

Olivia Mauzy  
Society  
March 17, 2023

### Alumni of the Month

Joe Shelter graduated from Conemaugh Township Area School District in 1997. After High School, Joe attended Marshall University on a four-year division one baseball scholarship. He graduated with a Bachelor of Science degree in Exercise Physiology. Post-graduation, he started his own online-fitness and nutrition business, called My Fitness Coach, which he managed for ten years before accepting a position as Conemaugh Health System's Employee Wellness and Community Health Coordinator and Manager. Later, in June of 2015, Joe also became the strength and conditioning coach for Conemaugh Township.

During Joe's high school years, he had many great teachers, but the one who had the most impact on his life and professional career path was Ms. Pepoy. She helped Joe find his love for health and fitness. She was also his strength and conditioning coach, an area where Joe spent countless hours training to improve his athletic abilities. Joe states, "Without Peep's selfless dedication and commitment to helping me improve in both the classroom and on the baseball field, I would not have had the chance to play collegiately and likely would not have chosen the career path I did. I cannot thank her enough for all she has done for me, and I know countless other former CT student athletes feel the same way." Joe's fondest memory at CT was playing baseball for Coach Zambanini. He played during an era when the team was consistently dominating the county. Joe said, "We were always pushing each other to become better both on the field and in the weight room year-round. "Coach Z" preached attitude and effort, no matter what, and that is something I continue to pass along to those I coach today. Playing for a great coach and many talented and dedicated teammates over my four years is something I will never forget."