

Lauren Shoughro

702-573-9926 · Laurenshoughro@gmail.com · Laurenshoughro.com · Salt Lake City, Utah

PROFESSIONAL EXPERIENCE

Operations Associate, Premier Lacrosse League, May 2025 - Present

- Supported youth development events such as PLL Academy clinics, showcases, and training camps by managing registration, check-in, and on-site logistics.
- Assisted with field setup, equipment organization, and scheduling to ensure smooth daily operations for athletes, coaches, and parents.
- Acted as a liaison between PLL staff, coaches, and families, providing top-tier customer service and ensuring a professional and welcoming event environment.
- Helped facilitate coach assignments, team rosters, and field rotations to maintain event flow and maximize athlete development opportunities.

Front of House Associate, Utah Mammoth, NHL, March 2025 - Present

- Delivers exceptional customer service by warmly greeting guests, providing detailed menu information, and addressing dietary preferences or allergies.
- Maintains an organized and efficient workspace by stocking fueling and hydration stations, and refrigerators with necessary products.
- Collaborates with team members including team nutritionist and chef to ensure smooth day-to-day operations.
- Manages inventory and supplies, working collaboratively with supervisor to restock ingredients and items for kitchen, refueling stations and for player lounge and locker rooms.

Marketing Team Lead (Utah), Premier Lacrosse League, Salt Lake City, January 2024 - 2025

- Managed an intern team in representing the PLL and Utah Archers at events, effectively promoting the team and distributing promotional materials.
- Designed and executed activations at diverse lacrosse events, boosting PLL visibility and fan engagement across youth, high school and adult lacrosse in Utah.
- Drive PLL's growth in Utah through strategic community outreach, event management, and local partnerships reaching over 3,000 data captures.
- Fostered partnerships between PLL and local lacrosse organizations, enhancing community engagement and expanding the league's reach in Utah.

Accounts Payable and Time Management, Ridge Rock Inc, Salt Lake City, January 2023 - October 2024

- Worked with superintendents to manage clock-in and clock-out procedures of over 120 employees to ensure jobs could be billed properly
- Organized and entered bills into QuickBooks and called customers to make payments before bill due date

Digital Producer, The Forum, Salt Lake City, August 2020 - May 2022

- Created over 200 visuals, graphics and illustrations for the print and social media accounts
 - Collaborated with the Production Manager to create the layout for the newspaper's 14 print editions
 - Worked closely with the other editors to produce written, audio, video and visual content
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INTERNSHIP EXPERIENCE

Game Day Operations Intern, Utah Grizzlies, Salt Lake City, September 2024- Present

- Assists with organization and maintenance of promotional inventory for the Game Operations and Promotions department
- Assists with the youth marketing initiatives including Grizz Kids.

Events and Marketing Intern, Westminster University Athletics, Salt Lake City, August 2021 - May 2023

- Operated scoreboard, managed game and shot clocks, and assisted in event logistics, ensuring smooth event flow; sold tickets and provided on-site support as needed to enhance attendee experience and contribute to event success.
- Designed over 100 athletic event advertisements using Adobe Illustrator that were posted to social media weekly, as well as printed and posted around campus
- Planned promotions to increase attendance at athletic events using special events such as tailgates, youth nights and teacher appreciation games

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LACROSSE EXPERIENCE

Girl's Lacrosse Coach

- **East High Girl's Lacrosse Head Coach**, Salt Lake City, October 2024- Present
 - Leads and manages a high school varsity girls lacrosse team, overseeing all aspects of coaching, including practice planning, game strategies, and player development.
 - Develops and implements training programs focused on improving players' technical skills, tactical knowledge, and overall performance.
 - Coordinates transportation, fundraising efforts, and communication with athletic department staff, ensuring smooth operational processes.
 - Handles team scheduling, including practice sessions, games and tournaments, and transportation to and from contests ensuring efficient time management for athletes and coaching staff.
 - Promotes injury prevention strategies, first-aid protocols, and proper warm-up/cool-down routines to reduce risk and enhance player wellbeing.
 - Maintains close relationships with players to ensure they become successful student-athletes
 - With these strategies, improvements we have seen in the East High girl's lacrosse team are
 - Biggest team in East High history
 - Overall player drive has increased
 - Lacrosse IQ of players has grown since previous years
 - Team dynamic shifted and girls enjoy the sport and each other more with my coaching staff
- **Assistant Coach**- NVLS, Las Vegas, January 2016- December 2023
 - Support head coaches in developing game strategies, practice plans, and individualized player training across multiple age groups and skill levels.
 - Focus on positional development, with a specialization in midfield and defensive tactics.
 - Provide mentorship to student-athletes, helping them build confidence, improve lacrosse IQ, and prepare for high school and collegiate recruitment.
 - Contributed to multiple tournament wins and player development successes, including athletes advancing to collegiate programs.

Level Three Women's Lacrosse Official

- **USA Lacrosse/UWLOA**, Salt Lake City, January 2015- Present
 - Officiate high-level competitive girls' and women's lacrosse games across Utah and Nevada.
 - Recognized for strong game control, leadership, and adherence to national officiating standards.

Women's Lacrosse Officials Trainer and Observer

- **USA Lacrosse**, Salt Lake City, January 2023 - Present
 - Train and evaluate new and veteran officials, ensuring high standards of game management and rule application.
 - Mentor officials in field mechanics, game flow, and communication with players and coaches.

Player Awards

- All-Tournament Team award winner 2023
- All-Academic First Team award winner 2021, voted on by all coaches in the RMAC with a GPA of 3.839
- RMAC Offensive player of the week 2021, 2023
- Team MVP 2022, 2023

Education

- B.A, Communication, Westminster University