

OTTAWA-CARLETON ULTIMATE ASSOCIATION



BOARD BULLETIN

Winter-Spring 2023



Hello OCUA members, and welcome to the **Winter/ Spring 2023** edition of the Board Bulletin!

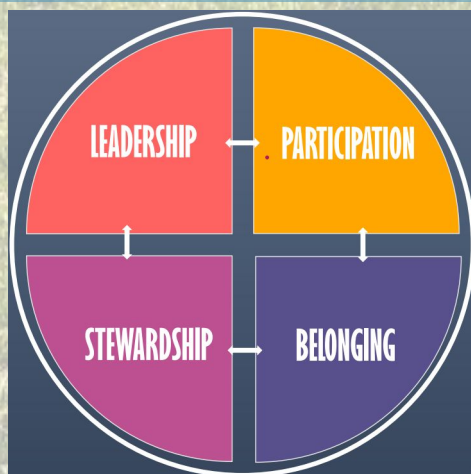
We'd like to give thanks to all the players, captains, volunteers, coaches and convenors who helped to make the indoor Winter and Spring seasons successful and enjoyable. For those who generally hibernate over the winter (or pursue other snow-based activities), we're excited to welcome back the sunny skies, warm weather, and green grass that will host our **Summer 2023 season**. We're looking forward to getting back on the fields to chase plastic in the fresh air, and see everyone out on the fields!

New OCUA Board Director

One of the early highlights in Yang Xu's Ultimate career was catching the universe point in a comeback win, sending his intramural team to the finals. He has since played several seasons with OCUA, most recently in the winter parity league. While he claims to be a bit of a slow learner, he said the knowledge from veteran players in parity league has been rubbing off on him. He enjoys Ultimate because it combines several of his other passions such as running, chess (tactical thinking), and dancing (which also requires coordination and spatial awareness). Please join us in **welcoming Yang to the OCUA Board!**



R.A.I.S.E. Your Game



OCUA's [Strategic Plan](#) is an important part of the growth and evolution of our organization. We encourage you to take the time to review the plan in order to be a part of its successful implementation. Feel free to reach out to the Board if you have any questions.

BOARD OF DIRECTORS

KARLIS BOUSE
CHAIR

MAAIKE VAN LEEUWEN
DIRECTOR

EMMA WILSON-PEASE
DIRECTOR

KELLY FULTON
DIRECTOR

TINA TREMBLAY
DIRECTOR

ROBBIE THUOT
DIRECTOR

YANG XU
DIRECTOR

ALESSANDRO COLONNIER
SECRETARY

OTTAWA-CARLETON ULTIMATE ASSOCIATION

Annual General Meeting



OCUA is a not-for-profit association. As a member, you are an important part of our community! The **Annual General Meeting (AGM)** is an opportunity to have your say. During the AGM and information session that follows, members engage with the Board and Executive Director - this includes learning more about the Association's Vision and Strategic Plan and how the organization is managed. This year's AGM will be held virtually on **Thursday, April 27th at 6pm**. Participants must [register](#) and have a valid membership to attend. We look forward to seeing you!

Have your voice heard

An important part of the AGM is voting in the election. The Board of Directors is an elected group of volunteers that act on behalf of members by providing strategic leadership, establishing policies and overseeing the operations and financial performance of OCUA. If you can not attend the AGM, you can still vote via a [proxy](#) form. For more information, please contact nominations@ocua.ca.



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Gender Equity

OCUA recognizes gender as a spectrum, and believes people of all genders have the right to play sport and feel included. This is why OCUA continues to use our new gender roster categories.

- **GN2** stands for Girls, Non-Binary, and Two-Spirit players
- **WN2** stands for Women, Non-Binary, and Two-Spirit players
- **ON2** stands for Open, Non-Binary, and Two-Spirit players

OCUA does not distinguish between cis- and trans- for purposes of roster categories. Non-binary and two-spirit players may participate as their authentic selves without needing to register as a man or a woman.

March 8th was International Women's Day, and this year's theme was Embrace Equity. We embrace equity for women. We embrace equity for diverse genders. We embrace equity for all. We joined the #EmbraceEquity movement by striking the pose! We also held special WN2 and GN2 events to celebrate!



Pink Shirt Day

Each year, Pink Shirt Day aims to raise awareness and support anti-bullying programs. On February 22, members of the OCUA Board proudly wore pink shirts to show their support of this worthy cause.

There are so many ways to help and connect with people being bullied - send a text, call out bullying behaviour, or simply offer your support - on Pink Shirt Day and all year long.

