



JAMES LUCAS

Co-Head Coach U14 Girls

Coaching history:

- St Patrick High School Head Coach Varsity Boys 2005 and 2006
- Lakehead Express rep coach for 4 years (U11 Boys, U15 and U16 Boys, U16 Girls)

Coaching qualifications:

- Community Coach Senior (Level 3)

Player history:

- Lakehead Express rep player 1997 to 2003
- London City Croatia – Western Ontario Soccer League, Premier Division

Team successes:

- All American Cup U15 Boys Champions 2009
- All American Cup U14 Boys Runners Up

Favourite coaching memory:

- Receiving the 2009 Lakehead Express Coach of the Year Award (peer nomination)

Favourite quote:

"You have to learn the rules of the game. And then you have to play better than anyone else".

Future coaching aspirations:

- Obtain a Pre B license as soon as it is offered in Thunder Bay and eventually a Provincial B license.

Coaching inspiration comes from...

- Sir Alex Ferguson
- Horatio Cane