2026 BOARD OF DIRECTORS

Meet the Candidates

Rope Skipping Association of Nova Scotia | Annual General Meeting | November 21, 2026

RSANS has received ten Expressions of Interest for Director positions. Thank you to everyone who has put their name forward to support rope skipping across Nova Scotia.

The profiles below reflect candidates' own EOI responses. They are presented alphabetically by first name. Contact details and administrative eligibility/consent responses have been excluded.

Election procedures and voting eligibility will be determined under the bylaws currently in force at the AGM.

Courtney Taylor

Club affiliation: Annapolis Skippers

Current involvement in rope skipping

Currently involved as a coach.

Why I am interested in the RSANS Board

I feel that I am able to bring a valuable new perspective from the sport in a different area of the province, which can often be under-represented or misunderstood.

Skills, experience and perspectives

Current member of the board, previous athlete, I work with a wide variety of students in my job as a teacher and coach

Areas of interest

Athlete development, Competitions and events, Communication and promotion

Priorities for the next 1–2 years

I would like to see growth in the number of athletes and greater retention of the athletes that we do have.

Debbie Myatt

Club affiliation: Scotia Skippers

Current involvement in rope skipping

I love being part of the skipping community. Both of my girls love skipping. My oldest Hannah had to stop due to injury but has still stayed involved with pre competitive by helping coach. I am looking forward to the new season with Emily.

Why I am interested in the RSANS Board

I am interested in joining the board to help in anyway I can with the sport.

Skills, experience and perspectives

I am part of Scotia Skippers executive board. I would love to help and participate in the RSANS board

Areas of interest

Athlete development

Priorities for the next 1–2 years

I would love to see the sport grow for Nova Scotia. It is such a fun positive sport for kids to participate in.

Dwight Lucas

Current involvement in rope skipping

Existing President

Why I am interested in the RSANS Board

Supporting athletes in Teams in NS

Skills, experience and perspectives

Coach, President

Areas of interest

Athlete development, Recreational and grassroots development, Coaching development, Competitions and events, Officials and judging, Governance and policy, Safe Sport, Fundraising and grant exploration

Priorities for the next 1–2 years

Athlete Development and growth

Jackie Ball

Current involvement in rope skipping
RSANS director

Why I am interested in the RSANS Board
Yes

Skills, experience and perspectives
On the JE board for more than 10 years, and on the RSANS board for 8 years.

Areas of interest
Competitions and events

Priorities for the next 1–2 years
Expanding the sport throughout the province.

Julie Burnand

Club affiliation: Jump Energy

Current involvement in rope skipping
Judge and volunteer

Why I am interested in the RSANS Board
To help organize the skip season

Skills, experience and perspectives
Long standing member of O'Connell Drives PTA, I run the bookfair at the school, help plan Jump Energy fundraising events.

Areas of interest
Competitions and events, Officials and judging

Priorities for the next 1–2 years
Growth of grassroots programming

Jolene Pretorius

Club affiliation: Jump Energy

Current involvement in rope skipping

I'm involved in rope skipping as a parent of a full member, a judge, and currently as an interim RSANS board member. I'm quite involved with the club and enjoy helping out and being part of what's going on.

Through judging and being on the board, I've been able to see different sides of the sport and I really enjoy being involved and would like to continue contributing to the sport and the club.

Why I am interested in the RSANS Board

I'm interested in joining the RSANS Board because I really enjoy being involved with the club and would like to contribute in a bigger way. I've enjoyed my experience as an interim board member and it has made me want to learn more about how RSANS works and how I can help.

I think my experience as a parent, judge, and board member gives me a few different perspectives, and I'd like to use those to help support the athletes, clubs, and families involved in RSANS.

Skills, experience and perspectives

I think I would bring a good mix of organization, communication, and different perspectives to the board. Through my work and volunteering, I'm used to coordinating people, schedules, and details, and I enjoy helping things run smoothly.

Within rope skipping, I bring the perspective of a parent, a judge, and someone who has been involved with the board. I'm also involved with my children's school through the PTA, which has given me another opportunity to work with other parents and volunteers to support the school community.

Areas of interest

Athlete development, Recreational and grassroots development, Coaching development, Competitions and events, Officials and judging, Safe Sport

Priorities for the next 1–2 years

I'd like to see RSANS continue to grow and build a strong rope skipping community across Nova Scotia. I think continuing to support clubs, athletes, coaches, judges, and volunteers is important, as well as making sure everyone feels informed and included.

I'd also like to see continued focus on competitions and making them run as smoothly as possible. Since this is an area I'm interested in learning more about, I'd like to better understand what goes into organizing competitions and see where I could help.

Overall, I'd like to see RSANS continue to grow the sport while making sure the experience is positive and well-supported for the athletes and families involved.

Lori-Anne Mikkelsen

Club affiliation: Jump Energy

Current involvement in rope skipping

I have been attending skip practise with my son since the fall of 2024. I am a level one trained judge in speed, technical, presentation and difficulty.

Why I am interested in the RSANS Board

I am interested in learning more about the sport in an organizational capacity. Until my son became involved, I was unaware of the endless opportunities available for kids though skip. Because of this, I would like to continue to support our young Nova Scotian athletes.

Skills, experience and perspectives

I have been involved in youth sport as an athlete, parent or coach throughout my life. For the last four years, I have been a member of the Porters Lake Soccer Association as a coach or manager. This experience has helped with my organizational skills at a team level. I have also been a junior high teacher in HRCE for the last 17 years which constantly has me adapting to the needs of youth. I hold a masters degree in education with a focus on rural communities. Currently, our membership demographics are largely rural so I think this background may be helpful.

Areas of interest

Athlete development, Recreational and grassroots development, Coaching development, Competitions and events, Officials and judging, Governance and policy, Safe Sport

Priorities for the next 1–2 years

I thinking continuing to grow the sport throughout Nova Scotia should continue to be a priority.

Sam Ashley

Club affiliation: Jump Energy

Current involvement in rope skipping

I am the current head coach of Jump Energy and former board member of both RSANS and RSC.

Why I am interested in the RSANS Board

After a few years off I am ready to help the board move forward for a new generation of athletes.

Skills, experience and perspectives

Many years volunteering at the local, provincial, national and international levels.

Areas of interest

Athlete development, Recreational and grassroots development, Coaching development, Competitions and events, Governance and policy, Safe Sport

Priorities for the next 1–2 years

Growth in recreational and school participation.

Sarah Dobrowolski

Club affiliation: Jump Energy

Current involvement in rope skipping

Current RSANS Board member

Why I am interested in the RSANS Board

Helping to re-engage previous and alumni members.

Skills, experience and perspectives

Extensive experience as an athlete, coach, and Board member at multiple levels of the sport. Sarah also completed a PhD that explored, in part, young people's experiences in rope skipping.

Areas of interest

Athlete development, recreational and grassroots development, coaching development, Safe Sport, and encouraging former skippers to return as volunteers, coaches, and participants.

What I would like RSANS to accomplish

Re-engage former skippers and create opportunities for them to contribute to the sport.

Cameron Short

Club affiliation: Jump Energy

Current involvement in rope skipping

I am a coach with Jump Energy and currently serve on the Boards of both the Rope Skipping Association of Nova Scotia, as the Rope Skipping Canada Representative, and Rope Skipping Canada, as the Chair.

I am involved in the sport at the club, provincial and national levels, including coaching athletes, organizing competitions and events, supporting recreational and competitive programming, and working on governance and sport development.

Why I am interested in the RSANS Board

I want to continue helping grow rope skipping across Nova Scotia and make sure RSANS is supporting both the athletes and clubs we currently have while creating more opportunities for new people to get involved.

We have a lot of opportunity to grow the sport in Nova Scotia, particularly at the recreational and grassroots levels. I would like to continue helping RSANS build a strong foundation that supports that growth while making sure our governance, competitions, programs and resources grow along with it.

Skills, experience and perspectives

I bring experience from several different sides of rope skipping. As a club coach, I have direct experience with recreational, and competitive athletes and see the practical impact provincial decisions have on athletes, families, coaches and clubs.

My involvement with both RSANS and Rope Skipping Canada has also given me experience with governance, policy development, competitions and events, communications, coach and athlete development.I enjoy the organizational side of things, looking at how we currently do something, identifying where there are gaps, and finding practical ways to make it clearer or more effective.

Areas of interest

Athlete development, Recreational and grassroots development, Coaching development, Competitions and events, Governance and policy, Safe Sport, Communication and promotion

Priorities for the next 1–2 years

I would like to see RSANS continue focusing on grassroots growth and creating more opportunities for new athletes to experience rope skipping. Including strengthening our recreational and school-based opportunities and creating a clear pathway from trying the sport for the first time through to competitive participation.

I would like to see us continue strengthening the supports we provide to our existing clubs, coaches, athletes and officials. As participation grows, I think it is important that our competitions, coach and official development, communications, policies and governance continue to develop with it.

Ultimately, I would like to see more athletes participating, more opportunities throughout the province, and a strong provincial organization that can sustainably support that growth.