



TEAM ALBERTA LACROSSE

About Lizzy

U17 Female Assistant Coach

Lizzy Finley is a passionate lacrosse coach and accomplished player with over 17 years of experience in the sport. Beginning her player career at age 4, Lizzy has specialized in box lacrosse and competed with teams including Sabrecats Lacrosse, Fury Lacrosse, and Silvertips Major Female Lacrosse Club as well as participating in 4 years of field lacrosse with Calgary field, Mustangs and Elev8. Her playing achievements include multiple City of Calgary Female Championships, winning the first ever U17 city championship for Fury Lacrosse in 2019 as well as winning the first ever ALA Midget Showcase championship in a 7 game series. In the past few years Lizzy represented U22 Team Alberta at Nationals. In 2023 and 2024 as an Assistant Captain and 2025 as a Captain, the second two years the team went undefeated the entire tournament and all three years, resulting in gold medals, making history for Alberta by being the first team to accomplish a 3-peat!

Lizzy's player and leadership experience complements her coaching background with roles as an Assistant Coach for the Female Box Lacrosse Development Program and U17 Fury Club team as well as U17 Fury selects travel team. She is recognized for her leadership, communication skills, and commitment to fostering confidence, teamwork, and competitive excellence among athletes. Her goal is to push the athletes to be the best they can be at the skills and roles that are best suited for them. She believes in accomplishing this through hard work, teaching lacrosse IQ and technical skills while creating trust between her and the athletes, alongside an encouraging approach with a strong desire to win. All of this being lacrosse-focused, Lizzy also truly cares about the athlete's mental health and well-being. She acts as a role model and mentor to these young women, learning life lessons through lacrosse.

Away from lacrosse, Lizzy spent the 2023/24, and 2024/25 off seasons on 4 different continents and 4 different countries, working as an international model. Enjoying her time at home in Calgary includes spending time with her teammates, friends, and family, involving music, outdoor activities, and watching more lacrosse!