



**ROWING
CANADA
AVIRON**

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NOMINATIONS FOR RCA BOARD OF DIRECTOR

Position – Director at Large



MARISHA ROMAN

CANDIDATE STATEMENT

I am a lifelong, multi-sport competitive athlete. My introduction to rowing was in 1987 when I joined the novice women's crew at the University of Toronto. I chose law school over the possibility of earning a spot on the national team, but I continued to train and compete.

Now, I work as a lawyer-adjudicator and live as an active volunteer and a competitive masters rower in Toronto.

My interest in earning a spot on the RCA board is to give back to a sport that has influenced my life over much of the last 30 years, connected me to a welcoming community and contributed to the work ethic behind my successes.

As a candidate for the RCA board, I offer the skills and knowledge gained from more than 20 years as a volunteer board member in the not-for-profit sector.

My primary volunteer experience has been with Aboriginal Legal Services, a legal clinic that has faced uncertainty in funding and political support many times in the last 25 years. As a board member and volunteer President, I gained in-depth understanding of governance issues and contributed to creating a stable platform upon which ALS can thrive and innovate in a challenging sector and, most importantly, focus on its core mandate (legal services for Indigenous people). I see parallels to RCA: as a board member with a comprehensive understanding of the governance process, I could assist in discerning the key issues for resolution, identify the information and

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Canadian Paralympic Committee/ Comité paralympique canadien

resources needed to support the decision-making process and contribute to steering the discussion to a productive conclusion.

I also volunteer for the Dominion Day Regatta Association, the Legacy Fund Allocation Committee (Toronto PanAm-ParaPanAm Games) and I chair the Indigenous Advisory Committee for St. Paul's University (University of Waterloo).

From an issues perspective, I see an opportunity to support the strategic plan for RCA, particularly in Membership Growth and Development and Athlete and Coach Development.

Over the last 15 years, I have been part of a growth area for rowing clubs in Canada: masters competitors.

CAC estimates that at least 25% of registered competitive rowers in Canada are masters. They note that that rowing, swimming and athletics are among the three most popular sports for masters athletes who compete domestically and internationally.

I see an opportunity for developing this area of growth for RCA and was really pleased to see the RCA Masters Rowing in Canada survey this summer. Thanks to coaches who understand the needs of masters athletes, I am a living example of Sport4Life and I see value in RCA's long-term athlete development model. As the CAC recognizes, masters sports is a rapidly growing area and coaches play a key role in supporting health and wellness through sport. RCA can take a leadership role on this issue, particularly in developing coaching standards and protocols, and I hope to contribute to the discussion.

Outside of rowing, I helped establish the Masters Women CAN (Competitive Athlete Network) (masterswomenCAN.com), a platform for masters women athletes from all sports to form a community to promote competitive sports for women of masters age.