



2024 Nomination Report  
Annual General Meeting  
November 6, 2024

## Introduction

Seven Director-at-Large positions are open for election at the 2024 NPGA Annual General Meeting. Four positions are elected for a 2-year term and three positions are elected for a 1-year term.

Friday November 1<sup>st</sup> at 12:00pm was the deadline for submitting nominations for the Director-at-large positions. In accordance with NPGA's Bylaws, nominations will not be accepted from the floor during the AGM.

The membership is responsible for voting in the seven director positions for the NPGA Board. It is the members responsibility to consider the skills required to form an effective Board of Directors while also ensuring there is representation for the membership as a whole. It is essential for board members to possess the skills necessary for effective governance of NPGA. These include, but are not limited to, leadership, governance and financial management.

Ten nominations were received prior to the submission deadline. Candidates are listed in alphabetical order. Please review this report prior to casting your vote at the AGM.

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## Nominations: Director-at-large

**Name of Nominee/Applicant:** Sara Carroll\*

Sara has been a part of the NPGA Board for 3 years. She sat as the Vice Chair for 2 years and a director at large for 1 year. She has owned a franchise for 6 years and with her husband they have owned their own business for 7 years and ran a large hobby farm for 5 years. Sara has been a martial arts coach for almost 10 years coaching adults and children. She worked for Northern Health for 10 years before changing directions with her farm, home schooling her children and coaching. She wishes to continue on the NPGA board due to her love for kids in sport.

Sara has 2 children on the NPGA Xcel Team

**Name of Nominee/Applicant:** Jessica DiTomaso\*

Jessica has been involved in gymnastics since a young age. She has been involved with Wings Gymnastics in Burnaby, BC for 30 years with her last 10 years as their head coach. When retiring from active coaching she was elected to the Wings board of directors as the Board Chair. She has held that position since the 2019/2020 season. She has sat as a Director at Large on the NPGA board for the past 2 years. Jessica has completed her Sport Science certificate, Bachelor of Arts and Education degree from SFU. She has been a Recreational Coordinator with the City of Coquitlam since 2012 and worked for the City of Coquitlam since 1994. She worked as a French Immersion Elementary School teacher in the Lower Mainland for several years and maintains her teaching certification.

“I am very passionate about the sport of gymnastics, from coaching young athletes to promoting healthy, active lifestyles. I firmly believe in the importance of keeping young women in sport, and I actively work on initiatives that encourage participation and empowerment. I have a strong commitment to recreational gymnastics, and I understand its vital role in fostering skills, confidence, and a sense of community among gymnasts. I believe my dedication, vision, leadership and outside perspective make me a great candidate for the NPGA board.”

Jessica does not have any children in the NPGA program

**Name of Nominee/Applicant:** Melissa Fast\*

Melissa has been a part of the NPGA Board for 3 years, serving as secretary and a director at large. She holds her bachelor in Kinesiology and minored in Community Rehab and Disability studies. She has sat as the Chair for Totem Preschool board for 1 year. She has 3 young girls in sports, with 2 of them in gymnastics.

“I am nominating myself because of my knowledge of the NPGA Board. I believe I bring experience and history to the board. While I have young children in gym programs, I offer a unique perspective to the team program not having a child in that program.”

Melissa has 2 children in NPGA's programs (Gym & Learn Licensed Preschool and GFA Programs)

**Name of Nominee/Applicant:** Astra Fraser\*

Astra has sat on a board for the past 5 years. She started with Totem Preschool, where she held 4 positions over the span of two terms., including Treasurer and Chair. Currently she holds the Treasurer position on the NPGA board. She is a financial controller and office manager of an umbrella of companies. She actively manages accounting for 3 of the businesses. She is the bookkeeper for the business she owns with her husband. She has been in the financial sector for her entire career, studying bookkeeping and accounting at Okanagan College.

“I am nominating myself because I believe in being an active member within my community and the absolute best way to do so is by being a member of nonprofit organizations that are enriching our

community youth in one way or another, and I can think of no organization that is as successful at that then the NPGA and its community.”

Astra has 2 children on the NPGA Xcel Team and a child in hockey.

**Name of Nominee/Applicant:** Nikki Huth

Nikki is a registered nurse with her Bachelors of Science in Nursing. She has worked in the ICU, ER and Education. She has minimal knowledge of nonprofits, but is very interested in learning more about the inner workings and functionality of NPGA as a nonprofit. Nikki has sat on NPGA committees including the Northern Lights Invitational committee taking a lead role in obtaining and securing many sponsorships.

“I am very dedicated to NPGA and wish to support the club in any aspect possible. It is very important to me to be involved in providing athletes with a safe space to grow. I feel being on the board will help to understand the background of the club and the behind-the-scenes pieces. I hope to see NPGA maintain it’s wonderful reputation. My eagerness to learn more about the club as a nonprofit as well as learning how a board functions make me an enthusiastic candidate.”

Nikki has 2 children on the NPGA Xcel Team

**Name of Nominee/Applicant:** Jennifer Gabert

Jennifer has been a resident of Fort ST John since 2017 and is proud to call our community home. She has held many administrative roles through her life including many decision making and managerial positions in which she had to remain impartial to those involved. She has worked in many roles that helps her bring an array of knowledge to the club including positions with Shaw Cable in billing and sales, Sterling Management as head of rental applications and available units and Pro North as a dispatcher, receptionist, personal assistant, accounting assistant and parts department. Although Jennifer does not have any previous board experience, she is very eager to learn and be apart of a new structure and assist in any way possible.

“Jennifer is very passionate about gymnastics and our club in particular. She loves how passionate the club is about the kid’s whole health in helping them achieve their goals. She is very eager and excited to help with ensuring the kids safety and joy for the sport continues. I truly believe she would be a great asset to the board.”

Jennifer has 3 children, 1 who has been on the NPGA Xcel Team for the past 3 years and prior to that participated in Active Start and GFA programs.

**Name of Nominee/Applicant:** Kara Lagace

Kara is an elementary school teacher with experience coaching and volunteering in the community. She has organized many different events in the past and enjoys working on a team. At the school

she coaches many of the sports teams and runs the student council program. Her family has been a member of NPGA for the past 6 years and during that time she has consistently volunteered for various events and communicated with the club on many different topics. As a volunteer with NPGA Kara has had the opportunity to work closely with the operational team and is now eager to learn and work with the governance team. She has no previous experience working on a board of directors but is keen to learn and brings a wealth of child development knowledge to the club.

“Kara is well organized and has great ideas to share. She enjoys working on a team and is very committed to NPGA.”

Kara has 2 daughters, 1 is currently on the Xcel team. Her children have both participated in our Active Start and GFA programs.

**Name of Nominee/Applicant:** Sarah MacDougall\*

Sarah has extensive experience working on Boards, primarily those with a governance (policy) model. She currently sits on city council, the library board and the gymnastics board. For the past 2 years she was the chair of NPGA. Previously she has sat as a director on the North Peace Credit Union board, the Treasurer for Totem Nursery Preschool Society Board, and as the secretary of her university student council. She has operational board experience from sitting as the secretary of the district PAC and previously as the regional representative for the BC Branch of the Canadian Institute for Public Health Inspectors, her professional organization. Sarah holds a bachelor degree in Environmental Public Health and a certificate in Public Health Inspection. With these she worked for Northern Health for 16 years. Over the years she has taken many courses to improve her skills such as board training for nonprofits, leadership training, coaching and project management. She is familiar with the Societies Act of BC. As a current city councilor, she has received training in Roberts Rules of Order and chairing meetings and has a good insight into what is happening in our community in general and as it applies to sport organizations and nonprofits.

“I am passionate about the success of the gymnastics club. Gymnastics is a foundational sport that sees many of the youth in our community pass through the doors at some point. It is important that these athletes have a positive experience as it can set the stage for their future relationship with sport and activity. For those who pick gymnastics as their long-term sport this positive experience is especially important as many are female and statistics show how difficult it can be to keep girls in sport as they hit the teenage years.

Having spent one term as chair I feel like I have gained experience and insight into the governance of the club and still have much to offer to ensure the stability and long-term viability of the club.”

Sarah is the mother of 4 daughters who love gymnastics, 3 are competitive Xcel gymnastics and 1 is in the recreational stream.

**Name of Nominee/Applicant:** Stacey Moore\*

Stacey has served on the NPGA Board of Directors as a Director at Large and on a local PAC. She grew up in South Africa and shortly after arriving in Fort St John she joined NPGA after finding an organization and a sport her daughter loved that also has great values. Stacey completed her high school diploma in South Africa where she worked on many committees including organizing school and boarding school dances, fundraisers and award ceremonies. She worked for a large corporate company in South Africa and sat on an audit committee for a government department. Moving to Fort St John she moved to the Oil and Gas sector working in Health and Safety. She enjoys working on and reviewing policies.

“I feel I offer the board a different perspective when discussing matters. I enjoy working with policies and procedures. Supporting the club and its athletes is very close to my heart. I would love the opportunity to serve another term on the board.”

**Name of Nominee/Applicant.** Nicole Stark

Nicole has worked on the BC Institute of Agrologist North Peace Branch board in the role of Nominations Committee in the past. This was an Operational position. She has lived in Fort St. John since 2007. Since moving here, she has worked in the Environmental Industry and for the last 6 years has worked in government (BCER). She has a Bachelor of Science in Biology from UNBC. She is a professional Agrologist who also holds all standard company training (WHMIS, First Aid). At work she is a member of the Joint Health and Occupational Safety Committee.

“I am putting a nomination in for myself as I see the impact that the gymnastics club has on my family. I would love to give back to the Club. I also want to be an advocate for boys in the sport of gymnastics . The boys are often overshadowed by the sheer number of girls in the club (which is amazing), but I would like to help grow the boys portion and show the benefit that gymnastics has for the boys. I want to help the gymnastics club continue to grow, for all genders and skills, so that all kids (and those young at heart) have a place to play and learn an amazing sport!”

Nicole has 4 children, her son is on the MAG Interclub Team, her triplets have participated in NPGA's licensed Preschool (Gym and Learn) and Active Start.

\*Incumbent