



Lauren Hudson

Lauren first began to play volleyball at the age of 12, and has not stopped playing since.

In 2018, she played her first year of club with the Alliance Volleyball Club; and after graduating from high school in 2019, she joined the Red River College Rebels. Following COVID, and after finishing her collegiate playing career, Lauren wanted to stay connected in the volleyball community and began coaching club volleyball. Her coaching highlight to date was co-coached a 15U girls team to win a silver medal at nationals (2021).

Apart from coaching, she also continues to play plays on a rec co-ed team; and after recently graduating from RRC, Lauren works as a Laboratory Technologist at Magellan Aerospace.

Lauren is extremely excited to work with Winman for the first time and continue her development and learning experience as a new coach!