

DB/WR

# ISAIAH CALHOUN

#11



**HOMETOWN:** Riverside, Calif.  
**RESIDENCE:** Plano, Texas  
**AGE:** 23  
**HEIGHT:** 5-9  
**YEAR ON U.S. NATIONAL TEAM:** 2nd



### GOLD RUNS IN THE FAMILY

Isaiah is the brother of James Calhoun, a former Indoor Football League player who won a gold medal with the U.S. National Team in 2022 when flag football debuted at The World Games in Birmingham, Ala., sharing the stage with more than 30 events spotlighting 3,600 athletes from upwards of 100 countries.

“After The World Games in 2022, I told my brother I was going to take his spot on the team, and he helped me get better at flag,” Isaiah said.

He brings that same energy and personality to the football field. “I’m a goofy, energetic person who is also a comedian. I always have a smile on my face, even when I’m in the middle of a game.”

The younger Calhoun brother began playing flag football three years ago and quickly rose to an elite level. He believes his hand-eye coordination and technique as a defensive back from his days in tackle football have translated well to the new game-type. “It [flag football] is the closest thing to football for me. Plus playing flag football always puts a smile on my face.”

Isaiah was able to earn a gold medal of his own in 2024, his first year with the National Team, as his contributions on defense helped the U.S. take home gold at the IFAF Flag Football World Championships in Lahti, Finland.

### ONE OF 11

Calhoun is the youngest of 11 siblings, all of whom are athletes, which has helped him develop his skills and mindset.

“They all taught and trained me in different workouts to help with my speed, lateral quickness, catching in different situations and keeping my brain and mind on track when I am tired,” Calhoun said.



### JOURNEY IN FOOTBALL

Calhoun was a First Team All-District cornerback and return man in high school. Several former U.S. National Team athletes played a large role in his development as a flag football player. Of course, his brother helped out, but Corey Webb, who won gold medals with the U.S. National Team in 2018, 2020, and 2023 and is a pillar of the flag football community, also played a large role.

“Corey taught me almost everything I know now in flag football,” Calhoun said. “Without him helping and teaching me when I started, I wouldn’t be where I am right now.”

Calhoun admits he played against many great athletes over the past two years, but he still thinks his brother, James, was the toughest opponent he faced during that time. That makes the support he offered his younger brother all the more important.

“When I told him that I wanted to play and be on the U.S. National Team, he gave me advice on what to do to get better.”

