

A portrait of a young woman with long blonde hair, smiling, wearing a black jacket. She is positioned on the right side of the top half of the page.

TEAM ALBERTA LACROSSE

About Alex

U19 Female field Assistant Coach

Alex has been playing box and field lacrosse for 18 years. She grew up playing for Calgary Hornets, ELEV8, and Team Alberta. Alex played on the U19 Women's Field Team from 2015-2020, as well as being a Team Alberta Box Player in 2015 and 2016, including a Captaincy in 2016.

Alex won a Provincial Championship in 2019 with Jesters Field Lacrosse.

Alex graduated in 2025 after playing NCAA Division 1 Lacrosse at the University of Oregon, where she was a Captain in her Junior and Senior seasons, playing Midfield, Defence, and being a part of the Draw Team.

Alex has been selected for the past 4 falls to compete for Team Canada at World Super Sixes events, being a part of the Top 40 Senior Pool for Canada Sixes.

Alex was also selected to play on Canada's first Senior Women's Box Lacrosse Team, playing Defence and helping the team earn a silver medal at the 2024 World Championships.

Alex has coached previously for Calgary Field Lacrosse and was an Assistant Coach with Team Alberta U19 for the 2023 and 2024 seasons, earning Bronze at Nationals in 2023 and Silver in 2024. Alex currently coaches with Mustangs and TRUE Calgary while home in the summer. When at School, she coaches a girls' youth program in Eugene, Oregon.