



FIELD HOCKEY ONTARIO
Box# 80030
Appleby Line, Burlington, ON
L7L 6B1
tel: 1 (877) 605-0855
info@fieldhockeyontario.com

Field Hockey Ontario Board of Directors Expression of Interest Package

Name: Alison Saunders

Hometown: Cambridge

Affiliated Club: KWOH Dragons

of Years Involved in Field Hockey: 8

I have served on FHO's Board before: YES NO

If yes to above, please list years and role: (Currently sit on Communications subcommittee 2024-2025)

I am a current FHO Member (Sep 1/2024-Aug 31/2025): YES NO

The following positions are up for election at the 2024 AGM (February 10, 2025):

- Chair (President) (1 Position – 3 Years)
- Treasurer (1 Position – 2 Years)
- Secretary (1 Position – 1 Year)
- Director-at-Large (3 Positions – 3 Years)
- Director-at-Large (2 Positions – 2 Years)
- Director-at-Large (2 Positions – 1 Year)

I am interested in serving on the FHO Board of Directors in the following position (check above).

Nominated By (Name & Club): Adelle D'Silva – Brampton Warriors

Seconded by (Name & Club): Sanjay D'Silva – Brampton Warriors





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In 100 words or less, please provide background on your current or prior professional experience relevant to being on the Board of Directors.

My entire adult life has revolved around 3 areas: Computer programming (educational background), Children (was a stay-at-home Mum for years) and Sales Solutions (current employment). All three areas require active listening skills, collaborative problem solving and synergetic solution implementation, followed by continual re-evaluation and reassessment and setting of new goals. I have a great deal of experience of getting things done in cooperation with others to serve a common objective.

In 100 words or less, please provide background on any previous Board and/or committee experience.

I have had the pleasure of being heard in 2 Field Hockey specific boards; For the past (almost) year, I have been a member of the FHO Communications Sub-Committee and for the past 3-years I have had a voice (and am currently a Director at Large) in the KWOH Dragons organization. I also spent 5 years as a Director at Large for the Waterloo Region Integrated Arts Program Parents Association that oversaw the organization of multiple large projects and events including a yearly 5-day Gala. Additional board and committee experience include work related committees such as Health & Safety and a variety of planning committees for functions throughout the years.



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In 100 words or less, please provide background on any relevant Field Hockey or other sport industry experience.

Growing up I was a multi-sport athlete awarded with yearly MVP's and Athlete of the Year awards. I spent many years Assistant coaching my kids soccer and baseball teams and more recently have returned to Field Hockey, where I am involved as a coach in both house league and competitive teams for both Indoor and Outdoor programs with KWOH Dragons.

For the past 2-years I have been a Volunteer Coach at Jacob Hespeler Secondary School in Cambridge, ON, where in the first year we rose from being 12th of 16 teams to coming in second in our Pool (pre-playoffs), and this past year we progressed even further enjoying a very intense semi-final game as our season finale.

I am very much enjoying the NCCP Coaching Program, having completed all multi-sport modules at the Comp-Intro level (just waiting for the Sport Specific portion to be available) and have already started on the multi-sport programming for Comp-Dev. Recently I completed the Provincial Indoor Umpire Clinic (and exam), and am looking forward to the Outdoor Course in the Spring.

Please list your skills and competencies related to field hockey or sport. (i.e. Knowledge of member structure within field hockey clubs and FHO, community level field hockey in Ontario, coaching or officiating requirements, volunteer sport-based organizations, Long Term Athlete Development (LTAD), high performance athlete development, etc.).

- **FHO Community Level Coach; Comp-Intro Certification in Progress**
- **Familiarity with FHO as a member of the Communications Subcommittee**
- **KWOH Dragons House League and Competitive Coach (Indoor and Outdoor)**
- **Dragons Invitational Indoor League Convenor**



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Please list your skills and competencies related to your business or professional background. (i.e. Specific industry experience, not-for-profit governance, strategic planning, risk management, accounting/financial analysis, previous board/committee experience etc.).

- **Communications professional dedicated to active listening and solution implementation**
- **Very goal oriented, getting things organized and getting things done are crucial in my work, for both larger projects and smaller tasks.**
- **Involved to a smaller extent with our small company's Sales Strategic Planning**

As a Board of Director or FHO Officer, the top three things I would like FHO to focus on in the next year are:

1. **Growth of Field Hockey in Ontario – accessibility to programs, leagues and tournaments for Athletes at all ages, levels and gender**
2. **Supporting Coaching and Umpiring Standards (i.e. Promotion of Coaching and Umpire pathways)**
3. **FHO membership growth (through earned mutual respect)**

Declaration:

I hereby confirm that all information submitted in this package is accurate and correct. I also confirm that I comply with all the requirements for a Board of Director member and the additional requirements of a Chair (President), Secretary or Treasurer (if apply for one of these FHO Officer positions). I understand that the first meeting of the Board of Directors will be held sometime in February 2025, meetings are held monthly/bimonthly (and ad hoc as required) and that I must be in attendance.

Signed: *Alison Saunders* Date: Jan 25, 2025

