

CJ McLain

Biography

From an early age, CJ McLain's life has been defined by two things: ministry and sports. As the son of a Presbyterian minister, CJ found his footing in faith early on, joining his father's ministry and reaching out to young men who had been removed from their homes and placed in boarding schools.



By the age of eight, he was already active in Bible study, singing in the church choir, and discovering his calling to serve and inspire others.

But it wasn't just the church where CJ thrived, he also excelled on the field. Guided by a deep sense of purpose and the spirit of God, CJ pursued athletics with dedication, going on to compete at the collegiate and professional levels. At the University of Arkansas, he made his mark as a Razorback, earning the Bruce Mitchell Team Leadership Award in his senior year and becoming one of the most recognizable names in the program's history. His speed and natural playmaking ability captivated fans and coaches alike.

After college, CJ launched an eight-year career in professional football, playing in cities such as Atlanta, Nashville, Orlando, Philadelphia, and Dallas. He wrapped up his playing days in the Arena Football League, winning a league MVP title and a world championship in 2007 while competing in Little Rock, AR, and Tulsa, OK.

Born in Jackson, Mississippi, CJ's journey took him from John Hopkins Elementary to Atlanta, Georgia, where he attended Lovejoy High School. He later graduated from Madison Central High School in Mississippi, where he lettered in football, basketball, and track and earned a spot in the Mississippi-Alabama All-Star Game.

Since retiring in 2011, CJ has channeled his dual passions—sports and ministry—into a new mission: impacting the lives of young athletes across Arkansas and Mississippi. As a coach, trainer, and founder of the Mississippi Coaches Alliance, CJ has become a vital force in shaping the next generation of student-athletes and leaders. Today, he serves as executive director of a faith-based organization that partners with educators, medical professionals, and law enforcement to serve the community.

CJ is also an active member of Word of Life Church in Flowood, MS, where his journey in faith continues.