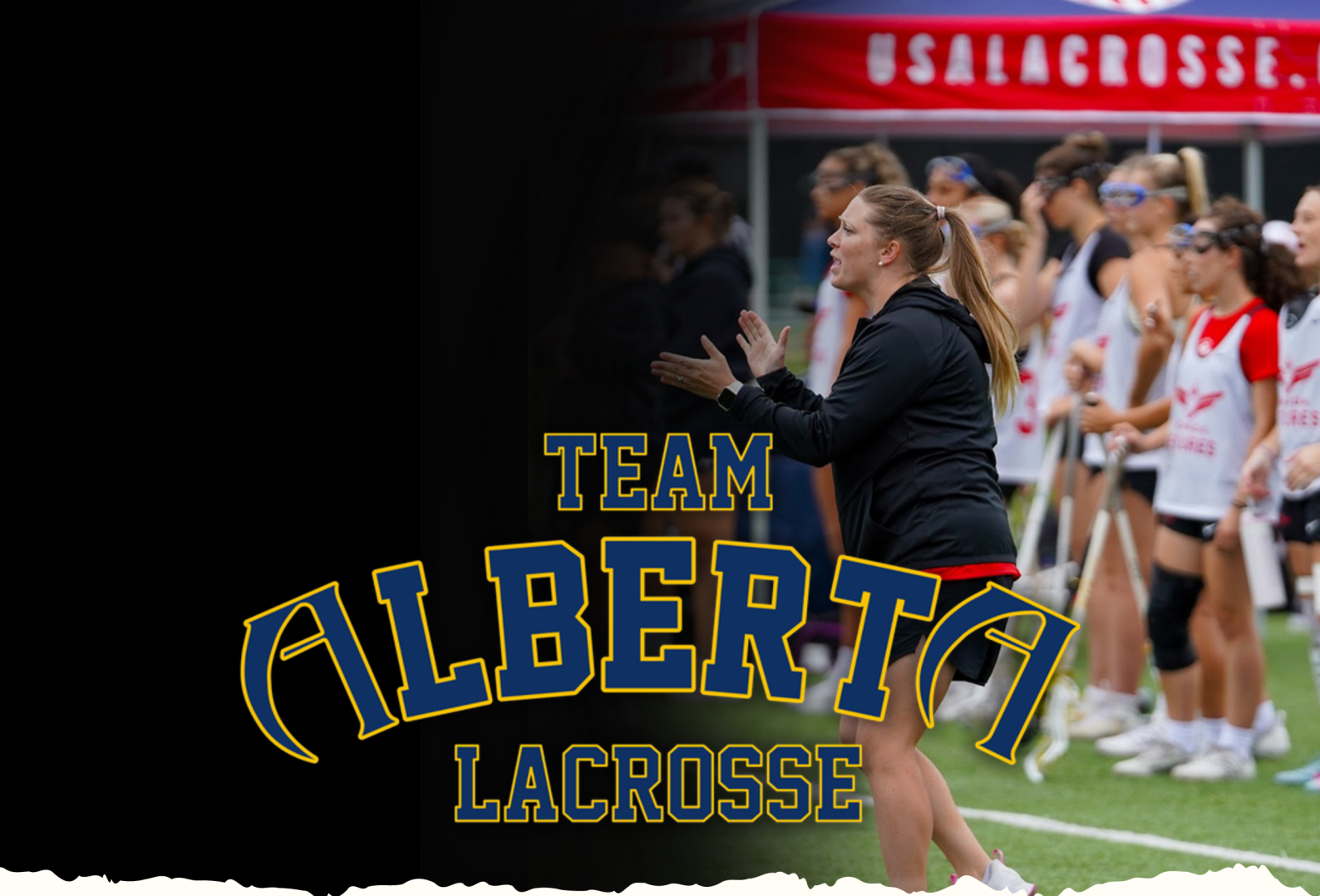




TEAM ALBERTA LACROSSE

About Sarah

U19 Female field Head Coach

Sarah began playing when she was 10 years old in St. Albert. When her family moved to Ontario she played box lacrosse for the Whitby Warriors and field lacrosse for the Oshawa Lady Blue Knights where she won multiple Provincial Championships and Ontario Summer Games. Sarah attended Limestone University where she was a four-time All-Conference player, three-time All-American, and captained the team her senior year. With Limestone, Sarah won four Conference Championships and played in the National Tournament all four years, competing in two National Championship title games. In 2011 Sarah captained the U19 Canadian National team that captured the Bronze at the World Championship in Hannover, Germany. After graduating from Limestone in 2014 with a major in Strength and Conditioning, Sarah moved to England where she coached the Wales U19 "B" Team at the Home Internationals Tournament and was the assistant coach of the U19 Wales National Team that competed at the 2015 World Championship in Edinburgh, Scotland. Sarah is currently the Director of the Vimy Lacrosse Program, and the Women's Director of the Edmonton Razorbacks. She has coached Team Alberta U19 Field multiple times, including 2 second place finishes at Nationals. She was also the head coach of the U19 Canada West Development team last fall.