

Curriculum Vitae of John Hicks (Athletics)

Athletic experience:

- **Lacrosse Quebec**— Assistant Lacrosse Coach/Defensive Coordinator (*June-September 2024*)
 - Coached U17 Provincial lacrosse team at the U17 Canadian national championship
 - Communicated on/off-field bilingually in English/French
- **McGill Varsity Lacrosse** — Athlete (*2019 –2022; 2023*)
 - Defenseman
 - Earned a roster spot first year as a walk-on; returned for additional season as a graduate student
 - 3x principal's student-athlete honour roll recipient
 - Voted by peers for McGill Lacrosse Sportsmanship Award (2023)
 - Served as team representative to the McGill Varsity Council (2021-2022)
 - Part of CUFLA semi-finalist 2019 McGill team; CUFLA finalist 2023 team
- **Westhill High School** — Volunteer Varsity Lacrosse Film Analyst [Remote] (*March 2023 –June 2023*)
 - While away from the team at graduate school, broke down tape from opponents' games, researched opposing lineups and provided scouting reports for the varsity lacrosse team.
 - Provided detailed reports on ideal matchups and likely impact factors in advance of games.
- **Dawson College** — Assistant Varsity Lacrosse Coach/Defensive Coordinator (*August 2022–November 2022*)
 - Installed playbook, developed practice plans and provided gameplans for matches.
 - Led practices when the head coach was away from duty.
 - Taught players with limited/no experience fundamentals of lacrosse, while adding layers to the experienced players' games.
 - Though the season was winless, an emphasis was placed on development after two seasons off due to COVID-19 cancellations.
- **Westhill High School** — Assistant Varsity Lacrosse Coach (*March 2021–June 2022*)
 - Installed playbook and created practice plans; analyzed film and provided scouting reports for players and the rest of the coaching staff.
 - Worked as part of the staff that led the team to its first playoff appearance, hosted playoff game, and playoff victory in over a decade.
 - Served as co-defensive coordinator for the varsity team and supported the JV and freshman teams.
 - Captured city championship for first time since 2018.
- **Westhill High School** — Athlete (*2015–2019*)
 - Defenseman/LSM
 - 3x varsity starter
 - Elected Captain (2018-2019)
 - Defensive player of the year (2018-2019)
 - CAS-CIAC Student Athlete of the Year (2019)
 - FCIAC Student-Athlete of the Week (April 2017)

Coaching Placements:

- Cristopher Discua (Westhill HS '25) → Manhattanville University [*NCAA DIII*]
 - Jared Boyd (Westhill HS '24) → University of Bridgeport [*NCAA DII*]
 - Jeremiah Saint Valiere (Westhill HS '23) → Dean College [*NCAA DIII*]
 - James Leydon (Westhill HS '23) → Union College [*NCAA DIII*]
 - Jack Ladenheim (Dawson College '23) → Dalhousie University [*MUFL*]
 - Julia Ibelings (Dawson College '23) → University of Toronto [*OUA*]
 - Ashton Benkwitt (Westhill HS '22) → Delaware Valley University [*NCAA DIII*]
 - Nasir Thornton (Westhill HS '22) → Norfolk State University [*NCL*]
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