



GLOUCESTER GRIFFINS JUNIOR LACROSSE CLUB
PRESS RELEASE
FOR IMMEDIATE RELEASE
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GRIFFINS COACHING STAFF GETS STRONGER

GLOUCESTER- the Gloucester Griffins Junior Lacrosse Club is very pleased to announce that James Leitch has accepted the position of Strength and Conditioning Coach/Assistant Coach.

James is an alumnus of the Griffins Organization having played 6 years with the team; he was named Defensive MVP 4 years in a row and was team Captain in his final year. While finishing as a player with the Griffins in 2004, James went on to the University of Western Ontario and played for 4 years on the varsity football team, starting at 3 different positions and earning the Special Teams MVP honours in his final year and a degree in Kinesiology. James will be the Strength and Conditioning coach for the team this year, as well as helping coach the defense.

“I am extremely pleased that we were able to recruit James. To have a former player of his caliber come back and help out our club is just great” says Mike Roy, the General Manager of the Griffins. “Utilizing Alumni from previous Junior teams is so important to maintaining the strength of a program. We are truly grateful that James will be on board for this upcoming season,” states Roy.