



For Immediate Release

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**Falcons Select Lonnie Blow Jr. as Saint Augustine's College
Head Men's Basketball Coach**

Raleigh, NC - Saint Augustine's College has named Lonnie Blow Jr. as its new head men's basketball coach. The announcement came during a press conference on Wednesday, May 7, 2008.

Blow brings considerable basketball experience to the coaching position. He was the men's assistant coach at Norfolk State University from 2006-08 and at Hampton University from 2005-06. While at Hampton, Blow helped direct the Pirates to the Mid-Eastern Athletic Conference championship and to the NCAA Tournament during the 2005-06 season. He coached four All-MEAC players, one All-MEAC Tournament player and a MEAC Tournament MVP while at Norfolk State and Hampton.

Blow's coaching philosophy places emphasis on playing hard, smart and together while setting high standards for academics. He was highly recommended for the Falcon coaching position by such notables as former University of Maryland coach Charles "Lefty" Driesell, AAU coach "Boo" Williams.

Prior to coaching college, Blow was the head basketball coach at Granby (Va.) High School from 1995 to 2005, and the men's assistant coach at Maury (Va.) High School from 1984-1995. At Granby, he coached the boys' team to a state title and was named AAA state coach of the year in 2000.

Before entering the coaching profession, Blow was an outstanding college basketball player from 1979-1982 at Virginia Wesleyan College. Blow was named Dixie Conference Player of the Year during the 1980-81 season. Blow was also a two-time All-American and All-South Atlantic Region player, and a three-time All-Dixie Conference player, including two selections to the first team.

Blow received his undergraduate degree from Virginia Wesleyan College and is currently pursuing his master's in counseling/higher education from Old Dominion University.

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