



LCBI Sports Camp - Meet the Coaches!

FLAG FOOTBALL

LCBI SPORTS CAMP 2022
MEET THE COACH

Owen Redlick



Owen has a football career full of accomplishments. He wore the Team Canada jersey where he received the award for Best Offensive Player. While wearing the Team Saskatchewan jersey he led the team to a National Championship in 2010. After high school he played for the VI Raiders in Nanaimo. Over his four years he won Special Teams MVP in 2012 and 2013 and Team MVP in 2014. He then went on to lead the CJFL in interceptions in 2015 with the Calgary Colts while winning Most Outstanding Defensive Player, Best Defensive Back, and Special Teams MVP. He then returned to his hometown Outlook to begin his coaching career.

BASKETBALL

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MEET THE COACH

Kimberley Stephenson



Kim has a wealth of basketball knowledge having played with the U of S Women's Huskie Basketball program from 2006-2011 where she was a 2-time CIS First Team All-Canadian and the 2011 Canwest MVP. She coached the Jr. NBA program this past season and looks forward to working with the youth to develop the game of basketball in our community.

Kim is a Registered Dietitian and will be leading the nutrition sessions to teach the importance of food for physical performance.

BASKETBALL

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Trevor Nerdahl



Trevor had a basketball career that has taken him all around the world. He attended Trinity Western University before transferring to University of Saskatchewan where he co-captained his team to a CIS National Championship in 2010.

After a successful CIS career he went on to play in International FIBA 3x3 Tournaments representing Team Saskatoon and Team Canada. He coached with PGC Basketball where he directed camps across North America.

VOLLEYBALL

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MEET THE COACH

Keely Anderson



Keely graduated from LCBI High School where she received the MVP Award for two seasons. She went on to continue her volleyball career playing for the Brandon University Bobcats. In the 2021/2022 season she won Rookie of the Year and set a service ace record of 9 aces in one game. Returning for her second year coaching at the Sports Camp, she also was an assistant coach for the U16 Cats Club in Brandon.

VOLLEYBALL

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MEET THE COACH

Paul Armbruster



Paul has coached high level volleyball for over 10 years with Lakeland College and Ambrose University. He has spent 6 summers coaching with Team Alberta and was the assistant coach for the Jr National Team twice.

His playing career included post secondary at Briercrest and University of Calgary followed by professional seasons in Norway.

SOCCER

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MEET THE COACH

Sydney Perlinger



Sydney is a third year goalkeeper for the Mount Royal University Women's Soccer Team. Before landing a spot on the University team she played with Sask Soccer for 4 years and then was invited to train with the U19 Mens Whitecaps in Saskatoon.

In between her own practices and games, Sydney has coached with FIFA, Soccer Canada and Royal City Soccer.