



James Lagos

Coach James Lagos was our Director of Baseball Operations and has rejoined the staff and brings his years of experience with him. He is a '94 graduate of Millis HS earning all-star selections in football, basketball and baseball. After HS, he attended CCRI, serving as a pitcher for two seasons. Upon leaving CCRI, he attended Framingham State University. He has served as the Head Coach of Post 110 Medfield American Legion Baseball and Assistant Coach for Post 335 Norfolk American Legion Baseball. Coach Lagos served as an Assistant Coach at the Noble & Greenough school for 5 seasons. His duties were primarily working with Pitchers, Catchers and First Basemen. Coach Lagos has been the pitching coach for the Southeast Region in the Bay State Games and the Assistant Coach for the Nokona 18U College Commit Team. He was formerly the training coordinator for the MetroWest Sun Devils AAU program, Director of Baseball Operations at Sluggers Academy and Director of Hitting Clinics for Newton Panthers Softball. He has also served on the Millis Girls Softball League Executive Board.

James is available for hitting, fielding, throwing, catching, and pitching lessons. James does both baseball and softball lessons.