

Nominations for Election of Officers: 2026

Available Board/Executive Positions - Here is a list of all the positions that are available and open to nominations, in brackets you will see the term duration:

- Secretary (mandate will be until 2028 AGM) - recently held by Anthony Shanks
- Director at Large (mandate will be until 2028 AGM) - recently held by Daniel Benoit
- Director at Large (mandate will be until 2028 AGM) - recently held by Doug Chetwynd
- Athlete Director (nominated by High Performance, mandate will be until 2028 AGM) - recently held by Serena MacRury

Nominations

SECRETARY

Catherine Meagher | Nominated by Anthony Shanks

Catherine has accepted the nomination because of her passion for karate and desire to contribute to the continued growth and success of the organization. Karate has been an important part of her life, and she values the sense of community, discipline, and development it provides. She is motivated by the opportunity to collaborate with the board, support strategic initiatives, and contribute to the organization's long-term goals.

She brings strong organizational, administrative, and communication skills that align with the responsibilities of the Secretary role. In her professional experience, she has managed documentation, coordinated workflows, and supported decision-making through clear and timely communication. She is comfortable managing multiple priorities, working with a range of stakeholders and ensuring tasks are completed accurately and on time.

She also has experience with reporting, policy adherence, and process improvement, which supports executive governance and consistency in board operations. She holds a Bachelor of Commerce from Saint Mary's University and approaches her work with attention to detail, accountability, and reliable follow-through

ATHLETE DIRECTOR

Serena MacRury | Nominated by: HPC, ratified at AGM

Serena MacRury has served as Athlete Director for the past three years, having been ratified in the role in 2023 and again in 2024. She has now been nominated to continue in this position for an additional two-year term.

Throughout her tenure, Serena has been an excellent and consistent voice for athletes at the board level. She is deeply committed to advocating for athlete interests and ensuring their perspectives are thoughtfully considered in decision-making processes. Her lived experience as a high-performance athlete brings meaningful insight and balance to board discussions.

Serena began her karate journey in 2015 with Halifax Ryuseikan and currently trains with Performance Martial Arts. She joined the provincial team in 2018 and has steadily increased her involvement each year since. She has achieved competitive success, earning medals at local and international karate competitions.

In addition to her accomplishments in karate, Serena is also a highly decorated taekwondo athlete, with medals earned at the local, national, and international levels. Her dedication to training, competition, and athlete development is evident across both disciplines.

Outside of sport, Serena works professionally as an Administrator at Westphal Dental in Dartmouth. Her combination of athletic excellence, professional experience, and strong advocacy skills makes her an exceptional candidate to continue serving as Athlete Director.

DIRECTOR(s) AT LARGE

Daniel Benoit | Nominated by Greg Da Ros

Daniel has chosen to re-offer for the role of Director At Large, having originally been elected to the position in 2024. He brings a strong combination of martial arts experience, officiating credentials, and extensive professional expertise to the Board.

Daniel has been studying Chito-Ryu Karate since 2016 and has trained under German Sensei since 2017. He currently serves as a Junior Program Instructor at his club, contributing to athlete development and the growth of karate at the grassroots level. Prior to this, Daniel

studied Tsuruoka Karate for 11 years, beginning in 1983, demonstrating a lifelong commitment to martial arts.

He has competed in multiple provincial and international tournaments and is a certified Provincial Tournament Official. In addition to his karate background, Daniel also holds a Black Belt in World Taekwondo (WT), further reflecting his broad experience across martial arts disciplines.

Professionally, Daniel is a Managing Partner at Nova Imprint Business Solutions. Prior to joining Nova Imprint, he was employed by Xerox for over 22 years, where he gained extensive experience in office and production solutions. His long-standing career in client-focused environments has provided him with strong skills in customer service, operations, and business management.

Daniel's combination of governance experience, karate knowledge, officiating background, and professional leadership makes him an asset to the Board. His customer service expertise and practical business insight will continue to benefit the association as he seeks to continue in the role of Director At Large.

Ryan Sweeney | Nominated by Kevin Seyffert

My name is Ryan Sweeney, and I have been involved with the club since January 2023. During that time, I have volunteered with children's classes and most recently assisted with the purchase and distribution of club merchandise. I value being part of this organization and would welcome the opportunity to continue contributing in a greater capacity.

I bring a strong background in customer service, procurement, bookkeeping, sales, and business operations. My wife and I own Just Move Fitness in Lower Sackville, where I help coach and instruct weightlifting classes for middle-aged and senior clients in a supportive training environment.

Professionally, I hold a Bachelor of Business Administration with a major in Marketing and a minor in Management. I have eight years of procurement experience, more than ten years of bookkeeping experience, and over twenty years of sales experience.

If elected, I would hope to support Karate Nova Scotia through practical business skills, sound financial awareness, and ideas to help strengthen communication and promote karate throughout the province. I am someone who is willing to work hard, learn quickly, and contribute wherever needed.

Doug Chetwynd | Nominated by Milton Bourque

He has done an admirable job on the board in the Director at Large role the last 4 years. He participates in discussions, looks at multiple points of view and communicates well with members.

- 37 years training, Yon-Dan (4th degree black belt)
- Shido-in - ICKF instructor certification
- National B kata judge
- National B kumite judge
- Has competed locally, provincially, nationally (NKA & ICKF- Japan) and internationally (Soke Cup)
- Teaches adults and kids at Mukashi School of Karate