



# 15-2

## ASST. COACH

### **FUN FACTS ABOUT JEFF DOW**

My favorite activity, outside of coaching volleyball, is fly fishing. I have a Stanley Cup ring (2006 Carolina Hurricanes) and my wife has a Super Bowl ring (Baltimore Ravens).

### **COACHING HISTORY**

I have 12 years of coaching experience at almost every level. I started off coaching the boy's JV team at Nicolet High school, then spent two years coaching the girls freshman team at Anaheim (CA) High School. With two young children, I took some time off and when we moved back to WI I started coaching again. I have coached both girls and boys at the middle school and high school level. I have been the varsity coach for the boy's program at Notre Dame Academy for the past 5 seasons. In addition, I have coached at De Pere Diggers, FVP, and at Sting with the 13's and 17's and I am excited to be working with the 15's this year.

### **PLAYING EXPERIENCE**

- I played two years of club volleyball at the University of Minnesota.
- 1 year at UW-Milwaukee and then focused on beach volleyball when I moved to CA.

### **FAVORITE VOLLEYBALL MOMENTS**

- Watching both of my kids play the sport.

