



Shelia Seymore-Pennick

Shelia Seymore-Pennick is a 53 year old native of Jacksonville Florida. She was born the 14th of 16 children to the late Iola Miller & Hallie Benjamin Seymore. Educated in the Duval County Public School System she graduated from Nathan B. Forrest High School. After being awarded a volleyball scholarship Shelia attended Jacksonville University where she played for two seasons, later transferring to Florida Community College of Jacksonville to pursue her love for the game of basketball as one of their star players. In 1987 she worked toward Special Education degree at Jacksonville University.

Currently “Coach Shelia”, as she is affectionately known by her players, is the head coach of the Jean Ribault Sr. High School 2016 and 2017 back to back State Champions and 2016 Dicks Sporting Good National Championship. At the end of the 2017 season; she has a coaching record of 319 -63. She attributes her success to her genuine love for young people and her belief in God and the calling he has placed on her life. She attends The Potter’s House under Bishop Vaughn McLaughlin.

To her credit she has won numerous awards and titles such as; Florida Athletic Coaches Association 4A Coach of the Year 2012-2013, Florida Dairy Farm Coach of the Year 2012, 2013, 2014, 2017 , Communities in School Community Phenomenal Woman Diamond Award 2014, Gwen Maxwell Outstanding Female Coach Award 2012, Gateway Conference Mike Houser Outstanding Coach of the Year 2011, 2012, 2013, 2014, and 2015, Florida Athletic Basketball Coaches 4A Women’s Coach of the year 2013-2014, Mayor Alvin Brown Outstanding Season Award 2011, Ribault Principal Award 2011-2012, Nelson C. Vinal State Champion Coaches Award 2013-2014, Overall Dairy Farm Coach of the Year Award in 2016, just to name a few. During her thirteen years as a coach, Coach Pennick has won 11 Florida Athletic Coaches Association, Coaches of the Year Awards. Coach Pennick has coached one McDonalds All American and Jordan Brand player Rennia Davis, several McDonald’s All- American’s Honorable Mention players: Day’Neshia Banks, Jasmine Leach, Shanasa Sanders, Qiana Donald, Sherranda Reddick, Sierra Shephard and Kayla Rogers; along with several Florida Times Union

Players of the Year: Shanasa Sanders, Kayla Brewer, Jatavia Tapley, and RENNIA DAVIS. Over the past 13 years of coaching she has had over 20 plus All Gateway Conference Players, and this year alone she has three members RENNIA DAVIS and Dayneshia Banks and Shania Edgcombe. Her teams have had numerous appearances in championship circle including; 3 Final Four appearances 2008, 2009 and 2015, 1 State Championship Runner-up 2012, 4 State Championships 2013, 2014, 2016 and 2017 with an undefeated season in 2013 (31-0), 7 Gateway Conference Championships 2011, 2012, 2013, 2014, 2015, 2016 and 2017, 12 District Championships 2017, 2016, 2015, 2014, 2013, 2012, 2011, 2010, 2009, 2008, 2007, and 2006 and 1 runner up in 2005.

Shelia Pennick is the proud mother of two accomplished young people; step- daughter Chelse, 28, a graduate of Florida A & M University and son, Wilshem, 19, a sophomore at Florida State University, majoring in Marketing with interest in publishing, singing and music promotion. She is happily married to a Family Physician Dr. Willie Pennick. In her spare time she enjoys shopping and spending time with her family.

**THERE WILL BE
HATERS, THERE WILL
BE DOUBTERS,
THERE WILL BE
NON-BELIEVERS, AND
THEN THERE WILL
BE YOU, PROVING THEM
WRONG.**