



# Lacrosse Nova Scotia Board of Director Role Description

## Past President

The Past President provides continuity and historical perspective to the Board of Directors, ensuring a smooth transition of leadership. This role serves as a senior advisor to the President and the Board, leveraging institutional knowledge to support the ongoing mission and strategic vision of Lacrosse Nova Scotia.

### SKILL SET:

- Institutional Knowledge: Comprehensive understanding of the Society's historical operations, past challenges, and long-term strategic objectives.
- Leadership Experience: Must have completed a full term as the President of Lacrosse Nova Scotia.
- Governance Expertise: A deep acceptance and understanding of the legal duties, responsibilities, and liabilities of non-profit associations.
- Mentorship & Advocacy: Proven ability to provide constructive guidance and support to the current President and Directors while maintaining professional boundaries.
- Communication Excellence: Exemplary oral and written communication skills, with the ability to balance tact, diplomacy, and the confidentiality of Board proceedings.
- Strategic Vision: Ability to assist in macro-management and long-term planning through historical context.

### SPECIFIC RESPONSIBILITIES:

- Presidential Support: Acts as a primary advisor to the President, providing historical context and guidance on Board matters.
- Governance Continuity: Assists the VP Administration in ensuring that the Board remains in compliance with established bylaws and internal policies. Board Onboarding: Supports the President and VP Administration in the orientation of new Board members to ensure a holistic understanding of the organization.
- Committee Participation: Serves on committees as requested by the President, often focusing on governance, nominations, or strategic reviews.
- Special Projects: Leads specific ad hoc projects or initiatives as assigned by the President or the Board.
- Board Participation: Serves as an officer of the Society and attends Board and Executive meetings to provide a consistent voice during transitions.
- Mediation: Assists in resolving internal conflicts or challenges by drawing on previous leadership experience and knowledge of the Society's values.

### RELATIONSHIPS:



- Internal: Works in close collaboration with the President and Executive Director to maintain organizational health.
- Board Liaison: Accessible to all Directors and the general membership seeking answers regarding historical practices and previous Board decisions.
- Stakeholders: Maintains relationships with key partners (e.g., Sport Nova Scotia, Lacrosse Canada) to ensure stability during leadership changes.

## **TIME COMMITMENT:**

The estimated monthly time commitment is approximately 5–8 hours, allocated as follows:

- Work Requirements: Approximately 3–4 hours for advisory work, policy review, or special projects.
- Meetings: 2–4 hours for Executive and Board meetings, plus participation in the AGM.
- Seasonal Peaks: Minor additional time may be required during the Board election cycle or during the transition period immediately following the AGM