

HAROLD ALBRECHT
Lacrosse Biography

1. 1988 – Started as a helper as son Steve became involved as his first year. This year included Josh, Brady, Shandi, Jamie, Luke, Geordin.
2. 1989 – First year as an official on the bench
3. 1990 – Started helping on the Red Deer Minor Lacrosse Executive as a volunteer. This was his first year as Head Coach. Went with Steve to Nationals with Joe Wong (Ft. Sask).
4. 1991 – Started in Midget as coach.
5. 1992 – Back to Bantam, put all that knowledge obtained over the past four years to work.
6. 1993- Started the first ever tyke team in Red Deer. This Team won Bronze in the Traditions Lives tournament in Red Deer that year. Daughter, Stephanie started in Tykes that year.
7. 1994- Back to coaching the midgets... I believe this is Harold's first love.
8. 1995 – First year as President of Red Red_Deer Minor Lacrosse, in conjunction, kept coaching the midgets.
9. 1996 – Coached back in Bantams. This team became the Provincial Champions that year. This is also Harold's first year in refereeing.
10. 1997 – Back to coaching midgets again.... Also started to referee in Field Lacrosse.
11. 1998 – With the major growth in Red Deer, we experienced a shortage of coaches. Harold coached at the Pee wee and Bantam levels this year.
12. 1999- This was Harold's last year a President of Red Red_Deer Minor Lacrosse. It was at that time, that we broke away as an associate member under the GELC. We now had the numbers to stand on our own alone. It was at this time that the first stirrings of “ Central Alberta Lacrosse League” started. This was also the last year for “Super Series”. Harold coached the midget team that year and won!
13. 2000 – Harold became a certified Coaching Clinician this year.
14. 2001 - Helped establish the Three Hills programme. Coached Bantam again this year.
15. 2002 – Helped institute Master's programme in Red Deer. And with the assistance if Kim Court, started Girl's Box Lacrosse in Central Alberta. Harold coached at the Bantam level this year.
16. 2003 - Coached u17 Girls box. This is officially the first Girl's team in Red Deer.
17. 2004 – 2007 Became Vice President of Alberta Lacrosse Association. Coached Midget and Girls Box. Attended the first ever Female Lacrosse Provincials.
18. 2005 – Coached the senior “Rage” team. Rather nostalgic as most of the player that were on the team in 1988 when Harold started in Red Deer, are still playing on that Red Deer Rage today. Harold also coached the Jr. Girl's, wherein they won Silver at provincials. Harold also has been active this year in promoting the “Mom's of Lacrosse” programme. This has become affectionately known as the “Pit Bulls in Lipstick” League....!

ACCOMPLISHMENTS

- Certified Level II Coach
- Certified Level IV Referee
- President of Red Deer Minor Lacrosse for 4 years
- Vice President of Alberta Lacrosse Assn. For 2 years
- Certified Coaching Clinician
- Certified Field Referee
- With all teams, has won many Bronze, Silver and Gold Medals in many Alberta tournaments, as well as provincials.

AWARDS

- Outstanding Service Award for Red Deer Lacrosse Association
- Norma Tabler Memorial Award presented in Red Deer for Recognition of Long Term Volunteer
- Coach of the Year Award in 2004 Presented the by the City of Red Deer (copy of article attached)
- Centennial Award from Province of Alberta for Contribution to Lacrosse
- Alberta Lacrosse Association James McFall Recipient

Harold has been a major part of Lacrosse in Alberta. He has brought to this game a commitment level that has been higher than most. He has hosted "Fantastic Friday's" in Lacombe for many years. He would take a couple of our lacrosse players to these Friday's dedicated to sport, and promote lacrosse in Central Alberta. He has been instrumental in bringing the Central Alberta Lacrosse League to light. He has traveled to Didsbury and Three Hills to assist in starting their programme under the Knee Hill Lacrosse.

He has been approached by many of the hockey coaches in Red Deer Minor hockey to come and provide a presentation of lacrosse to their teams. Lacrosse is a great cross over sport to assist in conditioning for our hockey players. In doing so, Red Deer's membership at least doubled in the following registration years.

Harold believes that that everyone should have the opportunity to play this game of ours. He has committed much time, energy, and knowledge to those of us within the lacrosse community. He has missed many family gatherings, functions, etc. in order to meet the commitment that he has made to this sport and to the players of the game. He has the support of his family, wife Sherry, daughter Stephanie and son Steve. For without that, he would not have been able to do all the wonderful things in lacrosse over these past sixteen years.

I have been Harold's neighbor, friend, co-executive member and at times ,his toughest critic. He to me is what Don Cherry is to hockey.... Mr. Lacrosse....

