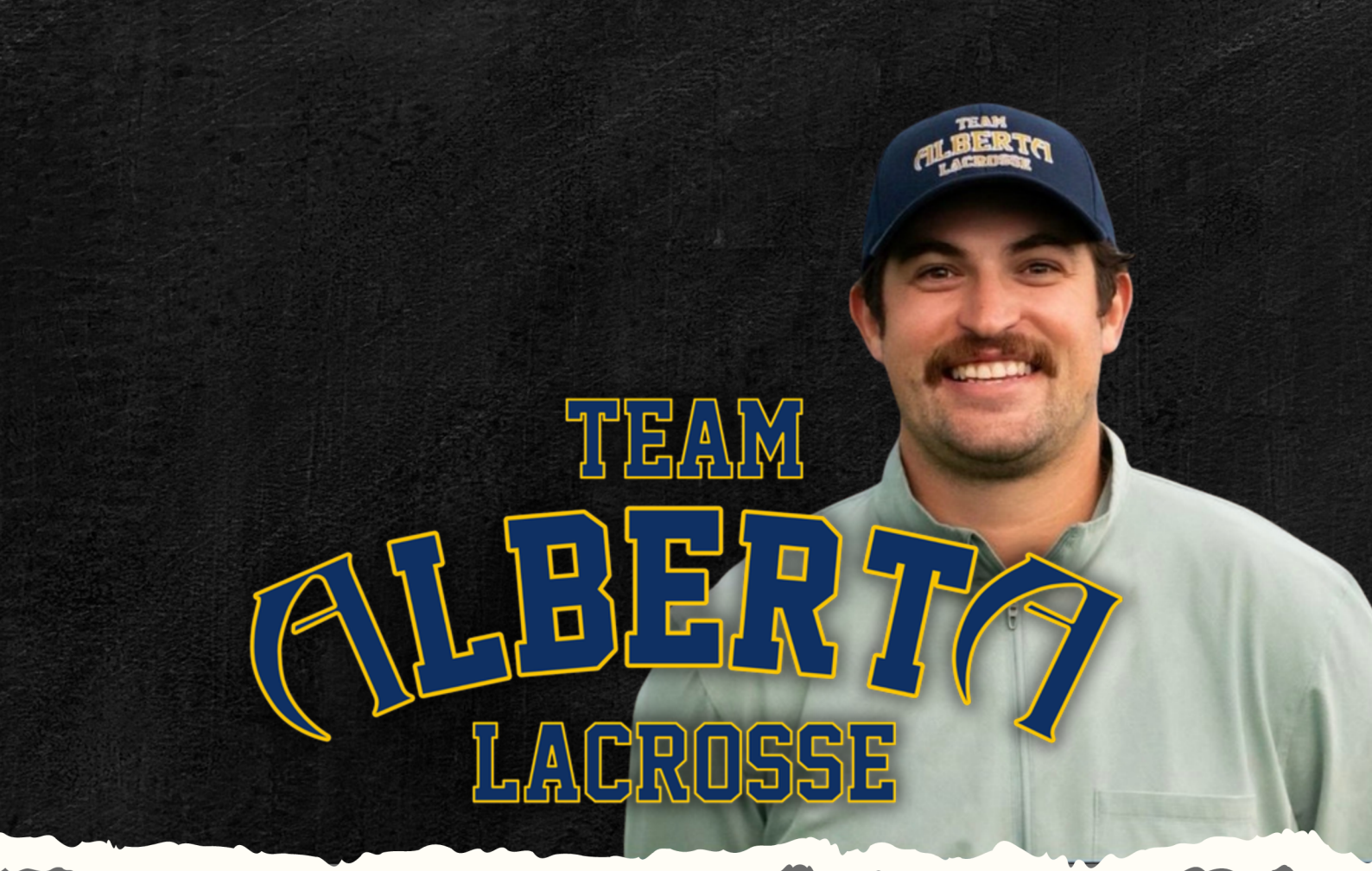

About Jake

U19 Male Field Head Coach

Jake Foster is a seasoned lacrosse coach, former professional player, and mentor dedicated to developing athletes. As Head Coach and Senior Director of True Calgary Lacrosse, he has led teams to multiple championships, including the San Diego 2026A, Arizona Rise 2025, and Pacbox Western Regional U17 titles. He also serves as Offensive Coach for Calgary Chill Jr. Box Lacrosse and founded Mustang Starz, guiding U20 players in elite tournaments.

Jake was drafted to the National Lacrosse League (NLL) by Albany in 2021, and then went on to sign and spend the 2022 season with the Colorado Mammoth and Victoria Shamrocks.

Recognized as the 2022 Arena Lacrosse League Offensive Player of the Year, he was a standout at Maryville University, earning First-Team All-GLVC honors and becoming the program's first professional draft pick.

Jake holds a Bachelor's in Communication (Maryville University) and a Broadcast & Journalism Degree (SAIT). Passionate about giving back, he has volunteered with Sports Aid Network (Uganda), Lacrossing Barriers, Place of Rescue Orphanage (Cambodia), and the Calgary Food Bank.

His leadership and expertise continue to shape the future of lacrosse.