



U17 FEMALE HEAD COACH

ABOUT KRISTA



Krista Lovse was born and raised in Calgary, Alberta, where she played field lacrosse for twenty-five years and women's box for nineteen years. Krista has coached field and box lacrosse within Calgary for over fifteen years. She began coaching younger females in Alberta to give back to the game she loves. She has been a part of the Team Alberta box program for thirteen years, two as a player and eleven as a coach. This includes Head Coaching, the first-ever female Canada Summer Games Team Alberta, which captured bronze in 2022. These teams have medaled in every national tournament, capturing Bronze eight times, Silver twice (once as a player and once as a coach), and Gold once as a player. Krista was the assistant coach of the inaugural female box team Canada, capturing silver at worlds last fall, and in 2024, was the assistant coach of the Jr B Shamrocks. As a player she has been a Captain of her team many times over her career. Krista believes in servant leadership, doing whatever is necessary to improve her team, and being a positive role model for the next generation. Krista has traveled extensively to play and coach, including Australia, Turkey, throughout Canada, and the United States. In her personal life, Krista is a small business owner in Calgary. She has one daughter and a husband, who all love lacrosse and support all her lacrosse endeavors.