



## NOMINEES FOR THE 2011 ANNUAL GENERAL MEETING ELECTION OF KARATE CANADA DIRECTORS

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- 2<sup>nd</sup> Vice-President – Three (3) Year Term – **Kristel Buendia-Larouche**
- 2<sup>nd</sup> Vice-President – Three (3) Year Term – **Paul Oliver**
- Director at Large – Three (3) Year Term – **Sylvain Berthiaume**

### BIOS / PLATFORMS:

#### **Ms Kristel Buendia-Larouche (2<sup>nd</sup> Vice-President):**

As a recently retired former member of the Canadian junior and senior team, Kristel Larouche was able to proudly represent Canada at several international events. She has won, among others, the first and only medal in kata at the 2003 Junior World Championship. Kristel was elected by the national team in 2008 for a two-year mandate as the athlete representative to the National Board, and was elected to the role of Karate Canada's 2<sup>nd</sup> Vice-President in 2010. She has also recently held the role of National Team Leader at the 2011 Jr Pan American Championships.

Kristel holds a bachelor's degree in Human Resources and Industrial Relations, and has graduated with several awards of excellence. She is now pursuing an MBA (specialization in HR) at the Université du Québec en Outaouais. Kristel wishes to continue to contribute to the development of karate—a sport which she loves, by making good use of her view as a former athlete, her expertise and her education, and by remaining actively involved on the Board of Directors of Karate Canada. She plans to continue to promote the implementation of the 2010-2014 Strategic Plan adopted by Karate Canada, and to help build a strong legacy through preaching by example.

#### **Mr Paul Oliver (2<sup>nd</sup> Vice-President):**

*(In his own words:)*

"I have 25 years of administrative experience, including 10 years as a Provincial President. Looking to enhance communication to the Provincial presidents and Associations. I am very familiar with all the aspects of Karate Canada and have a lot to offer."

#### **Mr Sylvain Berthiaume (Director at Large):**

Sylvain Berthiaume has been practising traditional karate for 35 years. He is the founding President of Karate Quebec and has been sitting on its Board of Directors throughout most of its existence. In addition to his involvement on the provincial level, Mr. Berthiaume is also actively involved on the national level since 1992. Mr. Berthiaume is a man who is committed to the success and evolution of karate, and is currently trying to accomplish this by improving the quality of human relations in various federations. His extensive experience and values make him a strong asset to Karate Canada. He plans to continue to promote the implementation of the 2010-2014 Strategic Plan adopted by Karate Canada, and to help build a strong legacy through preaching by example.