

Jimmy Lam

Future Ambitions

Jimmy Lam has become a very athletic individual who plans to pursue post-secondary varsity football. Jimmy Lam has played four years of high school football and one year of OVFL football where he has proven to his fellow coaches and teammates that he can get it done.

Jimmy's other interest in sports includes basketball. Although only playing through one year of high school basketball, he has built a passion for the game not only as a fan but as a player.

In the future, he plans to major in an area within business. He then hopes to travel in the future of his career.



Personal Info

Sex	Male
Birth Date	October 12, 1990
Height	6'0
Weight	235lb
Marital Status	Single
Address	1094 Melsandra Ave
City	London, Ont
Phone	(519) 679-8423
Languages	English, Vietnamese
School	A.B. Lucas Secondary
Employment	Paul n Yu Restaurant

Progression

40 Time	4.93
Vertical Leap	28"
Bench (225)	10



Football Achievements/History

2008 Fall	Starting Guard/Middle Linebacker for Lucas Varsity football and became a captain of the team	2007 Sum	Started Guard/Linebacker for the Jr. OVFL and later became OVFL champions
2008 Sum	Attended Spiro's Next Level Training to develop better skills	2006 Fall	Starting Defensive end for Lucas Varsity football and made it to the TVRAA FINALS
2007 Fall	Starting Guard/Defensive End/ Defensive Tackle for Lucas Varsity football and made it to the TVRAA FINALS	2006 Spr	Started as power forward for the Lucas Jr. Varsity Basketball team
		2005 Fall	Starting Defensive tackle for Lucas Jr. Varsity Football and became captain of the team which also made it to the TVRAA FINALS

"When the team is elevated, the individual is elevated; when the team is diminished, the individual is diminished." – Ubuntu, a South African Concept

Thank You

For more information, please visit,

www.ontarioathletes.com

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Academic Achievements

2008	Achieving above a 3.0GPA Tutors students in areas of as math and chemistry
2007	Represented AB Lucas Secondary at the Provincial DECA business competition and received an honorable mention Represented AB Lucas Secondary at the Regional DECA business competition and placed in the top 5
2006	Competed in the Provincial High School math competitions Represented AB Lucas Secondary at the Provincial DECA business competition Represented AB Lucas Secondary at the Regional DECA business competition and received an honorable mention

