



Lacrosse Bio: Jason Crook, Coach Lead

[Last Updated: March 2026]

Jason grew up playing his Minor lacrosse in Calgary for the Axemen Lacrosse Association where he grew into a top Jr prospect. Drafted by the JrB Shamrocks, he first played one season with the JrB T2 Wranglers before making the jump to the JrB Shamrocks and then ultimately playing his final 3 years of his extremely successful Jr career with the JrA Mountaineers.

Thanks to his on-floor play as a gifted offensive talent and his off-floor leadership, Jason was drafted 1st overall in 2009 by the Mounties Lacrosse Club.

With the Mounties, Jason established himself as one of Alberta's premier offensive minds and was named team Captain in 2010. During his tenure he has led the Mounties to three President's Cup appearances while being instrumental in rebuilding the clubs historic culture in record breaking time.

Coaching has always been something that seemed like a natural fit for Jason thanks to his deep knowledge of the game and his natural ability to teach and get the most out of players.

Jason was a critical driving force in building the Calgary JrB Shamrocks into a national powerhouse, winning the Founders Cup National Championship in 2019 as the clubs co-head coach and team architect. He's held a number of roles in the Shamrocks organization, always willing to go where there is a need and is currently the clubs GM, President, and co-coach.

Jason also functions as program director and a coach leads with Mounties Academy Lacrosse.

Playing Background

- Mounties Lacrosse Club (2009 - 2022, Captain 2010 - 2022), included 3 President's Cup National Championship appearances.
- JrA Mountaineers (2006 - 2008), included Minto Cup appearance in 2008.
- JrB Shamrocks (2005).
- JrB T2 Wranglers (2004).
- Calgary Axemen Lacrosse Association.
- Calgary Field - Played in 9 Canadian Field Lacrosse National Championships, winning 1 gold, and multiple silver / bronze medals.

Coaching / Builder Background

- Alberta Lacrosse Association (ALA) Technical Director (2022 - Present).
- Mounties Lacrosse Club Assistant Coach (2022 - Present).
- Mounties Lacrosse Club Hall of Fame Inductee (2022).
- Duane Bratt Lifetime MVP Recipient (2022, ASL).
- GM & President - JrB Shamrocks (2019 - present).
- Wayne Sutherland Coach of the Year Award (2019, RMLL).
- Head or co-Head Coach - JrB Shamrocks (2014 - 2019, 2023, 2025 - present).

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- Assistant Coach - JrB Shamrocks (2010 - 2013).
 - Offensive Coordinator - U17 Jr Roughnecks (2017 - 2019) - Included 3 Gold Medal game appearances, winning Gold in 2017.
 - Program Director, Coach - Lead - Mounties Academy Lacrosse (2017 - Present)
 - Coach - U15 Jr Roughnecks (2020 - 2023) - Gold Medal Champions in 2022.
 - Jr Roughnecks Coaching Director (2024 - 2025).
 - Assistant Coach - JrA Mountaineers (2009).
 - Assistant Coach - Axemen U15A, Axemen U17A (2007 - 2008).
 - Technical Coaching Director - Strathmore Lacrosse Association (2018 - 2020).
 - Coach - Calgary Field Lacrosse & Travel Teams (2007 - 2009).
 - Assistant Coach - Calgary Cougars Sr Ladies (2014).
 - Head instructor - U13 / U17 Girls Winter Camps (2012 - 2013).
 - Head Coach - Girls U17A (2013).
 - Assistant Coach - Ladies Field - NSA Travel Team to Philadelphia (2009).
 - Assistant Coach - Ladies Field Evolve Travel Team to San Diego - (U15 Champions).
 - Team Alberta Assistant Coach - U15 Boys Box - Bronze Medal (2009).
 - Team Alberta Assistant Coach - U17 Boys Field - Bronze Medal (2009).
 - Team Alberta Assistant Coach - U17 Boys Field - 4th Place (2010).
 - Team Alberta Assistant Coach - U15 Girls Box - Bronze Medal (2011).
 - Team Alberta Head Coach - U17 Girls Box - Bronze Medal (2012).