



# RED DEER MINOR HOCKEY



## Personal Biography:

I am a passionate hockey parent with strong leadership experience, dedicated to fostering a positive team culture and supporting player development.

A health professional by training, I have a keen eye for detail and an uncanny ability to consider the consequences of decisions before they are made. My current position as Manager of the Knowledge Experts and Tools program at the College of Family Physicians of Canada and as an Associate Clinical Professor in the Department of Family Medicine at the University of Alberta requires me to rely heavily on data for outcome-based decision making. I am also the project manager for numerous national clinical practice guidelines for physicians, leading a large, national team towards common goals. This requires strong organization, communication, and risk management skills. I am exceptional at critical thinking, strategy, and independent thinking.

As the parent of three children who play hockey in the tiered, city league, and female divisions, I have seen firsthand the positive impact this sport has on our kids' development. As a team manager, I worked closely with coaches, players, and families to help ensure the smooth operation of the team. My husband also coaches, making our family's commitment to the game a shared one. These roles have given me a well-rounded perspective on the needs of players, parents, and volunteers, especially in divisions that can sometimes be underrepresented. I am seeking a position on the Board to help ensure that all voices are heard and valued in decision-making processes. Every player deserves the opportunity to grow and succeed in an environment that reflects fairness, inclusivity, and respect for all levels of play.





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With a combination of professional expertise, minor hockey experience, and a genuine desire to contribute, I am committed to supporting the continued growth of Red Deer Minor Hockey.

**Red Deer Minor Hockey Serves over 1300 Athletes, and has continued to thrive, what does the future of RDMHC look like to you, explain?**

I'm confident RDMH can continue to grow and be a symbol of excellence. Like many organizations, we are navigating rising costs, and affordability remains a concern for many families. At the same time, athletes have a range of non-association options for where to play, some of which present attractive alternatives. That's why a clear, forward-thinking strategic plan is essential. Without it, we risk reacting to issues as they arise instead of proactively building the future we envision.

A key part of that future is the growth of female hockey. As interest grows, RDMH is committed to offering strong, inclusive programs that give female athletes of all levels every opportunity to succeed. That includes equal access to ice time and meaningful development opportunities. I want female players to feel seen and valued.

Additionally, I want city league players to feel not only respected but also challenged—with quality coaching, skill development opportunities, and a team environment that keeps them motivated and improving.

I believe every player, no matter their level, deserves a rewarding hockey experience that fosters confidence, growth, and a love for the game. By setting clear priorities and investing in strong relationships with members, we can achieve it.

**The Success of a Board of directors requires skilled governors. Please explain what governance skills, you think are important to the success of The Board?**

Directors must earn the respect of members by demonstrating integrity, humility, transparency, and accountability, always keeping the needs of all RDMH families at the forefront. They should possess strong strategic thinking and planning abilities to set clear direction and priorities for the organization, considering the broad impact of decisions across all areas. Financial literacy is essential to responsibly manage the budget, while risk management skills help proactively address potential challenges.



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Effective communication is also critical. Directors need to be well-versed in the standards and requirements set by provincial and national sport organizations (such as Hockey Alberta), uphold confidentiality, and adhere to the code of conduct. A clear understanding of governance versus management—particularly the relationship between the Board and RDMH staff—is vital.

Additionally, essential governance skills include sound decision-making to weigh options and act in the organization's best interest; stakeholder engagement to build trust and foster collaboration; and conflict resolution to manage disagreements constructively.

Above all, directors should be solution-oriented, open to new ideas, and committed to fostering positive, collaborative relationships with all stakeholders.