



KMHA Board Meeting

Meeting Date & Time: Tuesday January 13, 2026 @ 7:00pm

Location: McArthur Island Sports Centre Meeting Room

Minutes taken by: Dawn Woodland

Voting Attendees: Nathan Bosa, Megan Provencher, Serena Reves, Teresa Thompson, Theresa Tourand, Erin Gardner, Savannah Stretch, Stacy Wormell-Street
 Non-Voting: Zac Carmelley, Darryl Sydor, Rob Fryer, Dawn Woodland, Nestor Baird, Jared Aulin
 Regrets: Steve Hankins

Agenda Item	Discussion	Action	Responsible
Welcome & Traditional Land Acknowledgement	<ul style="list-style-type: none"> - Meeting started at 7:09pm - Traditional Land Acknowledgement 		
Accept previous minutes	<ul style="list-style-type: none"> - Motion to accept minutes from Dec 8, 2025 by Serena Reves - Seconded by Megan Provencher 		
New Business	<ul style="list-style-type: none"> - Ribfest (Nathan) -tabled - Candy/Gummie Gainz (Nathan) <p>Protein Candy-Gummie Gainz - product produced in Vancouver, company has reached out with fundraising opportunities, more information to come</p> <p>Motion to adopt the agenda for today's meeting Erin Gardner Seconded Serena Reves</p>	<ul style="list-style-type: none"> -Ribfest discussion tabled to Feb 9th meeting -Gummy Gainz - Nathan to bring information on the fundraising opportunity 	<p>Nathan</p> <p>Nathan</p>



<p>Reports</p>	<p>- Question with regards to the Team Genius report card, is it a fill in the blank or a written report? Jared clarifies that it is a written report. Brief discussion on the need to make it easier for the coaches to fill out and to have detailed reports</p>	
<p>Special Guest - Cole Levitt- Mental Fitness Training for Young Athletes Presentation</p>	<p>Cole Levitt delivered a presentation on Mental Fitness Training for Young Athletes, during which he shared his personal background, including his experience working one-on-one with young athletes and his work as an author.</p> <p>Cole engaged the group by asking about the current strengths and challenges within the association.</p> <p>A key strength identified was that KMHA puts players at the forefront, with a strong focus on raising good kids, not just hockey players. The association strives to teach important life lessons, including working hard, showing respect, and being accountable.</p> <p>Challenges discussed included external pressures in players' lives, particularly parental pressure, which can impact athlete well-being and enjoyment of the sport. KMHA emphasized its commitment to transparency and fostering a positive, supportive environment for all participants.</p> <p>Cole expressed interest in working with KMHA to assess and improve the overall sport culture. He proposed a three-step approach that would involve players, coaches and parents.</p> <p>The goal of this process would be to strengthen mental fitness, improve communication, and support a healthier sport environment for young athletes.</p>	



	<ul style="list-style-type: none"> - Attached-sent separately 	
7. Cole Levitt Presentation - Zac	<ul style="list-style-type: none"> - Short discussion on what the benefits would be of having this available to players, particularly the rep teams. Would be worth the money if it helps the players. Having the right headspace for players and coaches is very important. 	Committee to discuss Cole's proposal and fee structure to be brought to next meeting Feb 9th Erin Gardner & Serena Reves
8. Strategic Plan- Erin	<ul style="list-style-type: none"> - Strategic Plan committee meeting set for Monday Jan 19th 	Committee to meet and bring plan to Feb 9th meeting Erin Gardner & committee
9. Tournament 50/50 -Megan	<ul style="list-style-type: none"> - Brief discussion on the tournament 50/50 and whether KMHA should continue applying for the gaming licences for online 50/50 for tournaments, some tournaments aren't utilizing the 50/50 to its potential. The decision is to continue as we have been. 	
10. Rec Team Penalties - Megan	<ul style="list-style-type: none"> - Short discussion on recreation teams/players who have accumulated high penalty minutes and if there has ever been in house consequences for the coach/players? Not in recent memory. It was mentioned the importance of coaches preaching good behavior to the players 	
11. Bookkeeping fees - Zac	<ul style="list-style-type: none"> - Discussion on our current bookkeeper's fee increase notice and the need to review their structure, potentially bringing some procedures to be done in house. Discussion on the importance of clear financial records and to reduce costs. 	Meeting with Zac, Dawn and Theresa to discuss cost benefit and what can be done in house to bring options to Feb 9th meeting Zac, Dawn, Theresa
12. Return to Play form - Zac	<ul style="list-style-type: none"> - Brief discussion on the issues doctors have to sign off on the current Return to Play form. A decision was made to return to 	



	using the Hockey Canada Return to Play form to keep it simpler for families and doctors		
13. Recognition Award - Zac	<ul style="list-style-type: none"> - We would like to create a recognition award for one of our long time members who has done a lot for the association over the years and present it at the Volunteer Awards Night 	Nathan & Rob to put something together and present at Feb 9th meeting	Nathan & Rob
14. Player team change request - Savannah	<ul style="list-style-type: none"> - Brief discussion about player movement, when it is appropriate to move a player from a team and when it is not. Emphasizing the need for clear policies and procedures to handle these types of requests 	Zac to put something together for our policies and present a Feb 9th meeting	Zac
15. Grad Rings	<ul style="list-style-type: none"> - Template of rings shared in the meeting, criteria is any player "aging out/graduating" of/from U18. 		
16. Growing our Officials - Brendan	<ul style="list-style-type: none"> - Brief discussion on officials changing rooms and a couple of incidents that have been taken to the city of Kamloops to address. - Suggested that early in the season a 3 person system is used for a u11 and a u13 games to help develop young officials and so they can gain experience when officiating in tournaments. 		
17. Adjourned	<ul style="list-style-type: none"> -Adjourned 9:12pm by Erin Gardner and Megan Provencher - Next meeting Monday Feb 9th at 6:00pm - Megan on dinner detail 		