

TEAM ALBERTA LACROSSE



U19 FEMALE FIELD HEAD COACH

ABOUT SARAH



In 2011, Sarah captained the U19 Canadian National team that captured Bronze at the World Championship. Sarah attended Limestone University, where she was a four-time All-Conference player and three-time All-American and captained the team her senior year. With Limestone, Sarah won four Conference Championships and played in the National Tournament all four years, including two National Championship title games.

After graduating from Limestone in 2014 with a major in Strength and Conditioning, Sarah moved to England, where she coached school teams and regional teams. Sarah coached the Wales U19 "B" Team at the Home Internationals Tournament and was the assistant coach of the U19 Wales National Team that competed in the World Championship 2015. Sarah is currently the Director of the Vimy Lacrosse Program and the Women's Director of the Edmonton Razorbacks. She is also the head coach of the U19 Canada West Development team.