



## CEC Athletes' Commission Nominees 2021-2022

### Elise Sethna- President Nominee



As a retired athlete with over a decade of experience competing at the international level, and a recent volunteer of the CEC in supporting their strategic planning process, I have developed a deep passion for helping the governing bodies serve our athletes through this period of growth in competition climbing. I believe the 'President of the Athlete Commission' CEC board position is very well-suited to my background and experiences as both a former athlete and as a professional consultant with Deloitte.

I began competing when I was 9 years old and retired when I was 25. Through these years, I am grateful to have competed on the world stage to represent Team Canada in all three disciplines both as a youth athlete, and as an adult on the open national team. Throughout my years competing, I was fortunate to witness the significant growth in the sport and was encouraged to see how resilient and adaptable the community was to this change. I have thought often about how it was me against the wall at any moment in time, but each new experience was due to the team that had spent a lifetime supporting me; from national and international climbing bodies, coaches, mentors, friends and family. I empathize with athletes concerns from my experience in their shoes but am also deeply aware of the enormity of the systems that support us behind the scenes. I think this three-dimensional awareness and perspective will support me in providing a balanced view leading the Athlete Commission.

As a retired athlete I have looked to find ways to contribute and give back to the community that has shaped who I am. Two years ago, I initiated a pro-bono project through Deloitte to support the CEC's strategic review and strategic planning process. Through these meaningful volunteer engagements, I began to understand the challenges, growing pains and opportunities facing the sport. I met with many faces of climbing in Canada – diverse communities of athletes, parents, passionate volunteers, and governing bodies – I learned from their perspectives and became engaged in their stories, concerns and joy to contribute to the growth of our community. I realized that the interactions with the board and community had significantly shaped my perspective and I wanted to find an opportunity to be more permanently involved in the solutions. I believe that the governing bodies of sport should exist to support the athlete and so, if fortunate enough to be voted in for this position, I hope to do my best in amplifying the athlete voice and making an impact that balances the views of our diverse community.

### **Becca Frangos- Lead Rep Nominee**



As a member of the Athlete's Commission team since it was first formed in 2018, I can truly say it's been a pleasure to be a part of this hardworking and cohesive team of athletes. It's been really interesting to work alongside Climbing Canada as a part of this team as our sport continues to evolve and grow, especially with its inclusion in the upcoming and future Olympic games.

With my prior experience working with the Athletes Commission over the last few years, being an active competitor on Climbing Canada's National circuit as well as a member of the National Team who competes internationally, I feel I can continue to be an effective member of the Athletes Commission team. I also bring an outgoing and positive approach to my interaction with the athletes I have the opportunity to communicate with and am looking forward to offering feedback to continue to move Climbing Canada forward as an organization as a whole.

I would love to continue my volunteer work as Lead Representative for another term.

### **Ethan Pitcher- Speed Rep Nominee**



I would like the opportunity to represent and promote the views and interests of Canadian athletes to the CEC's Board of Directors and management on all issues related to climbing.

The CEC athletes' commission is a clear demonstration of the organization's commitment to good governance, benefiting both the athletes and the organization. As an ambassador I can help support the CEC in its mission to develop and promote the sport of climbing, as well as communicate to athletes about the organization's activities from an informed perspective.

### **Tula Sherkat- Member at Large Nominee**

As an active competitive climber, I am looking to become more involved in the CEC. With the chance to be a voice in the community, I would love the opportunity to help grow and support the sport that has been a massive part of my life. I believe a 'Members at-large' representative position would be a very good opportunity and start to become more involved within the CEC and I would be honored to be chosen for one of these positions.

I feel like I would suit this position well because I have been competing for a little more than half of my life and would love to represent CEC in the best way possible.

Tula is in her second year as a Youth A competitor, and has been competing since she was 7.

### **Aiden Pinsk –Member at Large Nominee**



As a third-year engineering student at the University of Victoria and high-performance athlete for the CEC, I have come to appreciate the need for diversity of thought and background to represent large, driven groups of people. I am eager to contribute my diversity of experience and represent the athletes of the CEC on the Athletes' Commission to tackle various problems the CEC faces.

As a member of the Athletes' Commission, my experience with the diversity of climbing across Canada will thrive, helping the CEC make more educated decisions for athletes across the country. Living in two provinces during my childhood (AB and MB), and now a third for university (BC) has given me a wide scope of the state of both commercial and competitive climbing across provinces, especially where they lack. I believe this diversity of thought and experience will be an asset to the AC, to provide more well-rounded resources to its athletes.

Grassroots climbing gave me my start, but it also chained me. As a high-performance athlete who has spent much of his career being self-coached, there is a struggle to provide adequate resources to those who desire them, even in more established provinces, unless already at the elite level. My self-taught knowledge of regulations, quotas, and selection protocols is no way for an athlete to progress. Nevertheless, after testing this knowledge in competition I am confident my skills will help the CEC fix these problems moving forward.

### **Stacey Weldon- Member at Large Nominee**



I have been involved in the Canadian climbing community for almost 25 years, in a wide range of roles that give me a unique perspective. I grew up in the grassroots of competition climbing in Canada, have competed internationally, have coached club teams and national teams, and have now spent two years as a CEC board director and president of the athletes commission.

This past year I have been heavily involved in engaging with athletes, one of the CEC's top stakeholders, and bringing their voice to the table. My goal this year is to continue to work with the athletes commission, and encourage athletes to be positive ambassadors of our sport by actively engaging at all levels of governance. Another goal that I am very passionate about is the creation of a body positive campaign as eating disorder prevention and education are of utmost importance to the health and success of our athletes.