About Cory

U22 Female Box Assistant Coach

Cory Redwood offers more than two decades of coaching experience across a variety of sports, including lacrosse, volleyball, track and field, and hockey. For the past ten years, he has dedicated his focus to female box lacrosse in Alberta, building a strong reputation for developing athletes within competitive, high-performance environments.

He began his lacrosse coaching career with the Axemen Lacrosse Association, serving as Head Coach, and later advanced to a head coaching position with Fury Lacrosse in the competitive division. Cory subsequently joined the Junior Female Silvertips as an Assistant Coach, where he continues to mentor athletes competing at an elite level.

Over the last three seasons, Cory has been an Assistant Coach with the U22 Female Provincial Box Lacrosse program, playing an integral role in securing three national championship titles. His coaching philosophy centers on accountability, preparation, and attention to detail, while ensuring each athlete feels supported and valued within a strong team framework.

Cory is deeply committed to fostering confidence, resilience, and a competitive mindset in his athletes. He looks forward to returning to the program in 2026 and contributing to the continued excellence and success of the team on the national stage.