fan and he knew if we was going to do something in college – football was going to be it.

Then in his sophomore season, Vincent got a hold of the javelin and everything changed. That year he went on to medal fourth at state in the javelin – his first of three state medals in the event.

"Growing up I always pictured myself playing football in college, but as high school went on I realized that throwing would get me farther than football," Vincent said. "Around sophomore year, I decided I was all in on it."

That dedication allowed him to receive an offer to compete at Iowa State University next season. After committing to join the Cyclones, Vincent is excited to see what he can do at the collegiate level and against some tough competition in the Big 12 Conference.

“Signing with Iowa State and being able to compete at the Division 1 level is really a dream come true,” Vincent said. “I’ve watched Big 12 sports since I was a baby, and being able to be a part of them now is awesome.”

After garnering interest from different schools, Vincent was intrigued by what Iowa State had to offer. Once he took his visit, he knew this was the place for him.

“Iowa State’s facilities and coaching staff are really what stood out to me,” Vincent said. “The throwers coach is from Topeka-Hayden, so he knows the area and level of competition in 4A.”

Vincent expanded his throwing repertoire this past spring. After doing javelin and discus in the past, he added shot put to the list and the decision was a good one.

Not only did he qualify for state in all three events, but Vincent also came home with state medals in each. It was a learning experience, one that he hopes to use to his advantage when he reports to Iowa State as he tries new events there as well.



Louisburg's Nathan Vincent signed his letter of intent to join the Iowa State track and field program. Sitting next to Nathan are his parents Steve and Debbie Vincent. Standing (from left) is Louisburg javelin coach Alex Gentges, and Wildcat head coaches Andy Wright and John Reece.

"I think doing shot, disc, and javelin this year have helped prepare me for college," Vincent said. "Each throw has its own unique technique to it and working on those different aspects of each throw will make you better for all of the throws. I know I'm doing javelin there and I hope to do the hammer throw too."

Vincent's high school track and field career was a memorable one. Not only was it littered with state medals, he also helped the Wildcats to a state championship in 2021, a third place finish in 2022 and a state runner-up plaque this past spring.

It was an experience he is grateful for thanks to the coaches and his teammates.

"If I hadn't gone to Louisburg, I don't believe I'd be where I

am today,” Vincent said. “Coach G (Alex Gentges) is one of the best javelin coaches in the state in my opinion and has always pushed with javelin. All of the sports I’ve played through my four years have all contributed to where I am now, each in their own way, especially football.

“Even in the classroom and outside of school, Louisburg has provided me with lasting memories and experiences that I will take with me and use in the next phase of my life.”

It is that next phase that Vincent is looking forward to tackling, and he plans on wasting no time when he gets to Iowa State.

“I would say I have some lofty goals,” Vincent said. “I expect to place in the top 10 for the Big 12 next year and I expect to break 200 (feet), if not 210’s by the end of the season. I’m incredibly excited to get up there and start working and getting back into the swing of things.”