

JEN ADAMS – AUSTRALIAN LACROSSE CHAMPION



Jen Adams started playing lacrosse in 1988, as an 8 year old, after participating in a soft-crosse school competition at Dover Gardens Primary School in Adelaide conducted by the Brighton Lacrosse Club, which at that time did not have a girls' junior side. So Jen and her sister Trish, and a bunch of friends, got together and Brighton entered a team the following year in Under 12's.

Jen started playing senior women's lacrosse at Brighton in 1991 at age 11, represented S.A. in the U16 S.A. Associates team in 1991 and then South Australia U16 & U21 teams from 1993, and was selected in the South Australian senior team from 1996 – 1997.

In the lead up to the 1995 U19 World Championships in Haverford, Pennsylvania the Australian team played a few scrimmages against club teams in Maryland, where Gary Gait and Cindy Timchal (Coaches at University of Maryland) (UMD) had the chance to see her play. Sarah Forbes and Sascha Newmarch were both playing for Maryland at the time so the coaches already had a good idea of who were the up and coming champions in Australian women's lacrosse. After the World Championships Gary Gait reached out expressing an interest in Jen's playing career and continued to follow her career. In 1997, Brett Cope took a Brighton Lacrosse Club women's team to the USA for a series of matches and it was on this tour that Jen, then aged 17, was able to meet up again with Gary Gait and Cindy Timchal for an interview, from where she was recruited on a lacrosse scholarship to UMD. Jen graduated from secondary school in December 1996 and worked as a personal assistant in Adelaide throughout 1997 and moved to the U.S. in January 1998. While at UMD, Jen completed a Bachelors Degree in Sports Management & Marketing.

While only 17 when she was recruited to UMD, Jen had been playing A Grade lacrosse since she was 11 and playing in the S.A. senior team since she was 16.

Jen returned home during 1999 for the national championship held in Sydney and also played in Brighton's first A grade premiership win since 1969.

Jen Adams amazing career as a lacrosse player finished during the 2013 World Cup warm up matches where she sustained a torn ACL prior to the first game. This would have been her fourth senior World Cup appearance, at the age of 33. Jen was selected in all of the World Cup teams she tried out for.

INTERNATIONAL ACHIEVEMENTS AS A PLAYER

1995 U19 Australian team – Gold Medalist

2001 Senior Australian team- Silver Medalist

2005 Senior Australian team- Gold Medalist

2009 Senior Australian team- Silver Medalist

2013 Senior Australian team- Bronze Medalist (Did not play due to injury)

World Cup highest point scorer (2001, 2005 & 2009)

2 All-world team selections (2005 & 2009) and several individual game MVPs

Spirit of Lacrosse Award (2013) -awarded at the conclusion of the World Cup to an individual who embodies what lacrosse means to their country.

UNIVERSITY OF MARYLAND AWARDS

4 times NCAA Champion (1998-2001)

2 times NCAA MVP (1999 & 2000)

3 times All-American (1999, 2000 & 2001)

3 times National Player of the Year (1999-2001)

Tewaaraton Award Winner (2001) (This is an annual award, since 2001, to the most outstanding American college lacrosse player)

2 Honda/Broderick Cups (2000 & 2001). (An annual U.S.A. award to the best collegiate female athlete in each of twelve sports)

2 Atlantic Coast Conference Female Athlete of the Year (2000 & 2001)

NCAA Division I women's lacrosse 25th Anniversary team (2007) (One of 12 former-student athletes named to the team for outstanding achievements while competing and coaching in NCAA championship over the past quarter century).

All-time NCAA points leader (2001-2019)

Holder of the University of Maryland all-time points and assist records

OTHER SIGNIFICANT AWARDS / ROLES

2001 First female drafted to the National Lacrosse League (Indoor). Jen Adams remains the only female player drafted into the league when the Washington Power selected her in the ninth round out of UMD in the 2001 draft.

2007 Inducted into the US Lacrosse Potomac (Washington D.C. district) Chapter Hall of Fame

2012 Inducted into the University of Maryland Athletics Hall of Fame

2012 First Australian to be inducted into the US Lacrosse National Hall of Fame

Commissioner of the WPLL (Women's Professional Lacrosse League)

Chair of the NCAA Women's Lacrosse Rules Committee

COACHING

Following Jen's outstanding playing career at UMD she was appointed assistant coach at the University of Maryland from 2002-2004, after which she accepted the same role at the University of Denver from 2004-2006. In 2006 Jen returned to University of Maryland as associate head coach and remained there until 2008, and has been head coach at University of Loyola (Maryland) since 2009 (11 years), during which time the team has won 2 Big East Championships (2011 & 2012), 6 Patriot League regular season champions (2014 - 2019) and 4 Patriot League tournament titles (2014 – 2016 & 2019). During that time Jen was named Big East Coach of the Year (2011), 5 Patriot League Coach of the Year (2014, 2016 -2019) and 3 times IWLCA Mid-Atlantic Coach of the Year.

In 2016 Jen was appointed head coach at Baltimore Ride Professional Lacrosse

On top of the American coaching experience Jen was also assistant coach of the Australian Under 19 girls team in 2011 and 2015 and was co-coach of the 2019 Australian Under 19 girls team.

TESTIMONIALS

"Jen was different from anyone I ever played with or watched. She had the unlimited capacity to read the play and her opponent like no one I had ever seen. She could unravel an opponent's game plan and specific players in mere seconds and immediately figure out how they could be beaten".

As a teammate, she was relentless in her desire to win, she rarely doubted her ability and always backed herself but more importantly she gave her teammates the ability to feel secure and safe in her hands. We knew if we had her we had all we needed.

As a player, she toyed with her opponents because she knew how to use her stick and her body in a way that no one had done at the time or continue to do even to this day.

There was no one or is no one that was as innovative and forward thinking as Jen Adams was and still is." (Stacey Morlang, 2005 world champion and WC player 2009 & 2013 and co-coach with Jen Adams of the 2019 U19 Australian team.)

Watching Jen Adams play lacrosse was an absolute joy. Her ability to read the play and move through defenses was second to none. She made the hardest moves and shots look easy. Her stick work, game sense and timing were impeccable. I feel so privileged to have played alongside her at the 2005 World Cup and to watch her play at the University of Maryland. (Sarah Forbes, who preceded Jen Adams at UMD, 2005 & 2009 World Cup player and both inductees to the U.S.I.L.A. Hall of Fame and UMD Hall of Fame).

So many superlatives that describe Jen Adams as a player, teammate, coach and just as a person, but two things have stood out to me - her modesty with all the incredible success she has attained and her ability to take a technique to a new level. To see Jen now nurturing the game as a coach, her involvement in The WPLL and other groups/committees etc makes so many of us proud and I often think to myself "thank God she chose Lacrosse" over many sports she excelled in.

(Cath Conaghty, 1995 & 99 U19 Australian Head Coach & World Cup Player 1989,93 & 97)