

Dayna Owen

Summer Law Student

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As a Summer Law Student, Dayna is assisting lawyers on a wide variety of tasks within our Business and Disputes groups.

Prior to attending law school, Dayna received a Bachelor of Commerce degree in Finance from the University of Calgary and gained experience in both the private and public sectors. She held progressive roles with PepsiCo Canada, including Merchandiser Supervisor and Sales Representative, where she supported team leadership, operational execution, and performance objectives. Dayna also competed as a professional hockey goaltender in Europe and as a member of USport varsity hockey teams in Canada.

Dayna chose BLG for its collaborative, team-oriented culture and strong commitment to excellence. She was drawn to the people and shared values across the firm, as well as the emphasis on learning, mentorship, and professional development. The opportunity to grow alongside supportive colleagues in an environment that values both high-quality work and personal growth made BLG the right place for her.

In her spare time, Dayna enjoys staying active through hockey, golf, and skiing. She is passionate about coaching hockey and staying connected to the sport. Dayna also enjoys travelling and seeking out new adventures and experiences.

Insights Rollup

- Author, "Cross-examining receivers, monitors and trustees in Alberta insolvency proceedings: An exceptional remedy", BLG Article, July 2026

Beyond Our Walls

Professional Involvement

- Professional Hockey Player, SC Langenthal – PostFinance Professional Women's League, Switzerland, 2024-2025
- Professional Hockey Player, Amsterdam Tigers – DFEL, Germany, 2023-2024

Community Involvement

- Volunteer, Goalie Coach, Hockey Alberta, 2017-present
- Volunteer, Assistant Coach for U18 AA Calgary Fire White, 2024

Education

- JD, University of Saskatchewan, 2028 (expected)
- BComm, University of Calgary, 2021

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