

L.F.C.A. Coaches of the Year -2005

Coach Don Shows

Class AAAAA

LFCA Coach of the Year

West Monroe High School

13 Wins – 1 Loss

State Champions

Coach Frank Monica

Class AA

LFCA Coach of the Year

St. Charles Catholic High School

11 Wins – 3 Losses

State Runner-up

Coach Mike Mowad

Class AAAA

LFCA Coach of the Year

Breaux Bridge High School

13 Wins - 1 Loss

State Champions

Coach Doug Guillory

Class A

LFCA Coach of the Year

Opelousas Catholic High School

12 Wins – 3 Losses

State Runner-Up

Coach Mitch Downing

Class AAA

LFCA Coach of the Year

Benton High School

10 Wins – 4 Losses

State Quarter-Finalist