

Board of Director Nomination Bios
Sunday, November 22nd, 2020

The Sask Volleyball Board nominates the following member to serve on the Board of Directors for a two-year term effective November 2020

Nicole Sawchuk, Prince Albert

Nicole is self-employed as a lawyer in Prince Albert. She has been practicing law for approximately 20 years, focusing on family law, municipal law, civil litigation, real estate, wills, estates, and corporate law. She is also a certified mediator.

As an athlete, Nicole played club volleyball as a youth, and has coached her daughter in club volleyball the past four years in Prince Albert. She currently is certified at the Development Coach level. Nicole has also been a Board Member of the Prince Albert Volleyball Association since 2016.

Nicole believes she will bring a strong knowledge of the legal system, contracts, negotiations, and mediation to the Sask Volleyball Board. She prides herself on having good communication skills and building relationships with people.

Dale Regel, Prince Albert

Dale is a recently retired high school teacher, and has over 40 years experience coaching High School and Club sports, including volleyball. He was Vice-Principal at St Mary's High School for 17 years, and has vast experience mentoring interns, counselling students, and advising on Curriculums. He has coached Provincial Teams, Sask Summer Games, Camps, and presented at various Coaching Clinics in multiple sports over the years.

He has served on the Basketball Sask Board of Directors for six years, is presently a member of the Prince Albert Basketball Officials Association, and is excited to offer his knowledge and experience to the Sask Volleyball Board.

Marcus Richards, Regina

Marcus has served on the Sask Volleyball Board of Directors as a Member-at-Large for the past year. During the past year, he has also contributed as a member of the Finance Committee and Nominations Committee on the Board.

Marcus played volleyball in High School and currently participates in adult rec indoor and outdoor volleyball leagues. Marcus was employed by Sask Volleyball as the Finance Director from 2015 – 2018 where he over saw the financials, office management and assisted in programming where needed.

Marcus has spent the last two years as the Director of Operations for VOGO Volleyball, a beach specific volleyball club where he handles the finances and administration duties.

Professionally, Marcus completed his BBA with a major in accounting in 2015. He has recently passed his final exam for his CPA designation and is wrapping up his work experience before finalizing that designation. Currently, Marcus is the Assistant Controller for AGT Foods Canada, where he has been employed for two years.

Rob Tomy, Prince Albert

Rob has been on the Sask Volleyball board for a year and a half. During this time he contributed to the Boards Governance Committee. He has coached both boys and girls at the club and high school level, and has coached provincial team indoor volleyball and provincial team beach volleyball for a number of years, including three Canada games and 2 western games as a coach. He is a Volleyball Learning Facilitator for development coach and advanced development coach for indoor and Beach, and a Coach Evaluator for development and advanced development coaching. He is also a Master Learning Facilitator for multi-sport modules in the NCCP and often referees high school volleyball.

As a volunteer, Rob is involved in the executive for the Prince Albert Optimist Toppers, is on the board of directors for the Coaching Association of Saskatchewan, and the Prince Albert an area Athletics Association. He teaches Grade 1-8 Phys Ed in Prince Albert. He enjoys working with the Sask volleyball Board helping implement policies that benefit the growth of the sport in Saskatchewan.

Nominated by Monica Arendt Humboldt Hustlers

Heather Zazula

Heather is an energetic, ambitious person who has developed a mature and responsible approach. She is very passionate about mentoring and developing athletes to build sustainable training habits while supporting healthy lifestyles.

Heather has volunteered as a Board Member to her school Community Council and local Gymnastics Club, as a Manager of her local softball team, and as a Club and Camp Coach. She is a Level 1 Referee and is working on her NCCP Coach Certification Courses. She is educated in Early Childhood Education, HR and Payroll Management, and Business Administration among other areas.