

Swim Alberta 2024 Board of Directors Nominees

Profiles of New Candidates 2024 AGM

Dr. Carol A. Malec

Dr. Carol A. Malec, a psychotherapist with over 28 years of experience in mental health support, is a dedicated advocate for safety and well-being in sports. She holds a Ph.D. and M.Sc. in Educational Psychology from the University of Calgary and a B.Sc. in Nursing from the University of Saskatchewan. Throughout her career, she has been recognized for her contributions to mental health, winning awards such as the P.O. Davidson Award and securing numerous grants for wellness initiatives.

Carol's connection to swimming is personal, as her children, were national-level swimmers with the University of Calgary Swim Club (UCSC) for 15 years. During this time, Carol served on the UCSC board and chaired its Safe Sport committee, where she addressed several complaints, including harassment cases, helping to implement important cultural changes.

Professionally, Carol co-founded CounsellingYYC in Calgary, where she focuses on mood disorders, chronic illness, family conflict, and recovery from abuse. Her extensive experience working with elite athletes, including Olympic champions, has shaped her approach to mental health and athlete welfare. Although she is relatively new to Swim Alberta, Carol has already offered valuable strategic insights around the development of swimming.

Her candidacy for the Swim Alberta Board is driven by her dedication to fostering safe, supportive, and thriving environments for athletes, leveraging her unique skills in mental health and governance.

Lars Olthafer-Blakes

Lars Olthafer-Blakes is a seasoned legal professional with a deep commitment to governance and operational excellence, bringing a wealth of experience to his candidacy for the Swim Alberta Board. With a focus on regulatory compliance, environmental law, and public consultation, Lars has advised and represented prominent companies across the energy sector. His strong background in administrative law, coupled with a proven track record of board bylaw development and legal advisory roles, positions him as a key candidate for contributing to the governance and transparency of Swim Alberta.

Lars's connection to swimming is personal, having had two children who swam with the University of Calgary Swim Club (UCSC). In addition to swimming, Lars served as team manager for his son's hockey team, successfully raising funds to support travel and accommodation costs for a major tournament. His extensive involvement in the operational aspects of sports teams further emphasizes his dedication to fostering collaborative and supportive environments.

Lars's candidacy is driven by his passion for ensuring Swim Alberta's long-term sustainability, with a focus on compliance, accountability, and promoting safe, inclusive environments within the sport. His combination of legal expertise and experience in youth sports makes him a valuable asset for the organization.