

Alex Kanellis Joins Iowa Wrestling Staff

IOWA CITY, Iowa -- Former University of Iowa student-athlete Alex Kanellis has been named strength and conditioning coach of the Hawkeye wrestling program, Iowa head coach Tom Brands announced Thursday.

Kanellis was a Hawkeye football letterwinner in 2005 and 2006, and graduated from the University of Iowa in 2009. He earned a master of arts degree in exercise science and health promotion from California University of Pennsylvania in 2015, and has served as the head strength coach at Regina High School in Iowa City since 2010.

“I am truly humbled and excited about the opportunity to work with Tom Brands and the Iowa wrestling team,” Kanellis said. “It is an emotional time for me. Leaving my position at Regina is extremely difficult, but this is a dream job and a huge opportunity. My focus now is entirely on exceeding the high standards of the Hawkeye program. I take the responsibility seriously and I’m ready to get to work.”

“We identified an individual that understands and appreciates the value this position adds to our program, specifically our wrestlers,” said Brands. “Alex is an expert in his field, and he has learned from two men on campus that I respect tremendously, Kirk Ferentz and Chris Doyle. He knows what we need in our room and we’re glad he’s on our team.”

Kanellis’s master of arts concentration was in performance enhancement and injury prevention. He has eight years experience designing and implementing speed, strength, and conditioning programs. He is certified by the National Strength and Conditioning Coaches Association, and the National Academy of Sports Medicine.

Kanellis replaces Travis Rutt on the Iowa staff. Rutt moved to Minneapolis with his family to pursue other professional opportunities.

Chris Brewer | Associate Director of Athletic Communications | University of Iowa
S300 Carver-Hawkeye Arena | Iowa City, IA 52242-1020
Office: 319-335-9411 | Cell: 319-325-3483

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