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Howe Named OVFL Coach of The Year

JV Wide Receiver Gary Spero Catches MVP Award

Niagara Spears Varsity Head Coach Dave Howe has been named Ontario Varsity Football League Coach of the Year for the second time in three years. Howe led the Spears to a perfect 8-0 regular season record before losing a triple-overtime heartbreaker to the Essex Ravens in the Adam Conference final. In three short years, Howe's squad has racked up an impressive 29-3 record, including the OVFL championship in 2005 and two conference crowns. The announcement was made during last week's championship game, which saw the Ravens fall to the Mississauga Warriors 22-14.

Junior Spears wide receiver Gary Spero was also recognized, taking home positional MVP honours. The 16-year-old standout from Sir Winston Churchill Secondary School had 26 catches for 490 yards and a league-leading 8 touchdowns for the JV Spears this season. Spero's formidable downfield blocking abilities made him a threat even when he didn't have the ball. Spero also cracked the OVFL's top ten in both kickoff and punt returns.

Both Head Coaches would be pleased to speak with the media and may be contacted directly. Junior Varsity Head Coach Brian Duguay may be reached at (905)687-9396 (h), (905)327-2465 (c), or via e-mail at duguay@niagaraspears.com. Varsity Head Coach Dave Howe may be reached at (905)682-3754 (h), (905)321-0973 (c), or via e-mail at howe@niagaraspears.com. Additional information on the Niagara Spears may be found at www.niagaraspears.com. Gameday pictures are available upon request.

Additional information on the OVFL may be found at www.ovfootball.ca.

Thank you for your continued support. For more information, please contact:

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