

Manaia Brown

“ In God We Trust ”

Football • Northeastern State University • South Jordan, Utah

staging-og1.up.railway.app/p/coach-brown5

Biography

Manaia Brown
Defensive Line Coach | Player Developer | Culture Builder

I coach with a deep belief in discipline, effort, and brotherhood. My passion for the game shows up in the way I lead — with energy, intention, and a relentless drive to help young men become the best version of themselves. I don’t just build defensive lines. I build culture. I build toughness. I build leaders.

Over the years, I’ve been fortunate to coach at the high school, JUCO, and collegiate levels, and no matter where I am, one thing stays the same — I’m committed to developing dogs in the trenches. My defensive units play fast, physical, and smart. We pride ourselves on dominating the line of scrimmage and doing it with an edge.

I’ve helped under-recruited athletes get to the next level, coached All-Conference players, and led D-line groups that topped the charts in sacks, tackles for loss, and stopping the run. But to me, the most important stat is who they become when the pads come off. I mentor my guys through life, not just football. I push them to be accountable, dependable, and tough — in everything they do.

“Dark Side” isn’t just our nickname — it’s a mentality. It’s about showing up, working hard, and representing something bigger than yourself. I coach hard, I love my players, and I demand everything they’ve got. Because that’s what the game demands. And that’s what greatness requires.

Statement

I’m a passionate and disciplined coach who builds more than just football players — I build men. My coaching is rooted in three core principles: Discipline, Effort, and Brotherhood. I bring intensity, structure, and heart to everything I do, developing physically dominant, high-IQ defensive units that play with pride and purpose. Whether I’m mentoring athletes, leading a unit, or building culture from the ground up, I show up every day ready to lead with toughness, loyalty, and love for the game

Education

High School Diploma
Granger High School - West Valley City, Utah

General Studies
Nebraska University

Sociology
Brigham Young University

PRINCIPLES

• SELFLESS -

FEARLESS -

RELENTLESS -

ATHLETIC CAREER

Defensive Tackle / Defensive End — AFL - Utah Blaze

| Football | 2007 - 2007

AFL before they went broke.

Was sent there from the Washington Redskins

Defensive Tackle — NFL - Washington Redskins

| Football | 2006 - 2006

Undrafted Free Agent

Defensive End / Defensive Tackle — Brigham Young University

| Football | 2002 - 2006

Defensive Tackle — Nebraska University

| Football | 2001 - 2001

Defensive End — Granger High School - West Valley City, Utah

| Football | 1996 - 2000

COACHING CAREER

Defensive Line Coach — Northeastern State University

| Football | 2025

Defensive Line Coach — Garden City Community College (Juco)

| Football | 2024 - 2024

Defensive Coordinator — West High School - Salt Lake City, Utah

| Football | 2022 - 2024

Defensive Coordinator / Defensive Line — Herriman High School

| Football | 2016 - 2022
