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DAVE HOWE APPOINTED HEAD COACH OF NEW VARSITY TEAM

January 25, 2005.

The Niagara Varsity Football Club is pleased to announce that Dave Howe of St. Catharines has been unanimously selected as Head Coach of the new Niagara Landmark Window Spears Varsity (aged 19 and under) football team. The Spears introduced their Junior Varsity (aged 16 and under) team in the Ontario Varsity Football League last year.

Howe is currently Co-Head Coach and Defensive Coordinator at Blessed Trinity Catholic Secondary School in Grimsby, where he helped guide B.T. to last year's Division 1 senior championship. 2004 was B.T.'s first year in the Region's Premier Division, after capturing the Division 2 title the year before. Howe has been coaching at B.T. since 1995 and also has three years experience coaching Pee Wee football in the Niagara Regional Minor Football Association.

"I'm just so pumped...this is a dream job and I can't wait to get started", said the 39 year-old father of three boys. "Last season showed what a classy, professional organization the Spears was, both on and off the field. I'm just proud and very honoured to be a part of it."

Howe's familiarity with the high school programs across the Region will serve him well, and is the source of no small amount of optimism. "There's just so much talent here in Niagara, so much potential", said Howe. "I'll be setting the bar high right at the outset. My conservative goal for the coming year is to make the playoffs, but based on the talent I know is out there, a championship is certainly not beyond our reach".

Howe's success on the field and passion for football extend back to his days as a player under Denis Morris Coach Red Ferracuti and the Redmen dynasty of the early 1980's. Howe says his deep roots in Niagara will also assist him in rounding out his coaching staff. While he already has some prospects lined up for one of the co-ordinator positions and a few assistant coaches, he'll be busy over the next few weeks putting the final pieces in place before team workouts commence in April. "Just as Niagara is very deep in player talent, there's also no shortage of outstanding coaches", said Howe. "This will be a team whose foundation is built on mutual respect...respect between teammates, opponents, coaches, families and the game itself".

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Media outlets interested in interviews with Coach Howe are encouraged to contact him directly at (905)321-0973 (cell). Digital pictures of Coach Howe are available upon request.

The Club has also finalized its player registration plans for the coming season. Registration for both teams will take place on Saturday, February 19th from 10am to 4pm at the CAW Hall, located at 124 Bunting Road in St. Catharines. Junior Varsity players must be aged 16 or under as of June 1, 2005, and senior players must be 19 or under as of June 1, 2005.

Additional information on player registration will be made available through the team's website at www.niagaraspears.com .

- Niagara Spears website: www.niagaraspears.com
- Ontario Varsity Football League website: www.ovfootball.ca

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