



Meet the **EXECUTIVE** DIRECTOR OF HIGH PERFORMANCE *Heidi Bates*

As the Director of High Performance for the Alberta Lacrosse Association (ALA) Board, I bring a wealth of experience in leadership, management, and administration, with a strong focus on the growth and development of women's field lacrosse. I have been actively involved in the sport for many years. I am the current Sector Chair for Women's Field Lacrosse for Lacrosse Canada as well as the President of the Edmonton Razorbacks Field Lacrosse Club. I have also served as the Vice President - Women's Field Lacrosse for the Alberta Field Lacrosse Association and a Manager for the Sherwood Park Titans Box Lacrosse Club and Tram Alberta. In these roles, I have worked to advance opportunities for female athletes, develop high-performance programming, and support the continued growth of the sport at both the provincial and national levels.

In my role with the ALA, I am responsible for overseeing the organization and administration of ALA teams at national and provincial competitions, ensuring that our athletes and teams have the necessary support to compete at the highest level. I also work to facilitate the sanctioning process for teams traveling outside Alberta for competition, ensuring that all teams are properly prepared and meet the necessary requirements. Additionally, I collaborate with the ALA Board to assess and endorse applications for hosting national events in Alberta, helping to bring high-caliber lacrosse competitions to our province and further elevate the sport.

My passion for sports leadership extends beyond lacrosse. Professionally, I am a lecturer and program director in the Division of Human Nutrition at the University of Alberta, where I have been teaching and working in the health sciences for over 20 years. My background in health and performance has provided me with a unique perspective on athlete development, nutrition, and overall well-being, which I bring to my work with lacrosse players and teams. I am committed to fostering a high-performance environment that supports athletes in reaching their full potential both on and off the field.

I am thrilled to be part of the ALA Board and to contribute to the ongoing development of lacrosse in Alberta. My goal is to support athletes, coaches, and communities in growing the sport while ensuring that our programs and competitions provide meaningful opportunities for players at all levels. I look forward to working with the lacrosse community to continue building a strong and successful future for the sport in our province.