

Harold Lee

Football- OL/DL/FB



London, ON

PERSONAL DATA:



Sex:	Male	Height:	6'0"
Born:	3 Apr, 1990	Weight:	268pds
Birthplace:	Seoul, South Korea	Marital Status:	Single
Hometown:	London, On	School:	A.B. Lucas Vikings
Residence:	176 Camden Cres/519-673-5851	Coach:	Michael Hayes
Languages:	English	Occupation:	Student

Football Achievements/ History:

2008 Fall-Starting Offensive Guard/ Short yardage Full back/ Defensive Tackle for A.B. Lucas Sr. Football Team. Named captain of the team.

2007 Summer-Attended Spero's Strength/Conditioning Camp for Football.

2007 Fall- Starting Offensive Guard and named team captain of the A.B. Lucas SR. Football Team as a grade 12 student. Lead the team to TCRAA City Finals

2006 Summer-Member of OVFL Sr. London Falcons

2006 Fall- Starting Offensive Guard on the SR. Football Team at A.B. Lucas. Helped the team to be TVRAA City Finalists.

2005 Summer-Starting Offensive Guard for OVFL Jr. London Falcons.

2005 Fall-Starting Offensive Guard and Defensive Tackle and named team captain for the A.B. Lucas JR. Football Team as a grade 10 student. Lead the team to the TVRAA City Finals.

2004 Fall- Joined the JR. Football Team at A.B. Lucas Secondary and started Offensive Guard. Team finished as semi-finalists

Progression

40-yd Dash- 5.14

Bench Press- 225 lbs*14

Max Bench Press-350 lbs

Other Sport Achievements

2005-2007-Reached TVRAA 'A' Division Finals three years in a row for football.

2007-Member of Student Council. Male Student Athletic Association representative.

2007-Member of Lucas Rugby team

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2006- Got picked to represent A.B. Lucas at Hugh O'Brian Leadership weekend seminar.

2005- Won Andy Leeper Award which is presented to the player who shows leadership on and off the field.

2005- Member of Lucas Rugby Team

2004- Member of Lucas Swimming Team and Rugby Team.

Academic Achievements

2008-Top 6 University courses average to 83%

2007-Picked to be a member of `Viking 101`, course/program designed to help the transition from Public School to High School easier for new grade 9 students to A.B. Lucas Secondary school.

2006-2007-Honour Roll Student

Future Interests

I am planning on studying General Arts at University level while playing football. Further down the road I will apply to law school in hopes of being a lawyer in the future.