



HEIDI BATES
NOMINEE FOR DIRECTOR OF HIGH
PERFORMANCE

As a long-standing member of Alberta's lacrosse community, Heidi understands the important role volunteers to the Alberta Lacrosse Association's Board of Directors play in setting the direction for our sport. Having experienced this first hand over the past 18 months as the Interim Director of High Performance for the ALA, Heidi would like her name to stand for election at our AGM in November of 2024.

Heidi is an executive-level leader and program planner. During her time as the Interim Director of High-Performance, she has used her skills to develop and implement the ALA's High-Performance Program Plan, a two-year, evidence-based plan to restructure and revitalize the Team Alberta Program and support high-performance athlete development in lacrosse. The plan aligns lacrosse structures at the local, provincial, and national levels and is actively supporting Alberta athletes in reaching the highest levels of play in our sport. It is a multi-dimensional approach to developing high-performance athletes as well as the structures needed to support them. We began the rollout of this plan in late 2023 and have seen many successes during its first year of implementation including the creation of the Team Alberta Steering Committee and the hiring of a Team Alberta Coordinator. Heidi is seeking re-election so that she can continue this valuable work.

In Heidi's various roles at the University of Alberta, in private practice as a sport dietitian, and as a volunteer with Lacrosse Canada, the ALA, the Alberta Field Lacrosse Association, the Edmonton Razorbacks Lacrosse Club, the Sherwood Park Titans, and Team Alberta Bantam Girls Lacrosse, she has demonstrated her skills in program management, athlete development, volunteer coordination, grant proposal writing, organizational administration, and stakeholder relations. She is a collegial, collaborative, team player who enjoys working with people from all walks of life. Heidi leads from her core values of integrity, respect, and courage.

Heidi looks forward to continuing to contribute to lacrosse and the ALA's high-performance programming.