



**James Koch** has over 20 years of experience playing and coaching lacrosse. From Oak Ridge, NJ, James was 3-time varsity lettermen at Jefferson Township HS. James continued to play a semester at Limestone College and stayed involved with the game thereafter assisting as offensive coordinator at Saint James High School in Murrells Inlet, SC. James is currently head coach of the Druid Lakes Youth Lacrosse 14U team.