

**SAIL CANADA
BOARD OF DIRECTORS
CANDIDATE NOMINATION INFORMATION**

Nominee Name Valerie Lavigne
City, Province Beaconsfield, Québec
Sail Canada Club or member name RSTLYC

INTEREST IN ADVANCING THE MISSION AND GOALS AND BUSINESS MODEL/PRIORITIES OF SAIL CANADA

Having spent my life involved in instructing, organizing and participating in racing and cruising, I have a strong passion for the sport and have been continuously active in organizing and promoting the sport. From being the first female commodore of one of the country's largest Yacht Clubs, to running junior race programs and regattas, my experience at the grass roots of the sport and as a parent of active international level sailors would be an asset to the Sailing community in Canada. I believe in giving back to the sport what we have taken away. I have a unique perspective that could be of value to the Sail Canada board.

GOVERNANCE EXPERIENCE I was on the management committee of the RSTLYC from 2011-2015 and was commodore of the RSTLYC from 2015-2017. I was managing a board of 19 people for these two years as commodore.

Prior to being involved in the management committee at the RSTLYC I was asked to sit as Junior Sailing Director from 2009-2011.

I have been involved in various functions such as secretary and vice president for the Gables Court Club as well for over 8 years.

I have also been named as a member of CORK on Feb 28, 2020.

PROFESSIONAL AND/OR VOLUNTEER EXPERIENCE AND SPECIFIC SKILLS

As a doctor of chiropractic for the last 22 years, I have been in private practice and running a very successful clinic in the West Island of Montreal. As an entrepreneur self-employed person, I have been managing my clinic staff including massage therapists and another chiropractors. In 2005, I became an International Board Certified Lactation Consultant to complement my practice and in 2014 I received my master of science in chiropractic pediatrics from the Anglo-European Chiropractic College (UK). I am currently enrolled in a sports chiropractic program given by the chiropractic department at the University of Trois-Rivières in Québec.

I have volunteered and was co-chair over the years to host many events at our club such as Canadian Optimist National Championship, the Quebec Games and the Club 420 Canadian Championship. I have also volunteered at CORK for many years as Safety on the water.

EXPERIENCE DEVELOPING AND OVERSEEING THE IMPLEMENTATION OF STRATEGIC PLANS

As I became commodore of the RSTLYC, I first had to oversee a management change. The club at the time needed a complete renewal and new vision. Under my commodoreship, I started the "retreat" process that allows the board to know each other and develop a common plan for the club for the years to come. This retreat is still being done by the other commodores that have followed me. We identified some of the critical issues our club needed to address and we took action to resolve many of them. I listen and look to resolve problems while working collaboratively with a diverse community.

Junior sailing is of particular interest to me. I also over the years implemented some new programs to the jr sailing program that were not present. We added the wet feet program and also started the club 420 race team. The vision was to have a strong wet feet program to be the feeder to the rest of the levels and over the years the race teams grew and we now have a full optimist race team, club 420 and 29er/49er.

INTEREST IN/CAPACITY TO FUNDRAISE AND CONTRIBUTE TO SUPPORTING SAIL CANADA ATHLETES AND PROGRAMS OF PERFORMANCE EXCELLENCE

I am involved presently in the fundraising campaign of my daughter's school and also have been around ski alpine Canada fundraising activities. I have no issues in developing fundraising activities for Sail Canada and support our high level athletes.

OTHER RELEVANT INFORMATION

I have been racing competitively with my husband Anthony Staples for many years. We participated in World Championships in Lightning, raced competitively our laser 28 at the club and now are racing our J70 when we are not following our 3 competitive sailing kids who are moving in the 49er fleet. We have been involved in youth sailing at the international level from the beginning in optimist all the way up to club 420 then 29er and 49er. I also was part of the team that represented the club at the Seawanhaka cup. We have cruised as well several times in the Caribbean.

WHAT KEY SKILL OR ATTRIBUTE WILL YOU BRING TO THE SAIL CANADA BOARD

Leadership, organized and action driven and bilingual both written and spoken. Projects get accomplished when I am involved!

REFERENCE

“OPTIONAL, provide a short quote from a Reference.”

- **Reference Name – *Reference Title***

See attached PDF in the email.