

A portrait of a woman with long brown hair, smiling, positioned on the right side of the top half of the page.

TEAM ALBERTA LACROSSE

About Megan

U22 Female Box Assistant Coach

With over 16 years of lacrosse experience as a player and 6+ years as a coach, I've dedicated much of my life to the sport and the people who make it great. I've had the honor of representing Alberta at the provincial level - first as a member of Junior Team Alberta in 2015, then as part of the Senior Team in 2016—experiences that deepened my love for the game and shaped my coaching philosophy.

Since transitioning into coaching, I've worked with athletes across various levels, including as a Goalie Coach and as an Assistant Coach for the Fury in 2016 and an assistant coach with the Major Female Silvertips as well as the National Champions U22 Team Alberta in 2025. As a coach I believe that it is important to work on technical skill-building while addressing the mental side of being an athlete—confidence, composure, and communication.

My coaching style is rooted in adaptability, collaboration, and trust. I believe every athlete has their own path, and my role is to meet them where they are—helping them embrace challenges, reframe setbacks, and grow through the process. Coaching, to me, is a partnership that thrives on respect, open dialogue, and shared goals.

I'm passionate about mentoring athletes not only in lacrosse but in leadership, resilience, and self-belief. And while I'm proud of how far I've come, I remain committed to my own development as a coach—constantly learning, evolving, and striving to be the kind of mentor I once needed.

Whether I'm on the floor or on the sidelines, my mission is the same: to inspire athletes to own their journey, trust their instincts, and unlock their full potential through the game we love.