

MEDIA RELEASE

For Immediate Release

Thursday, November 27 2014



LMFC GROWS STRONGER WITH NEW APPOINTMENT

As preparations continue for season 2015, Logan Metro Football Club (LMFC) is today excited to announce the appointment of Adrien Fitzpatrick to the role of Strength and Conditioning coach.

Fitzpatrick brings with him a wealth of experience with qualifications from UQ, ECU and the ASCA, with a CV that includes roles with several clubs across a number of different sports, most recently the strength and conditioning coaching position with the Logan Thunder WNBL team.

“I’m incredibly excited to be joining LMFC and becoming a part of the growth of this club,” Fitzpatrick said of the appointment.

“Strength and conditioning plays a big part in the success of a football team, and I can’t wait to get started with the club’s players over the pre-season building up to a massive 2015.”

“I’m particularly excited about working with the raw talent that the club’s academy has identified, as adding a solid conditioning foundation to their exciting natural talents could be exactly what they need to take the next step in their development.”

LMFC Head Coach Pat Castillo echoed Fitzpatrick’s enthusiasm. “This appointment shows that we mean business on the field,” Castillo said.

“We’ve done many great things off the field and in the community which have been well publicised, but the next step in our club’s development is to really focus on building the best football department in the area and attracting quality players from Logan and beyond.”

“Adrien’s appointment will ensure we’re able to give our players the best chance to reach their full potential, and will be an enormous boost to our club’s credentials and capabilities”

Fitzpatrick will predominately work with the first team as well as the club’s academy to develop fitter and more powerful players, while also working with the ladies side and the club’s other sides throughout the pre-season beginning on January 21, 2015.

Further Enquiries:

Sam Escobar

0411 312 413

sam@loganmetrofc.com