

# TEAM ALBERTA LACROSSE

## About Phil

U17 Female Box Assistant Coach

Philip Smyth is a dedicated youth lacrosse coach with a passion for teaching the fundamentals of the game while helping young athletes build confidence, character, and teamwork. With over 25+ years of experience coaching boys/girls lacrosse at the youth level, I focus on creating a fun, positive environment where players can learn, grow, and develop a love for the sport.

A former lacrosse player, I bring a strong understanding of the game and a player-first coaching philosophy that emphasizes skill development, sportsmanship, and effort over outcome. I am committed to helping each player improve not just on the lacrosse floor, but as teammates and young leaders.

Currently teaching and coaching at the Vimy Ridge Lacrosse Academy, I take pride in making lacrosse accessible and enjoyable for all skill levels, from first-time players to seasoned competitors. I stay active in the local lacrosse community by instructing Community Development and Competitive Introduction NCCP Lacrosse coaching clinics for the Alberta Lacrosse Association. I enjoy coaching development programs to continue learning and bringing the best to every practice and game.

Whether it's teaching loose ball techniques or cheering on a great pass, I am all about creating memorable experiences that keep kids coming back to the sport year after year.