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**Field Hockey Nova Scotia**

**Annual General Meeting**

**Director’s Reports 2025**

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**Field Hockey Nova Scotia**

 **President’s Report**

**March 31st, 2024 – March 31st, 2025**

 Field Hockey Nova Scotia (FHNS) had a very productive year and accomplished a great deal with respect to programming during the year. Sport Organizations, under the roof of Sport Nova Scotia, are evaluated on the 4 Pillars, Organizational Effectiveness, Participation, Coaching & Officiating and Excellence/ High Performance. This year, it was hard to keep up with the Administration side of things as FHNS was making great strides in accomplishing some huge goals. Participation of our Membership increased by 30 %. In Coaching, we now have trained Provincial Coaches NCCP Certified at Comp Intro. In Officiating we have two Umpires attending the Canadian Indoor Classic and the Outdoor National Championships then returning to train the Atlantic Umpires in the Eastern Region. In High Performance Nova Scotia sent a Provincial U18 Girls Team to Nationals, the first time in many years. Also in High Performance, following the 3 Atlantic Field Hockey Canada Next Gen. Training Camps (PEI/NB/NS) a Nova Scotia athlete was selected to represent Canada on the National U16 Team.

**Spring 2024**

**High School League & High School Tournament:** The High School League ran from March-May 2024 with 10 teams. The teams also participated in the Metro High School Indoor Tournament.

**Summer 2024**

**Mixed Outdoor League:** This program grew from 4 Teams to a 5 Team League.

**Women’s Outdoor Program:** This was once again an extremely successful program with approximately 50 registered participants and a coaching pool of 12 and 4 teams. Each week there was a 2-hour session where each team would have 15 minute warm up, 30-minute skills, then play 3 mini games.

**Nancy Tokaryk Scholarship & Golf Tournament:**

This scholarship of $1000 was given out to a High School field hockey player who was to continue on at the University level. The Nancy Tokaryk Golf Tournament to raise funds for this Scholarship was held in June at Lost Creek Golf Club.

**Provincial U18 Women’s Program:** The Provincial Squad was selected from the High School Allstar List. The team Practiced during the week and participated in the Atlantics in PEI in June before attending the National Championships in British Columbia in July. The Squad trained during the winter and participated in the FHNS Women’s Indoor League.

**National Championships**: For the first time in many years, Nova Scotia attended the Field Hockey Canada National U18 Championships in British Columbia. The Team was competitive, and Bria Matthews was named a Tournament 11 at the Championships. Also, Ali Mahmood & Jamal Burgess represented NS as the Umpire contingents at the Nationals.

**Atlantic Cup:** The Atlantic Cup was held at Saint Mary’s in August with a successful 7 Teams.

**Fall 2024:**

**Atlantic University Field Hockey League:**  The league of 7 Teams was success once again this year.

**Fall 7 A-side Outdoor League:** A new program offered this year was a Fall Mixed 7 A-side Outdoor League. This was vert successful.

**Winter 2025:**

**Indoor Mixed Program:**

The mixed Indoor Program returned to the Lions Gym, Oct-Nov was Men’s training sessions in preparation for the Indoor Boston Tournament in January. The Mixed Indoor League of 4 Team ran from Jan. – April 2025.

**Indoor Women’s Program:**

The Winter Program returned to a 4 Team League running from Jan.-April 2024 at the Needham Recreation Center.

**Canadian Indoor Classic:** A Women’s Team from Nova Scotia attended the Canadian Indoor Classic in February. As well, Nova Scotia sent 2 Officials to this Tournament.

 **Field Hockey Canada Next Gen Program**: 3 National Next Gen. Camps were held in the Atlantic Region, NS/ May 2024, PEI/August 2024, NB/ November 2024. Andrea Gibson, FHC National Coach was the lead Coach. 11 Nova Scotia athletes were involved with this program. The Camp in Nova Scotia utilized the assistance of the Canadian Sport Institute Atlantic. Very exciting to have an Athlete, Ella Moore selected from Nova Scotia to represent Canada on the Canadian U16 Team travelling to the Czech Republic in April 2025.

**Note:** FHNS Membership was 129 for the year with 85 Seniors, (41Female/44 Males). As well, 44 Juniors (43 Female/1 Male) Field Hockey Nova Scotia is also directly involved with the school’s programs in Nova Scotia. (High School 10 Schools and 4 Universities). Inclusive of these programs Field Hockey Nova Scotia provides opportunities to compete in Field hockey to Approximately 350 athletes.

**Sport Nova Scotia:**

Thank you to Tasia McKenna who is the Sport Nova Scotia consultant for Field Hockey Nova Scotia.

**FHNS Board of Directors**

* Thank you to our Board Members who have worked extremely hard to keep our programs going.
* A special thank you to Max Vigneau who is stepping down from the Board after being a contributing member for many years.

**Finances**

* FHNS is in a good financial position operating all programs on a balanced budget.

**Administration Marketing & Communications**

* Allison Snow is in this position and is managing the FHNS Website and Facebook Page.

**FHNS Programs:**

* Sharon Rajaraman – Field Hockey Canada Next Gen Program
* Ghassan Hammam – Mixed Outdoor League
* Max Vigneau/ Kelsey Stewart/McKenna Purcell – Women’s Outdoor Program
* Max Vigneau – Provincial Women’s U18 Team Atlantics
* Alan Wintermeyer – Provincial U18 Team National Championships, HP Training Sessions throughout the year.
* Lori Ann Andrews - Atlantic Cup Tournament
* Alan Wintermeyer – Fall Mixed 7 Aside League
* Ghassan Hammam - Mixed Indoor
* Kelsey Stewart/ McKenna Purcell – Women’s Indoor
* Alan Wintermeyer – Entry Level Program for U15 Youth Sessions

**Schools Programs**

* High School Girls League
* Atlantic University League

**Umpiring:** FHNS Director Ali Mahmood took a lead in promoting the development and education of Umpires in the Atlantic Region.

**High Performance:** Field Hockey Canada Next Gen Camps with lead Coach Andrea Gibson ran three Camps in the Atlantic throughout the last year. Ella Moore was selected from Nova Scotia to the Field Hockey Canada U16 Team competing in the Czech Republic April 2025.

**Identified Focus Areas 2024-2025**

* Sport Nova Scotia submissions updated
* Continue to increase the Male Membership in FHNS
* NCCP Coaching – Certify Coaches in NS
* Umpiring – Certify Umpires in NS
* U-18 Provincial Program – Attend National Championships
* CIC Indoor Women’s/Men’s Teams

**Thank you**

* A huge thank you to all the volunteers involved in Field Hockey in Nova Scotia this past year.

**FHNS Executive 2024-2025**

**SNS Liaison Field Hockey – Tasia McKenna**

**President – Sharon Rajaraman**

**Director of Finance – Matt Haley/Lori Ann Andrews/Sharon Rajaraman**

**Director of Administration Marketing & Communications – Allison Snow**

**Director of Leagues – Ghassan Hamam**

**Director of Tournaments – Lori Ann Andrews**

**Director of Umpiring – Ali Mahmood**

**Director of Development – Kelsey Stewart/McKenna Purcell/Alna Wintermeyer**

**Director of Coaching – Max Vigneau**

**Director of Women’s Programs – Max Vigneau**

**Director of Men’s Program’s – Ghassan Hamam**

**Submitted by: Sharon Rajaraman (President)**

**Field Hockey Nova Scotia**

**Director of Finance**

**Report to the Annual General Meeting 2025**

* Reporting submitted to Sport NS up to the financial year ending 3/31/24 - FHNS is currently in compliance with Sports NS requirements
* Reporting to the Registry of Joint Stocks is O/S at this time - further breakdown/detail required from the incumbent directors for financial years 2020-2024/2025
* Goals for 25/26 include but are not limited to
	+ Improvement of internal controls/documentation of revenues and expenses
	+ Matching of revenues to expenses - as a not for profit we are obligated to not accumulate cash balances
	+ Bringing FHNS into compliance with ROJS

**Director of Administration, Marketing & Communications – Submitted by Allison Snow**

* A print issue of The Scoop was distributed at Atlantic Cup summarizing Field Hockey Nova Scotia’s activities and events.
* Prospective and new members were given information on playing opportunities.
* Updates were provided via email, website, and Facebook to FHNS members.
* An Instagram page was started posting graphics with information as well as updates, photos, and videos
* Updates about the FHNS community were posted on the website and updated pages. An updated website is ready to present to the board at the next scheduled meeting.
* Board meeting minutes were written and distributed for FHNS board members and AGM materials were written and distributed for FHNS board members and members.
* Sport Nova Scotia outcomes were written, updated, and uploaded.
* Started discussions with Brian Lee about club management, operations, and membership and accounting tools that may be helpful to FHNS.

**Director of Leagues – Submitted by Ghassan Hamam**

Over the past year, we’ve seen growth in our league participation. Our outdoor league expanded from 4 teams in Summer 2023 to 5 teams in 2024, and we’re now at 6 teams for Summer 2025. Indoor league participation has remained consistent with 4 teams.

Scheduling has been an ongoing challenge. Specifically for the indoor league, uncertainty around cancellations due to the market made planning difficult. For the outdoor league, we’ve accommodated the new teams using Tuesday evening bookings (historically open scrimmage sessions). Looking ahead, we recommend securing additional hours on Sundays to accommodate league growth.

**Director of Tournaments – Submitted by Lori Ann Andrews**

The 2024 Atlantic Cup was held on August 3-4 at Huskies Stadium, St. Mary’s

University, in Halifax.

Seven teams battled over two days for the Cup. The pool play produced some very

competitive hockey with the Andrews team claiming the Cup in a hard-fought final with

the Knights, by a score of 3-1. The Saturday night social at the Gorsebrook Lounge was

once again a bit hit. Good food, drink and music was enjoyed by all.

Many thanks to all those that assisted with the organization of the Atlantic Cup.

Respectfully submitted,

Lori Ann Andrews

Director of Tournaments

**Director of Umpiring – Submitted by Ali Mahmood**

current state

2024-25 has been a growth year for umpires both from a numbers, exposure and experience standpoint.

Wins

U-16 and U-18 Nationals this year will include the greatest number of umpires we have sent from Nova Scotia, and more broadly from the Maritimes.

*U-18: Ali Mahmood*

*U-16: Jamal Burgess (UMM), Katie Winters (UMP), Hannah Dixon (PEI-UMP).*

28% growth in umpire pool for indoor, outdoor, and highschool.

Rise of Umpire fees from $25 to $30.

Two NS umpires attended CIC in February 2025.

Projecting 3 Nova Umpires being involved in officiating at U-Sport in Fall 2025.

Projecting completion of one Regional certification by August 2025, two provincial and two community by September 2025.

opportunities

Plenty of opportunities continue to exist in order to elevate FHNS from a umpiring and officials standpoint.

Opportunities

Establish a role on FHNS executive for Director of Technical Officials.

Develop a Technical Official role and function.

Transition to four Quarters format in both indoor and outdoor.

Shrink indoor to 4+goalie for indoor format if size of field of play stays the same for Umpire safety and accuracy.

Begin planning for a Maritime Umpiring Center of Excellence rather than focus only on Nova Scotia.

Ensure all active umpires are fully rated.

**Director of Development – Submitted by Kelsey Stewart, McKenna Purcell, Alan Wintermeyer**

Attended Milk Fair Oct 8th- 10th where we had over 1,000 kids come through our station and get introduced to field hockey, with 6 volunteers who helped out over the three days.

**Beginners Summer league**

First beginner to field hockey sessions started in May / June / July 2024 with 7 registered players from ages u7 to u12 attending Sunday sessions at SMU for the beginners course. Field sharing with the u18 women's league made it possible. Great fun was had by all and awesome to see the next generation of field hockey players out on the turf.

**Fall Five's competition**

Another first for Nova Scotia, an outdoor Field Hockey 5's tournament in the Fall (September / October 2024). We had 5 teams registered, being 2 teams from the beavers (Well done G), the Warriors, the Privateers and one from the AFHC, which included the u18 girls. All the games were played outdoors at the Mainland Commons outdoor turf. The final winner for pool the first season was The Privateers. Thanks to all who participated and to the umpires for their assistance. Looking forward to The Nova Scotia Field Hockey 5's competition in September / October 2025.

**Elementary School visits**

As a part of the drive to gain more members, Atlantic Field Hockey Club took part in 3 Excel program coaching sessions for Elementary schools. We visited 3 elementary schools, showcasing Field Hockey to over 120 elementary school kids.

**Winter indoor beginner sessions**

The Atlantic Field Hockey Club introduced indoor field hockey to 5 new beginners in February / March 2025. Ages ranged from u7 to u15. Sessions were held at the Needham Community centre. 8 fun sessions were held during this period.

We had 9 senior girls as well brushing up on their indoor skills at the same time as the beginner classes.

The sessions were run by coaches from the Dal Field Hockey team.

**Junior High Sessions**

During March a demo session was held for Rocky Lake Junior High in Bedford. 2 coaches attended the 2 day session and exposed over 500 kids to Field Hockey during their gym classes. Posters were put up across the school as well to promote the sport that is the 2nd / 3rd most popular team sport in the world.

2024 / 2025 was an action packed year full of new opportunities for players to learn the game of Field Hockey and to develop the skills already learnt. We continue to drive visibility and awareness of the sport coupled with opportunities to physically learn the sport, whether indoor or outdoor. A big focus of the development team is to keep extending the playing time of Field Hockey in Nova Scotia, and build the numbers of the sport.

**TikTok**

Has had a total 25,000 post views year to date, and over 500 visits to the page year to date aswell. Which approx 70% of the views come from “for you” so content and promotion is reaching not just our followers! So looking forward to continuing to increase activity and interaction.

**Director of Coaching – Submitted by Maxxim Vigneau**

In the summer of 2024 Ann Doggett held an Atlantic Comp Introduction Course which our provincial coaches, Alan Wintermyer and Amy Clarke attended.

We had coaches from 5 different high schools participate in coaching our 2024 Summer Women's League, as well as identified and trained one university player as a coach, who was mentored by our provincial coaches.

**Director of Women’s Programs – Submitted by Kelsey Stewart, Alan Wintermeyer**

**Indoor Women’s Program:**

Indoor Women’s program we went back to league format with 4 teams (SMU, DAL, U18, Panthers Club team). Program ran from Jan- Mar 2025 on Sundays at Needham Community Centre. Having the league format back this year was very successful and help bring back engagement and number of women playing indoor field hockey, we were able to have the SMU & Dal university teams continue playing, have our U18 team play at a competitive level and adding the club team gave a space for women to play that don’t fall under the university or U18 level and get women back into field hockey.

**Women’s Outdoor Program:**

Another successful summer for the women’s outdoor program with 48 registered participants and a coaching pool of 10 with 4 teams. Each week there was a 2-hour session where each team would have 15 minute warm up, 30-minute skills, then play 3 mini games.

**Nationals July 2024:**

First time in over 12 years a Nova Scotian u18 field hockey team attended the FHC Nationals competition.  The team was made up of 16 girls. It was a super tough competition, with very high level field hockey being played on Water based astro turf (first time most of the girls had ever played on water based turf). But the girls held their heads up high and did an amazing job. Compliments were received from the tournament director and FHC and they were very happy to see NS back in the competition. Thank you to the coaches, team manager, admin and parents for your support for this tournament.

**Fall u18 Coaching sessions:**

New to NS Field Hockey. Fall sessions for the u18 players was organised through the Club, Atlantic Field Hockey Club (AFHC). We had 12 girls register for the sessions that were held at Dartmouth Harbour East outdoor fields and the Mainland Commons outdoor turf. Great sessions to continue off the back of a successful women's league / Nationals and to extend the playing time of Field Hockey in NS. Sessions were held twice weekly during September and October 2024.

**Winter u18 maintenance sessions - November 2024 to February 2025**

Winter maintenance sessions were set up by The Atlantic Field Hockey Club for girls to maintain their fitness and skill through the winter. Sessions were held at The Bat Cage indoor arena in Dartmouth weekly. This facility allowed girls to continue playing on a turf surface during the winter.

The November / December Sessions were attended by 12 girls and we had 11 sessions coached by members of the Dal Field Hockey Team, thank you very much Danielle and team for your time.

Thank you to FHNS for your contribution towards the venue hire, it really helped to keep the costs down.

The January / February 2025 sessions grew to 15 girls participating in 8 sessions over the period, again coached by members of the Dal Field Hockey team, thank you. You guys were great. And all sessions were held at The Bat Cage indoor facility.

**Director of Men’s Programs – Submitted by Ghassan Hamam**

This year marked the launch of our men’s-only program, which was very well received. Given the strong interest, we should continue this initiative next year, alongside the mixed scrimmages. However, gym time remains a limiting factor for further growth. In January, we sent a Nova Scotia team to the Boston Indoor Tournament, our first tournament appearance since COVID.

After managing both portfolios this past year, I’ve decided to step down from the Men’s development role. I believe each portfolio deserves a dedicated lead to continue building on this momentum effectively.