

Coach wants club to be in top shape

In Sean Pellow, Mohawk College believes it has found the right fit to coach the Mountaineer women's volleyball team.

Or make that the right fitness.

Pellow runs a personal training company -- **Sean's Complete Wellness**. He's also a physical education/business teacher at Ingersoll District Collegiate and holds both a BA in kinesiology and a graduate degree in physical education.

The 34-year-old from London, Ont., stays active on the provincial track and field scene, too, by competing occasionally in high jump. And yes, he plans to emphasize to his players that they need to be in tip-top shape for Ontario Colleges Athletic Association competition.

"That will probably be the first thing I do," Pellow said after being introduced to the media at Fennell Gymnasium yesterday. "When I send stuff out to them over the next week, I'll stress the importance of physical fitness and being ready at training camp."

Pellow replaces Brian McEnhill, who stepped down last January after 12 seasons at Mohawk. Michelle Foxcroft served as interim coach for the final part of the 2008-09 campaign.

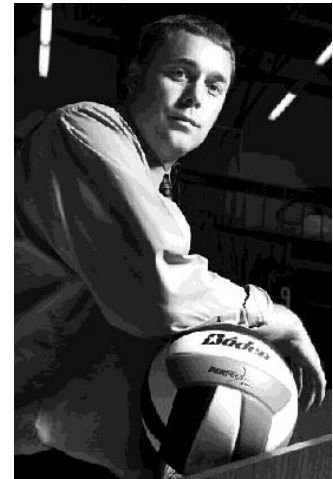
"I want to make sure we're physically at a higher level than our opponents. You've got to be able to jump a little higher, move a little quicker and be able to sustain that for a full five-set match.

"At the end of the day, quite often the team that is more fit comes out ahead."

In terms of his volleyball background, Pellow was an assistant coach of women's volleyball at University of Western Ontario for the past two years. He also guided the Ingersoll high school senior girls to three conference championships in the past four seasons.

He has been connected with the Forest City Volleyball Club since 2003 and holds Level 3 NCCP coaching certification.

"Sean's outstanding credentials in education and sport are an amazing fit for college athletics," said Laurie Cahill, Mohawk's manager of athletics and recreation. "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."

Mohawk got bounced in a quarter-final playoff last season after capturing OCAA medals the three years before that.

"This is definitely a step up for me," said Pellow who, as a student, attended Fanshawe College and University of Western Ontario. "I'll have an opportunity to put my own spin on a lot of things I've learned."

Pellow is confident he'll be able to handle the lengthy commute from London for games and practices. "I don't think it will affect either my ability to do my job here or my job at the high school. The timing seems to fit fairly well.

"Not being home each night with my kids (age 9 and 5) will be the hardest part."

LARRY MOKO
THE HAMILTON SPECTATOR

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