



LBK Off Season Development



Meet our exceptional coaching staff:



Katie Guy

Canadian Women's World Cup Team	<ul style="list-style-type: none"> • 4-time member • 2-time Silver medalist • 2017 Co-Captain • 2013 – Named All World Defender
Penn State	<ul style="list-style-type: none"> • Graduate • Team Captain – Senior year • Led team to NCAA tournament berth in Jr. & Sr. season • 2013 Third Team All-American • 4-time Conference Academic Award winner
Lady Blue Knights	<ul style="list-style-type: none"> • U19 Elite Provincial champion 2006, 2008 • 2-time Ontario Summer Games Champion • U15 Elite Provincial champion 2003, 2004, 2005 • Outstanding Defensive Player Award • Team Co-Captain • Senior Team Provincial Championship

"I once read that it takes 10,000 hours to master any skill and become an expert. Between my first house league practice and my last, the championship game at World Cup with Team Canada, I believe there was many more than 10,000 hours! The best players that I have ever played alongside constantly had their sticks in their hands - making up mini competitions, stick tricks and games. No matter what level they were competing at, always remembering that Lacrosse is FUN!" **Katie Guy**



Corina Mahorn

<p>Detroit Mercy</p>	<ul style="list-style-type: none"> • Graduated 2012 • 2-time NIC Player of the Week Honours • Team Captain - sophomore year
<p>Pfeiffer University</p>	<ul style="list-style-type: none"> • Graduate assistant coach 2013 – 2015 • 2014 Conference Carolina 2nd overall finish • 2014 Division II NCAA Tournament Finalist • 2015 Conference Carolina 3rd overall finish
<p>Lady Blue Knights</p>	<ul style="list-style-type: none"> • U19 Elite – Provincial Champion 2006, 2007, 2008 • Coaching Provincial Champion U19 Elite 2013, 2017 • Coaching Provincial Champion U19 Competitive 2011

"I've played and coached at the collegiate level and I always love an opportunity to share what I've learned!" **Corina Mahorn**



Julie Cryderman

Team Canada	<ul style="list-style-type: none"> • U19 Elite Bronze Medalist, 2011
University of Albany	<ul style="list-style-type: none"> • Graduate 2016 • 2nd on team for draw controls • 5th on team for points • Academic Dean's List
Lady Blue Knights	<ul style="list-style-type: none"> • U19 Elite Provincial Champion 2009, 2010, 2011, 2012 • U15 Elite Provincial Champion 2006, 2007, 2008 • Coaching U19 Elite 2015
<p><i>"When you feel like stopping, think about why you started.!"</i> Julie Cryderman</p>	