

OTTAWA-CARLETON ULTIMATE ASSOCIATION

BOARD BULLETIN

Fall / Winter 2025

Hello OCUA members, and welcome to our Fall / Winter 2025 edition of the Board Bulletin! As we move inside for winter frisbee hibernation, we want to extend **sincere thanks and holiday wishes** to staff, volunteers (captains, coordinators, convenors and coaches), and the rest of our OCUA community! As always, we welcome your feedback, input and comments, and look forward to seeing you on the (indoor) fields through the winter!

WELCOME NEW DIRECTORS

Roger Yen, Desmond Top, and Geoffrey Solomon have joined returning Directors Karlis Bouse, Leona Campbell, Kelly Fulton, and Tina Tremblay on the OCUA Board of Directors. Learn more about our newly elected directors below. Welcome!



Geoff moved to Ottawa in 2014 and, after a quick Google search for “fun sports in Ottawa to meet people,” he stumbled upon the vibrant OCUA community. It was love at first layout, and he’s been hooked on ultimate ever since. These days, you’ll find him on the field with Atlas in the summer recreational league, and passing on the passion by introducing his son to the youth league.

Desmond discovered Ultimate in 2015 at 13 years old, encouraged to play by his father, a long-time OCUA member. He fell in love with the sport, so when he was encouraged to try out for the Junior Competitive teams (OJCUP), he didn't need much persuasion. He was all in, playing as often as possible. He's captained several teams focussing on building team culture, maintaining spirit and competing at the highest levels. He coaches juniors, evaluates tryouts and subs for literally any team that asks. He is excited to join the Board for the organization that has done so much for him.



Roger got his first taste of Ultimate in 2005 and was hooked. He has served many roles, including the Vice-president and Secretary of Ontario Ultimate. As a player, he has enjoyed roles as team captain and player-coach in rec and semi-competitive Ultimate in Ottawa. Roger values the camaraderie, social and community-building aspects of playing in a league where he met his wife and many friends. As a Board member, he hopes to spark new interest in the sport that can complement family obligations and demanding schedules.

BOARD OF DIRECTORS

KARLIS BOUSE
He/Him
CHAIR

LEONA CAMPBELL
She/Her
DIRECTOR

KELLY FULTON
She/Her
DIRECTOR

GEOFFREY SOLOMON
He/Him
DIRECTOR

DESMOND TOP
He/Him
DIRECTOR

TINA TREMBLAY
She/Her
DIRECTOR

ROGER YEN
He/Him
DIRECTOR

MATTHEW DALLEY
He/Him
TREASURER

VACANT
SECRETARY



OTTAWA-CARLETON ULTIMATE ASSOCIATION

NEW TREASURER

OCUA's Board of Directors would like to formally introduce our new Treasurer, Matthew Dalley. Welcome, Matt!

Matt, a long-time distance runner, was looking for a sport that included technique and lots of running. He was introduced to Ultimate in his early 30s by a friend who never stopped talking about how amazing Ultimate Frisbee was as a sport, and that friend was not wrong. As a Certified Public Accountant and Senior Financial Analyst with the Federal Government with over 18 years of experience, Matt wishes to bring his accounting insights to help OCUA meet its financial potential.



FAREWELL AND THANK YOU!

We would like to take a moment to recognize and thank our outgoing board members. Directors Andrea Bombala, Emma Wilson-Pease, and Yang Xu, as well as corporate secretary Martine Bergeron have contributed tirelessly to our organization during their terms. We are very grateful for all of their efforts. Thanks to all of you!



CALL FOR CORPORATE SECRETARY



We need you! The Board of Directors is seeking a volunteer to fill the role of corporate secretary for the Association. The ideal candidate is motivated to help the Board of Directors and the Association at large. They should be familiar with Google Drive file and email systems, have good attention to detail, and is able to commit to monthly meetings as well as 1-2 hours per week.

For more information, check out the call on our [website](#).

If interested, please submit your expression of interest to board@ocua.ca

OTTAWA-CARLETON ULTIMATE ASSOCIATION

2025-2030 STRATEGIC PLAN

BOARD MEETING 2025/26

The Board meets virtually once a month. If you would like to attend please email the Chair, chair@ocua.ca

To access Board minutes and more information, please visit our website by clicking [here](#).

The Board of Directors is excited to share our new **2025-2030 Strategic Plan: Investing in our Community**. Our Association continues to have a strong long-term vision and mission underpinned by our core values. This new strategic plan sets tangible and achievable objectives in-line with that mandate and in consideration of current trends in Canadian sport.



Our Strategic Plan includes three priorities.

1. **Stewardship:** OCUA will prioritize the responsible management of all resources, enabling investment in community building initiatives.
2. **Ultimate for All:** OCUA will develop and maintain inclusive opportunities for participation, with a particular focus on underrepresented groups.
3. **Leadership at all Levels:** OCUA will develop and support leadership throughout the organization, with an emphasis on broadening representation.

UPI REVITALIZATION

Revitalizing UPI as a hub of our community is a major objective of OCUA's new strategic plan. To that end, the Board of Directors is currently exploring investment and resourcing options. We invite members to visit the [UPI Revitalization Website](#) and hopefully you attended the virtual information session on December 12, for more information about these options. (notes and additional information to be shared on the site above!).

We are also seeking volunteers to support the ongoing maintenance, protection, and improvement of UPI. This working group will support the Board and Executive Director in several ways, including coordinating clean-up days, soliciting volunteers with specific skill sets, documenting UPI-related knowledge, and making suggestions for improvements. Please email board@ocua.ca if you are interested in joining this working group.



GENDER EQUITY

Continuing our support of gender equity, OCUA adopted the **gender-prescribed pulling rule** associated with the World Flying Disc Federation (WFDF) Ratio Rule A as of summer 2025! This means that in 7v7 games when there are four WN2 players on the field, a WN2 player will pull, and when there are four ON2 players on the field, an ON2 player will pull. As a reminder, all teams must also designate at least one WN2 captain in all mixed gender leagues!

