



U17 FEMALE ASSISTANT COACH

ABOUT VALERIE



Val's lifelong passion for sports at the young age of 5 within the Nepean, ON minor hockey system. She was first introduced to lacrosse following a family move to Calgary, where she played goal in the Calgary Axemen association, from minor lacrosse through Junior. Val's passion for competitive sports transcended disciplines, as she excelled as a Division 1 NCAA athlete, competing in both hockey and field lacrosse at Brown University.

Val's commitment to and passion for lacrosse is evident in her coaching and officiating resume. She has been involved in the sport for over four decades. She began her 4 decade long referee career at 10 and continues to referee in the RMLL. She has officiated in 3 major national championships including the Founders and Presidents Cups, as well as serving as the Referee-In-Chief at three additional national championships.

A seasoned coach with over 15 years of experience across various sports, Val's recent coaching endeavors include stints with the Calgary Fury and Team Alberta, where she imparted her knowledge and leadership to aspiring athletes. Notably, she served as the assistant coach for the U17 Canada Games team, winning the bronze in 2022. Additionally, Val was the assistant coach for both the U17 and U19 NAIG teams, securing bronze medals for both squads in the previous summer's competitions.