



Welcome

Hello and welcome to Fort Knox! My name is Wes Arnold and I am the head football coach at Fort Knox High School, home of the Eagles. I am entering my 4th year as the head coach here at Fort Knox. The last 2 seasons we completed one of the best seasons stretches of wins since 2003 and I am so excited for our future and positive momentum surrounding our program. We recently completed a 500,000 dollar renovation to our locker room which is state of the art. We also just upgraded our weight room with 10,000 dollars worth of new equipment. Prior to last season we received brand new top of the line uniforms pictured below. Also we received all brand new helmets that are 5 star safety rated. Last season we defeated our long time rival Fort Campbell High School to capture the Army Bowl for the first time in 16 years! There is no better time to become part of the Eagle Football Family. We have great school leadership in Principal Lonnie Gilmore and Assistant Principal Luis Dominguez. Both men are very supportive of athletics and have been a major force in our turnaround efforts here. This document is meant to be a guide and provide information for prospective players and families as they move into our area. If any questions arise please feel free to contact me at any time.

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Thank you for considering our School and Football Program and look forward to hearing from you!

Eagle Pride!

Wes Arnold
Head Football Coach

About the program

Fort Knox High School has a proud tradition of football. Fort Knox High School has won **3** state championships and is a 2 time runner up. **We have won more state championships than any other high school in the local area.** There have been countless division 1 players and several NFL players have come through Fort Knox. Some of our more famous alumni include former NFL Head Coach Romeo Crennel, Derek Homer who held the Kentucky High School state rushing record for over 20 years he played at the University of Kentucky before playing with the Baltimore Ravens. Others include William Pollard who played for Notre Dame and San Francisco 49ers, Horatio Moranta played for Virginia Tech and Philadelphia Eagles, Charles Pierson who was 1st team All SEC at Vanderbilt along with many more. Fort Knox has produced more NFL players than all the area schools combined! The program hit some harder times beginning in the late 90's with the moving 1st Armored Division and the downsizing of the base. However as the base has begun to expand again the football team has started finding success especially this past year, and there is great positive buzz around our program that has not been seen in a long time.



2019 Army Bowl Champions

New Look and Upgrades

To say we have turned over a new leaf here is an understatement below you will find pictures of our new uniforms, helmet look and weight room. Our school and program is unique to most of the country and we try to represent the United States Army in our look and how proud we are of our connection with the U.S. Army.



Fort Knox Football

Player Expectations

- 1) Make good decisions that will ensure your safety and reputation and the team's reputation.
- 2) Attend all team functions including practice, and be on time. (Call if something comes up 724-498-6673)
- 3) Be a good student, good teammate, and good citizen!
- 4) Come to school, and attend every practice. (A doctor's appt., family emergency or illness is a good reason to be absent or not be at practice)
- 5) If a player is ineligible 3 times the player will be dismissed from the team. Being ineligible 3 times shows you cannot put academics first and balance your coursework with playing football. Your academic success is far more important to your future and you need to focus on that.
- 5) Use social media wisely! (Refer back to # 1)
- 6) Failure to follow these rules or repeated infractions can result in a player being dismissed from the team. All final decisions will come from the head coach.

Football is a privilege! Do not do anything that may jeopardize this Privilege!

Wes Arnold Head Coach Resume

Bachelor's Degree Slippery Rock University 2006
Health and Physical Education

Master's Degree Liberty University 2017
Special Education

Current Job
Fort Knox High School
Health and Physical Education Teacher
Head Football Coach

Coaching Resume

2010-2015 Fort Knox Football Varsity Assistant
2012-2015 Varsity Defensive Coordinator

2016 2018- Central Hardin High School Varsity Football Assistant
6A-Largest School Classification

2016-Varsity Assistant-District Championship, Region Championship, 6A State Semifinals
2017- Varsity Assistant-Offensive Line Coach- District Championship, 2nd Rd State Playoffs
2018-Varsity Assistant-Offensive and Defensive Line Coach- District Championship, Region Championships, 6A State Semifinals

2018 Head Football Coach at Fort Knox High School
4-6 Regular season, best record since 2003
KHSAA State Playoffs
Had 1st player signed to play college football in 6 years.
Region Coach of the Year Runner Up

2019 Head Football Coach Fort Knox High School
Defeated Fort Campbell for the first time in 16 seasons
KHSAA State Playoffs
District and Region Coach of the year runner up

2020- Season Canceled due to Coronavirus

Coaching Philosophy

As the head coach it is my responsibility to ensure that Fort Knox Football is a program that is first and foremost a positive influence on young people's lives. I believe in treating all players equally and fairly. I will always use a team first approach when making decisions for this program. Football is a great avenue to help prepare our players for their lives as they enter the real world. I hold our players to high standards and expectations because success is never easy and not just handed to you. My goal is to run a football program that is structured, fundamentally sound and disciplined. The football season may end, but my work never will. I will work year round to improve the football program and operate at its highest level building a foundational program competitive with other schools in the area. I want my players to have a great and positive experience playing football and be able to look back at their time with Fort Knox to be a great memory. Lastly, I will always do what is right for the team, and be truthful to each and everyone I speak to.

Offensive and Defensive Scheme

We run a shotgun zone read offense. I believe in putting the ball in our athletes hands and getting on the perimeter using our speed. With our transient population we try to adjust to what each year our players are best at. Also we keep our offense not complex so when athletes move in they can pick up the offense quickly. In 2019 we rushed for over 2,000 yards and passed for over 1,000.

Defensively we are a 4-2-5 defense that uses our speed to bring pressure and to run to the football to make plays. We don't usually have huge linemen so we use our speed in our front 8 to make things happen. As with our offense we keep things simple for new transfers to pick up quickly or those newer to football an easy learning curve.