



**Pam (Sagehorn) Henry**  
**GLCOF Program Director & Varsity Coach**

Pam Henry, a native of Bridgewater, New Jersey, has enjoyed Texas for a number of years now. She is very excited to continue to coach beginner to top-level athletes who play for the Fury. Most recently she worked as Program Director and Varsity Coach for McKinney Girls Lacrosse. In 2016, her first year with McKinney, she led the varsity team to the district playoffs and quarterfinals at the TGHSLL State Tournament. The team became the 2018 DI Aggieland Champions in 2018. In 2021, Coach Pam led the varsity team to the DII District and State title. She currently coaches the 2023 team for Grit Lacrosse.

Pam graduated from Fairleigh Dickinson University (NJ), where she was a two-sport athlete in both Lacrosse and Basketball. Through her college playing years she received various awards including, rookie of the year 02', all-conference 04', MVP 05', lead scorer 04' and 05', and had the honor of team-captain in 05'.

After graduation, Pam coached both lacrosse and basketball in New Jersey. She coached basketball at Drew University and both lacrosse and basketball at North Brunswick High School where she was named high school lacrosse coach of the year two consecutive seasons. Upon moving to Texas, she coached Varsity & JV for Allen High School and led the team to the semi-finals in districts and the state tournament.

Pam was the Program Director and a coach with Sentry Lacrosse, which was a private club team in Dallas. While she worked with Sentry, she became the program director and coach of the Varsity, JV and 7/8 grade teams at Highland Park for two years. She then took on the Program Director/coach role of Chaos Lacrosse, which is a travel club team for talented lacrosse athletes in North Texas. Some of our current high school players may also recognize Coach Pam from her time as the Youth Girls Director of the Frisco Lacrosse Association.