

SHANNON ALGEO

610-526-7375

Salgeo@brynmawr.edu

COACHING EXPERIENCE

- Bryn Mawr College, Head Lacrosse Coach; Bryn Mawr, PA 07/2023present
 - o Every aspect of running a team; recruiting, practice plans, film sessions, training plans, scouting reports, budget, spring break trips, mental training, leadership training, injury prevention, gear orders, team study halls, DEI work, community service, social media
- Gwynedd Mercy University, Head Lacrosse Coach; Gwynedd Mercy, PA 07/2018-2023
 - o Every aspect of running a team; recruiting, practice plans, film sessions, training plans, scouting reports, budget, spring break trips, mental training, leadership training, injury prevention, gear orders, team study halls, DEI work, community service, social media

OTHER RELEVANT EXPERIENCE

EDUCATION

- *John F. Kennedy University*, Pleasant Hill, CA 12/2013
 - o MA, Sport Psychology

- *Moravian College*, Bethlehem, PA 05/2011
 - o BA, Psychology, Dean's List
 - o Minor, Economics; Omicron Delta Epsilon
 - o Varsity Lacrosse; Landmark Conference Academic Honor Roll
 - o

MENTAL COACHING EXPERIENCE