

Casey Sanders West Monroe High School



WMHS Head Powerlifting Coach: 1989 - 2002 (14 years)

12 Team State Championships

Boys Team State Championships: 6 - 1992, '93, '94, '95, '96, '98, '99

Boys Individual State Champions: 24

Girls Team State Championships: 6 - 1992, '93, '94, '95, '96, 2000

Girls Individual State Champions: 22

WMHS Football Strength and Conditioning Coach: 1989-Present (28 years)

2000 - USA Sports Fitness High School Strength Coach of the Year

Team Accomplishments During Coach Sanders Tenure: (as of end of 2016 season)

22 - District Champions: 1993, '96, '97, '98, '99, '00, '01, '02, '03, '04, '05, '06, '07, '08, '09, '10, '11, '12, '13, '14, '15, '16

8 - State Championships: 1993, '96, '97, '98, '00, '05, '09, '11

2 - National Championships: 1998, 2000

Team Record: 320-55 (as of 2016 season)

Play-Off Record: 82-16 (as of 2016 season)

286 All District Players (as of 2016 season)

118 All-State Players (as of 2016 season)

10 All-State MVP's (as of 2016 season)