

Meet the **BOARD**

Bonnie Degroot

ALBERTA FIELD LACROSSE PRESIDENT

I'm excited to be apart of AFLA!

My experience on non for-profit boards began in Gymnastics. I have served on UNOCAL (club level), the Alberta Gymnastics Federation and Gymnastics Canada. I have experience in organizing volunteer-based competitions, including National Championships, Provincial Championships, Elite Championships for Gymnastics Canada, and the largest Men's Artistic Gymnastics International Competition in Canada. Once my daughter moved to NCAA, I moved my volunteer time to Lacrosse. I have one son playing NCAA lacrosse in Texas and my youngest son is currently playing minor lacrosse for the Hornets.

I started lacrosse volunteering by working alongside Brent Robinson at the Alberta Summer Games.

I am currently the President of the Rockview Silvertips Jr B Lacrosse team. I had the honour and privilege of running the 2024 Larry Bishop Memorial Cup (a huge shout out to all the amazing Silvertips parent volunteers who made the event a huge success!

The sport of lacrosse has given my boys so many amazing life lessons, resilience, overcoming obstacles, time management, communication skills, to name but just a few. I felt it was time I gave back to the sport of field lacrosse.

I look forward to working with everyone at the ALA & AFLA to continue the journey started by the last AFLA board, and to help grow the game of Field Lacrosse in Alberta.

