

## Pellow takes over Mountaineers' women's volleyball team

**Sean Pellow** will lead the Mohawk College Mountaineers women's volleyball team as its new coach for the 2009-10 Ontario Colleges Athletic Association season.

Pellow has been involved in sport and education extensively, both personally and professionally over his career. For the past two seasons he has served as an assistant with the University of Western Ontario women's volleyball team. Pellow also led his Ingersoll senior girl's high school team to its conference championship in three of the last four years including back-to-back undefeated regular seasons.



He has also worked extensively with the Forest City Volleyball club team in London since 2003 and holds his level 3 National Coaching Certificate Program Coaching Certification.

Pellow holds his Masters of Science in Physical Education and BA in Kinesiology and has taught at Ingersoll District Collegiate since 2005. He also operates a personal training company, Complete Wellness, which focuses on improving athletes' personal powers, speed and agility in their sport.

"We are very pleased to attract an applicant of Sean's ability to our athletic program at Mohawk College," said Laurie Cahill, Mohawk's manager of athletics and recreation.

"Sean's outstanding credentials in education and sport are an amazing fit for college athletics and his passion and commitment were very evident throughout our hiring process. We feel the competitive consistency of our women's volleyball program and Sean's abilities will continue to improve our team on the court and in the classroom in the years to come."

The new coach resides in London with his wife and two children.

Pellow also has competed personally in the high jump and other track and field events and has coached these at Ingersoll CI as well.

AL CRAIG  
HAMILTON SCORES

July 11, 2009