



## COACHING ANNOUNCEMENT

**North Strong Lacrosse is pleased to announce that Paul Rai will serve as the Head Coach of our Boys 2026 team at the Sandstorm Lacrosse Festival in Palm Springs, CA in January 2020.**

Paul Rai is the owner of North Strong Lacrosse. Paul's lacrosse experience started 40 years ago with the Gold Bar Miners, which transformed into today's Edmonton Miners Club. He played his minor lacrosse with Gold Bar Miners and travelled to many national championships with the organization. As an adult he played Senior lacrosse with the Miners, and then with the Edmonton Outlaws where he was the player/coach of the 2002 Presidents Cup National Champions

Paul is currently the Senior Manager of Development for the Alberta Lacrosse Association working very closely with coaches and players throughout the Province leading coaching clinics and camps. He is also actively involved with the Team Alberta program. Paul has been instrumental in the development of Alberta Lacrosse TV, an online resource for players and coaches to learn more about the sport of lacrosse.

Paul was the founder of Vimy Lacrosse, Alberta's premiere lacrosse academy. Founded in 2005, Vimy Lacrosse has been developing student-athletes within the Edmonton Public School system through intensive academic and athletic training. Vimy Lacrosse has sent over 35 student athletes to college lacrosse programs across North America. Paul's work at Vimy Lacrosse has changed the landscape of lacrosse in the Edmonton area.

Paul attended Dartmouth College (NCAA) and played four years of Division I hockey for the Big Green. That experience at Dartmouth has been critical in Paul's focus on working with athletes and teaching them the importance of focusing on academics to meet their long-term goals.

With North Strong Lacrosse, Paul has created a company to focus on the development of skills for all players, regardless of experience. North Strong Lacrosse is for the new player learning the game as well as the veteran looking to move their skills to the elite level of the sport.