

## Headline: Kalani Sitake to speak at BYU in upcoming devotional about football and faith

PROVO, Utah — BYU Football Head Coach Kalani Sitake moves from the sidelines to the pulpit in the Marriott Center on March 11, 2025, to speak about how faith and leadership impact his approach to football.

While Sitake is more accustomed to coaching on the football field, speaking to a faith-based audience is not new to him as a member of The Church of Jesus Christ of Latter-day Saints. His speech is expected to highlight how his personal experiences with faith, both as a player and coach, have influenced his coaching style and the success of the BYU football program.

“What the attraction is [at BYU] ... is about people. And that is our currency,” Sitake said in 2023. “We have enough to take care of our players here. ... The value of mentoring. The value of leadership and camaraderie, fellowship. To build yourself spiritually, physically and mentally. We have all those things. When you look at it, we are able to highlight it and not just be about one thing.”

Born in Nuku'alofa, Tonga, and raised in Hawai'i and Utah, Sitake arrived at BYU in 1994 as a player, where he became a three-year starter at fullback from 1998 to 2000 for the Cougars under legendary coach LaVell Edwards.

Shortly after playing for the Cougs, Sitake began his coaching career in 2001. After coaching at schools like Oregon State, University of Utah, and Southern Utah University, he returned to BYU in 2015 as head coach. Throughout his coaching career, he has helped mentor and coach many NFL draft picks, like Zach Wilson and Fred Warner. His experience helped him guide the Cougars in the 2024 season to end with an 11-2 record, placing them at No. 13 in the AP Poll: surprising football fans everywhere. The Cougars ended the season with a victory at the Valero Bowl.

Sitake has established a reputation of leadership and perseverance founded upon his faith in Jesus Christ. He creates an environment for the team built on trust, unity, and success through hard work.

“...Who knows what can happen and the relationships you can have by just being kind and being Christlike. ... That’s the beauty of the gospel in football. ... That’s the beauty of following Christ and living your life that way, even playing the game of football,” said Sitake.

His leadership extends beyond the sport, encouraging players to find purpose in their faith and relationships. His integration of faith into football has helped the team stay focused on and off the field.

Students, faculty, and BYU football fans alike are invited to attend this speech in the Marriott Center or watch the broadcast live on BYUtv on March 11, 2025 at 11:05 a.m. MST. If you miss the broadcast, you can watch it later on their website: [speeches.byu.edu](https://speeches.byu.edu).

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