



c/o Pete Hynes, General Manager
2046 Moncrief Road
Peterborough, Ontario K9K 1N8
tel: (705) 868-2173
email: jr.c.lakers@gmail.com

March 12, 2009

Attn: Peterborough Media

Re: Jr. C Lakers Coaches (Press Release)

The Peterborough Junior C Lakers are pleased to announce that Joe Hiltz has been named as the inaugural coach of the team.

Hiltz has an impressive playing career that included stints in Junior A and Senior in Ontario, and senior in the Western Lacrosse Association (British Columbia). He played professional in the National Lacrosse League (NLL) with Detroit, Baltimore, Pittsburgh, Washington and Montreal. In 1999, Hiltz was named as a NLL All-star as a member of the Team Canada All-Stars.

Hiltz has coached the past few years as the head coach of the Peterborough Peewee I Lakers, he has also had experience as an assistant coach with the Junior A and Major Series Lakers, as well as intermediate and junior in British Columbia.

Todd Richard has been named as an assistant coach with the Lakers. Richard has also played Junior and Senior lacrosse, as well as professionally in the NLL with Columbus, Montreal and Toronto.

Hiltz and Richard's playing and coaching experiences fits the team's goals of developing players to move up to Junior A.

The Junior C Lakers would like to thank all of the applicants.

The Junior C Lakers tryouts will be held in April. The Lakers kick off their season against the Kingston Cavaliers on May 9, in Kingston, and have their home opener against the Clarington Shamrox on May 13, 8 PM at the Memorial Centre.