

Cassandra Chicoine is a lacrosse mom, a professional engineer, an amateur photographer and a community volunteer. Growing up in Eastern Ontario as the eldest child of an Orangeville Jr. A player and minor lacrosse coach, she doesn't remember a time when lacrosse was not part of her life.

Cassandra played lacrosse for Kingston Minor Lacrosse until highschool. Her father started the Gananoque Lacrosse Association in 1999 where her younger brother played. Keeping the family lacrosse tradition alive, her son is currently playing at U17 and her nephew at U11 for the Nepean Knights.

Cassandra works as a senior project manager for a global integrated facility management company. Managing large scale construction projects, big budgets, tight timelines and problem solving as a team are part of her daily routine. With 22 years experience, she has honed the skills required to successfully deliver on large projects. These skills are easily transferable to her volunteer pursuits where she quickly becomes a valuable team member wherever she decides to volunteer her time.

When she's not working, Cassandra is an amateur photographer. As her child's lacrosse obsession grew, her hobby moved from nature photography to sports photography. Cassandra enjoys sharing what she sees through the lens with the families of the other players, often assuming the position of unofficial team photographer. This passion for photography and content creation provided her an opportunity to work with the Nepean Jr. B team managing their social media. She has found this opportunity to be rewarding, allowing her to feed her creative side while growing their online following and fan base.

Cassandra is no stranger to volunteerism and non-for-profits in Ontario. Cassandra has volunteered for countless ATV charity events over the years, including the first ever ATV chapter of Ride for Dad. From hosting the first planning meeting at her kitchen table to coordinating rider registration on the morning of the rides, Cassandra was a valuable volunteer for this event for many years helping raise over half a million dollars for local prostate cancer research and awareness. With her husband now retired from provincial and national ATV boards, Cassandra misses the time she had volunteering with these groups and is looking for her next volunteer experience.