



West Ouachita High School

Chiefs Football Program



Head Coach: Mike Rainwater

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Stadium Name: A.R." Red" Sims Stadium

Colors: Red, White, Blue

Mascot: Chiefs

West Ouachita Football is coming off back-to-back winning seasons, including 3 straight trips to the Division 1 Playoffs. Division 1 is the highest level of competition in the state of Louisiana. In the past 6 seasons, we have made it to postseason play 5 times. We won the Inaugural 2020 Army National Guard Bowl against Benton High School. Over the past 5 years, we have competed in District 2-5A, but with enrollment counts, we have moved to District 2-4A. This will be our 2nd year in district 2-4A. Teams in District 2-4A include Grant, Tioga, Peabody, Franklin Parish, Wossman, and West Ouachita. This past season, we compiled a regular season record of 9 wins and 1 loss. We finished the year with a record of 10 wins and 2 losses. We set a school record for wins in a season and also hosted a 1st Round playoff game for the 1st time in 17 years, defeating Denham Springs in overtime.

In the past 4 Seasons, we have had the following athletes commit to play college football:

Mason Cobb, *Class of 2022*, Sterling College

Kohl Nolan, *Class of 2022*, Southern Arkansas

Jaylin Holland, *Class of 2023*, Louisiana Christian University

Antonio Ford, *Class of 2024*, Harding University

Cayden Tolbird, *Class of 2024*, PWO ULM

Luke Jones, *Class of 2025*, Ouachita Baptist

Matthew Lee, *Class of 2025*, Centenary College

We train as a team 3 days a week during the summer on Mondays, Tuesdays, and Thursdays with a few exceptions due to LHSA guidelines and holidays. Our summer workouts are intense and demanding. They are designed to help your child become the best overall athlete while promoting a healthy lifestyle after high school. Throughout the summer, the team begins to take shape. The discipline, struggle, and passion all connect to form a brotherhood that not many people can say they experienced in their lifetime. The summer culminates in a week-long set of events known as the Chief Combine. This is a set of tests where you get numbers and grades based on your performance. We encourage competition in everything we do. Competition is a pillar of our program. Attendance during the summer is required. You get a maximum of 3 excused missed workouts. All workout times are predetermined. It is always better to be early for workouts rather than late. Physicals must be up to date before athletes begin to work out. All clothing and gear will be supplied by West Ouachita Football, except for **calf-high white socks** for workouts.

Our **MANDATORY** 8th grade parent meeting is on **April 15th at 6:30 pm** in the Auditorium. We will discuss Spring Camp, summer workouts, and the upcoming football season.

It is highly encouraged that you finish your middle school career strong....**WORK HARD** and stay on top of your grades! Remember you are **STUDENT** athletes.

Go Chiefs!

Mike Rainwater

WOHS Head Football Coach