



Lauren Clark is a passionate and accomplished player-turned-coach whose journey exemplifies dedication both on and off the soccer field. As a proud UPEI Women's Soccer alumna, she played a pivotal role during her five years with the team, serving as captain in 2020 and 2021. Her outstanding performance earned her an AUS All-Star award in her final season, and she was recognized as PEI Soccer's Senior Female Player of the Year in 2022.

Lauren began her coaching career while still a player, joining the PEI Soccer coaching staff in 2019. She quickly made an impact with her deep understanding of the game and natural leadership skills, taking on roles such as Development Coach for the U15 Girls' PEIFC Team. Over the years, her coaching responsibilities expanded, including positions like Apprentice Coach for the 2021 Canada Games Women's Soccer Team, Assistant Coach for the U17 and U15 PEIFC Girls' Teams, and, more recently, Head Coach of the U13/14 PEI Prospects. In 2022, Lauren earned her Canada Soccer C-License, reflecting her ongoing commitment to professional growth.

Currently, Lauren serves as an Assistant Coach for the UPEI Women's Soccer team, as well as for the 2025 Canada Games Women's Soccer Team and the U17 PEIFC Girls' Team. Her work with young athletes highlights her dedication to helping players achieve their potential both on the field and in life.

Beyond soccer, Lauren is an elementary school teacher in Montague, P.E.I., where she continues to inspire and educate young minds. She is also pursuing her Master's of Education in Coaching Studies at the University of Victoria, underscoring her drive to excel in both teaching and coaching. Lauren's multifaceted career showcases her unwavering commitment to empowering others and fostering excellence in every aspect of her life.



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