

Wesley Williams

I just don't coach, I save lives.

Football • Sacramento state • Sacramento

og1coaches.com/p/spiritdrivencoach

CAREER RECORDS

Assistant Coach — Sacramento State University

Big Sky | 6 seasons | 41W-21L (66.1%)

Biography

With a passion for combining athletic excellence with spiritual growth, I SpiritDrivenCoach has dedicated their career to empowering athletes to reach their full potential both on and off the field. With over 10 years of coaching experience at various levels, from youth teams to adult leagues, they believe that true success comes from nurturing the mind, body, and spirit.

Grounded in principles of respect, resilience, and teamwork, they emphasize holistic development—helping athletes build confidence, character, and inner strength. Their coaching style integrates technical skill development with mindfulness practices and spiritual awareness, creating a positive and uplifting environment where players thrive.

Known for inspiring leadership, dedication, and integrity, they are committed to fostering a love for the game while instilling values that extend beyond the field. Whether working with beginners or seasoned players, their goal is to cultivate well-rounded individuals who play with purpose, passion, and heart.

Statement

I believe that true athletic excellence stems from a harmonious blend of physical skill and inner strength. My coaching philosophy is rooted in inspiring players to unlock their full potential by nurturing their mind, body, and spirit. I am dedicated to fostering a positive, respectful, and empowering environment where athletes can grow not only as players but as individuals guided by integrity, perseverance, and faith. Through passion, discipline, and spiritual awareness.

Achievement

All-conference Team

30-8 record • 29-2 record vs. FCS teams • 16-0 record on road vs. FCS teams • 23-1 Big Sky Conference record • Three

Big Sky titles (2019, 2021, 2022) •

Largest win by an FCS school over an FBS opponent since 2017 • 23 straight regular season wins • 3 wins over FBS schools in last 11 years • Highest

Single Year APR in History 2020-2021 Season • Overall Record 12-1 • Big Sky 8-0 • Number 2 in Big Sky • FCS Top 25 - #

3

AFCA FCS Coaches Poll • FCS Top 25 - #2 Stats P

Education

Education

National University

An advanced degree focused on enhancing educational leadership, curriculum development, and pedagogical strategies. Gained in-depth knowledge of educational theories, research methodologies, and innovative teaching practices. Completed a thesis/project on [specific topic], demonstrating expertise in [relevant field or specialization]. Prepared to lead and inspire educational initiatives, foster inclusive learning environments, and contribute to the development of effective educational policies.

Sociology

San Diego state university

An in-depth program exploring the social structures, cultural dynamics, and human behaviors that shape societies. Conducted extensive research on topics such as social inequality, community development, and social change. Developed strong analytical and qualitative/quantitative research skills through coursework and a thesis/project on [specific topic]. Prepared to analyze social issues, inform policy, and contribute to community development with a nuanced understanding of societal complexities.

Career

Assistant Coach at Sacramento State University

Coaching Description for Sacramento State

As a dedicated and passionate coach at Sacramento State, I had the privilege of developing talented athletes in the roles of running backs, wide receivers, and special teams. My coaching philosophy centers on fostering a strong work ethic, discipline, and a deep understanding of the game, ensuring that each player maximizes their potential both on and off the field.

Responsibilities:

- Running Backs Development: Designed and implemented comprehensive training programs focused on skill development, ball security, and situational awareness. Emphasized techniques in footwork, agility, and vision to enhance each player's performance and decision-making during games.
- Wide Receivers Coach: Guided wide receivers in mastering route running, catching techniques, and effective communication with quarterbacks. Fostered an environment of collaboration and trust, encouraging players to take ownership of their roles within the offense.
- Special Teams : Helped with all aspects of special teams, including kickoffs, punt returns, and field goal units. Developed strategic game plans to maximize field position and scoring opportunities while honing players' skills in coverage, blocking, and execution under pressure.
- Player Mentorship: Built strong relationships with players, providing mentorship and support to aid their personal and athletic growth. Promoted a culture of teamwork, accountability, and resilience, ensuring players were prepared to face the challenges of collegiate football.
- Game Strategy and Analysis:: Collaborated with the coaching staff to develop offensive game plans and special teams strategies, utilizing video analysis and performance metrics to refine techniques and improve overall team performance.

Through my coaching tenure at Sacramento State, I aimed to not only enhance the skills of individual players

but also to contribute to a cohesive and competitive team environment. My commitment to excellence and player development has laid the groundwork for success on the field and in the lives of my athletes.

PRINCIPLES

- 1) Respect and Integrity
 - 2) Holistic Development
 - 3) Empowerment and Inspiration
 - 4) Resilience and Perseverance
 - 5) Teamwork and Unity
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PLAYER DEVELOPMENT

Pierre Williams

Sacramento state University | Football

4 time all big sky wide Receiver. Ranked 2nd all time in school history with 182 receptions 2,971 yards and 24 yds.

Jared Gibson

Sacramento state | Football

3 time big sky All-conference wide Receiver. 6th all time in school history. With 147 career resections and 2218 yards.

Jeff Weimer

Hartnell junior college | Football

Junior college all-American, 1st team all conference. Ranked number 4 in the state (3C2A) with 79 catches 995 yards receiving.

Daunte Moore

Hartnell junior college | Football

Junior college all-American, 1st team all conference. Ranked number 1 in the state (3C2A) with 85 catches 1690 yards receiving.

ATHLETIC CAREER

Wide Receiver — San Diego Chargers

NFL - National Football League | Football | 2006 - 2007

As a wide receiver for the San Diego Chargers, I brought my speed, route-running precision, and reliable hands to the field, contributing to the team's offensive efforts. My time with the Chargers allowed me to develop my skills at the highest professional level, learning from top-tier coaches and competing against some of the best athletes in the league.

Throughout my tenure, I demonstrated the ability to make tough catches in critical situations, create separation against NFL defenders, and contribute to team success both on and off the field. My experience in the NFL taught me the importance of discipline, focus, and resilience, preparing me for the next chapter of my football journey.

Playing for the Chargers was a milestone that helped elevate my understanding of the game, sharpen my athleticism, and solidify my commitment to excellence on every play.

Wide Receiver — San Diego state university

Mountain west | Football | 2003 - 2008

As a wide receiver for SDSU, I was known for my speed, precise route running, and reliable hands. One of my

proudest moments was scoring my first touchdown against Ohio State University, the reigning national champions — a game that showcased my ability to perform under pressure on a big stage.

Throughout my time at SDSU, I contributed to a dynamic offense by creating separation, making tough catches, and turning yards after the catch into impactful plays. My experience taught me the importance of resilience, discipline, and teamwork, especially when facing top-tier competition.

I took pride in not only making plays downfield but also blocking on the perimeter to support the team's overall success. Playing at SDSU helped me develop the skill, confidence, and competitive mindset needed to excel at the highest levels of football.

Wide Receiver — Delta

Junior college | Football | 2002 - 2004

During my time at Delta Junior College, I established myself as a key offensive weapon, finishing the season with 1,100 receiving yards and 8 touchdowns. My performance on the field earned me widespread recognition, culminating in being named MVP of the Shrine Bowl — a testament to my ability to perform in high-pressure situations and showcase my talents on a national stage.

Coming out of Delta JC, I was ranked as a 4-star recruit, reflecting my potential and skill level as one of the top junior college prospects. My success at Delta not only demonstrated my playmaking ability but also my dedication, work ethic, and leadership qualities.

Throughout the season, I consistently made big plays, contributed to the team's success, and prepared myself for the next level of competition. My experience at Delta JC helped me develop the skills, confidence, and resilience needed to excel in college football and beyond.

COACHING CAREER

Recruiting Assistant/ Wide Receiver Coach — American River College

Big 8 | American football | 2025

Assistant Coach — Sacramento State University

Big Sky | Football | 2019 - 2025

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