Erin was born and raised on Long Island, New York, where she started playing boys lacrosse at age 7. She then quickly transitioned into girls lacrosse and eventually became a 4 year varsity starter on her high school team. After high school she continued her passion of the game where she played for a NCAA Division 1 program at Central Connecticut State University for 2 years and then transferred to Arizona State University and played on the club team. She graduated in May 2018 with a Bachelor of Science in Speech and Searing Science. She hopes to pursue her Masters Degree in 2019 in Speech Pathology.