



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: Frankie St. Louis

Hometown: Toronto

Affiliated Club: Dolphins Field Hockey Club

of Years Involved in Field Hockey: 11 years

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

If yes to above, please list years and role: _____

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): Zeeshan Minhas – Dolphins FHC

Seconded by (Name & Club): Adelle 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.

I have experience working for Field Hockey Canada, York University Athletics, Leyton Orient Football Club (UK) and I am now the Sport & Program Coordinator at Special Olympics Canada. With this experience within sport administration, I believe I can play a key role on the Field Hockey Ontario Board of Directors. Since the Board handles the day-to-day operations of Field Hockey Ontario, I believe I can help run the organization with my diverse experience within the sport industry. In addition, while at Field Hockey Canada I played a key role in the organization of the 2023 National Championships in Brampton. This experience and knowledge will help with the execution of the 2025 National Championships held in Brampton again.

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

I am the founder and co-chair of the York University Field Hockey Alumni network. I started this network after graduation from York University with the hopes to reconnect the alumni to each other and the current team. Within my role as co-chair, I facilitate monthly meetings with the network along with leading the planning and organization of two annual York Field Hockey Alumni Events. I also served as community outreach coordinator, Vice President, and President of the York University Sport Council over 5 years. I am an active listener who believes in empowering youth voices. I would like to bring a new perspective to the FHO Board of Directors from someone who has recently graduated through the University system and participated in FHO events pre-covid.



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

I am an FIH Level 1 certified coach, and I currently coach at Dolphins Field Hockey Club and York University. In terms of playing experience, I played 5 years with York University while achieving multiple awards; York University Bryce M Taylor Award Winner, USports Gail Wilson Award Winner, OUA Gail Wilson Award Winner, 2x USports All Canadian, 2x OUA All Star, 3x USports Silver Medalist, 3x OUA Champion. I have also played at the Junior National level participating in the 4 Nations Series in Dublin, multiple test matches against USA at the Chula Vista training centre, and a 7-game series against Chile in Victoria BC. Along with this coaching and playing experience I have also worked at Field Hockey Canada. I assisted with the organization and execution of the National Championship in Brampton in 2023.

In my current position at Special Olympics Canada, I am the primary coordinator for the National Team program as we prepare for the 2025 World Games in Turin. This involves managing the National Team email inbox, planning all logistics for National Team Training Camps, and any other aspects of the program. I believe that this experience will prove valuable to help run FHO.

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.).

- FIH Level 1 Coach
- Knowledge of the member structure within FHO
- Knowledge of the university field hockey system within Ontario
- Knowledge of Long Term Athlete Development



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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.).

- Sport industry experience (FHC, Special Olympics Canada, Leyton Orient FC, York University)
- Non-for-profit governance (Alumni network co-chair, Varsity sport council York University)
- Accounting/Finance (Work experience at Deloitte within Audit)

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. Planning and executing a high-quality National Championships in Brampton
2. Further developing grassroots programs to encourage more athletes to play field hockey
3. Empower youth voices and develop youth leaders within the community

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: Frankie

Date: Dec 21 2024

