



**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:  Sara Restani

Hometown:  Burlington

Affiliated Club:  No affiliation

# of Years Involved in Field Hockey:  25 years

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

If yes to above, please list years and role:  Director-at-Large 2023-2025

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):  Amy Irvine (no affiliation)

Seconded by (Name & Club):  Veronica Harris-McAllister (Kingston Royals)





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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.**

**Current FHO Director-at-Large, primarily focused on financials, Team Ontario, and Ministry contact. Past President of Halton Field Hockey Club. Current Executive Director of KidSport Ontario**

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

**2 years – FHO Board  
12 years – Halton FHC Board  
2 Years – Community Sport Councils of Ontario Board**



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

**Past member of Halton Field Hockey Club – 20 years**  
**Complntro Certified Coach – 2018**  
**Complntro Learning Facilitator (Field Hockey) – 2023**  
**CAO Multi-sport Learning Facilitator - 2024**

**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.).

- **12 years of club administration (budgets, strategic planning)**
- **Main contact with provincial Ministry of Sport for FHO and professionally**
- **Community sport advocate**

**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.).





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- **Non-profit operations – bylaws, budgets, government relations, reporting**
- **Strategic and operational planning**
- **Financial reporting, marketing communications 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. Clear governance structure – revisit bylaws, policies, procedures**
- 2. Rebuild club and athlete base through community involvement and outreach**
- 3. Financial stability**

**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: \_\_\_\_\_

Date: \_\_\_January 31, 2025\_\_\_

