

STACEY MORLANG – LACROSSE CHAMPION

Stacey Morlang started playing lacrosse as an 8-year old with Newport Ladies Lacrosse Club U16 team in 1989 after many years of playing lacrosse with her father and older brothers in the backyard. There were no junior teams other than U16 so she had to learn and adapt quickly, toughen up and learn the basics.

Stacey started playing at Newport because her family had a lot of friends at the club, and they loved the culture and environment that had been built there.



Stacey was selected in the Victorian U16 team from 1994-96, the Victorian U21 team in 1998, the Victorian senior team in 1997-98.

Victorian U16 State team from the age of 13 - 16 (1994, 1995, 1996)

Victorian U21 State Team age 17 (1998)

Victoria Senior Women's Team from age 16 (1997-98, 2006-09 & 2012-13)

U19 Australian Team 1999 - Co-Captain

Prior to heading overseas Stacey completed her VCE at Westbourne Grammar School in Melbourne and then studied at Loyola for 4 years where she majored in sociology.

Stacey's opportunity to attend Loyola University came about after being seen by the Loyola coaches while they were visiting Australia on an overseas trip in 1995. Stacey commenced playing at Loyola in January 1999 and came home in June of that year to train and prepare for the U19 World Championship, which was played in Perth, where Australia won the silver medal.

During Stacey's time at Loyola she was selected All-American 1999-2002 (Including captain 2002), Tewaaraton finalist 2002, NCAA attacker of the year 2001-02, 3rd leading scorer of all-time and 4th leading points scorer of all-time.

AUSTRALIA

U19 Australian team 1999 - Co-Captain

2005 Gold Medal winning team – selected in All-World team

2009 Silver Medal winning team – selected in All-World team (Vice-Captain)

2013 Bronze Medal winning team – selected in All-World team (Co-Captain)

COACHING

After completing her studies at Loyola in 2002 Stacey was appointed assistant coach at Loyola for the following 3 years after which she returned to Australia. She returned to coaching in 2019 as Co-head coach of 2019 U19 Australian team - bronze medallist

Stacey had her first child in 2011 and played her last interstate and international lacrosse in 2013. Stacey has since had two more boys, aged 6 and 3, and has not played lacrosse at the top level for 7 years but being the champion she is, she is a squad member of the 2021 Australian team for the World Cup to be played in Towson, Maryland.

AWARDS & RECOGNITIONS

- Inducted into the Loyola Hall of Fame - 2013

INFLUENCES & INSPIRATION

Going to College completely changed the trajectory of my life. I was well set up leaving Australia to excel in that environment, having played against and with the best Australia had to offer. I had already been exposed to the rigors and intensity of high-level lacrosse but the college environment added professionalism, daily skill practice, culture, and strength & conditioning that really helped elevate me to the next level.

I had a coach, Diane Geppi Aikens, who gave me immense freedom to play my style and allowed me to lead and take ownership of critical elements of the game. We never had the best list of individuals in the country but we had the best culture and coaching to suit our goals. We consistently finished in the top 6 in the 4 years I was there and that was due to culture and mateship.

I was fortunate enough to have a group of women around me for 4 years who pushed me every day. We absolutely smashed each other on the pitch and felt we were doing our duty as best mates to make each other better no matter how hard it hurt. I found a new level of mental toughness at college that has translated to life. I

found the perfect fit for me at Loyola and it allowed me to truly meet my potential at that stage of life, but it also set me up for so much more to come.

My Australian senior lacrosse career started after college and I was well and truly ready for the world stage by then because of how hard we worked at college. I understood team culture, mental toughness, and what it took to win, coupled with the right team and coaching, the 2005 Gold Medal arrived. One of the highlights of my life, if I hadn't exposed myself mentally and physically to the college system I wouldn't have been able to contribute to that team the way I wanted.

“In terms of influences and inspiration, I have had quite a few people throughout my career. Sue Sofarnos was my first major influence providing her understanding of mateship, culture, true love, and passion for the sport. She taught me so much about how to show up and be a leader.

Sarah Forbes was a huge influence on me as a leader having played a few World Cups with her because she was committed and almost relentless in her approach to lead, focus and prepare.

My college coach Diane Geppi Aikens (who passed away a year after I graduated) was an incredibly driven, unapologetically tough, and motivational person. She showed me how to genuinely work hard and handle pressure.

To this day and every day, Trish and Jen Adams have pushed me to understand the game of lacrosse through the lens of intelligence, tactics, skill and care...enjoying the challenge is where they live and I like to be in that space with them as much as I can”.

Following her return to Australia from Loyola in 2005 Stacey worked for Harrow Sports, setting up the distribution in Australia before becoming the Senior Brand Manager of Triathlon brand, Orca for 7 years, before starting her own business, women's lifestyle brand Show+Tell (showandtellonline.com.au) to connect women through conversation, which has been operating successfully and growing for 7 years.

Well done Stacey, Australian lacrosse champion