



Adam Frost

Position Nominated For: President

Professional Experience:

With over 18 years of dedicated service to the hockey community, I bring a unique blend of on-ice expertise and executive leadership to the STMAYHA Board. In my professional life, I serve as the Director of Environmental Services for a local hospital system, where I lead a management team of eight and oversee 200 frontline staff. This experience in large-scale operations, budgeting, and personnel management allows me to approach our association's challenges with a professional, common sense lens.

Volunteer Experience:

Since 2008, I have coached at every level of the game, from first-year Mites to High School Varsity. I understand the development curve of a player not just as an administrator, but as a coach who has been on the bench. Having served as the Hockey Operations Committee Admin and as your Board President for the last two years, I have a deep institutional knowledge of our association's strengths and the areas where we must continue to evolve. STMAYHA deserves a Board that functions as a strategic leadership team. I will continue bring a professional business mindset to our operations, ensuring that every policy, and penny, is directed toward the benefit of the entire organization, without exception or favoritism.

Why are you the best candidate?

As I said early, I bring a unique blend of on-ice expertise and executive leadership to The Board. I know how to manage large scale budgets and get the most out of them, and I know what it takes to develop young athletes to give them the best chance to succeed in their future goals. In my 18 years of coaching i have coached three NHL draft picks, and many more players who went on to play college hockey. Putting those two skillsets together I can continue to guide STMAYHA on a path to provide to best programming to the players.

Our association is at a critical juncture. To remain competitive and vibrant, my focus remains on three key areas we need to push change into in order for the program to keep finding success:

- Skill Development: Families deserve to see tangible growth. I am committed to expanding skills instruction to every level—ensuring our Mites receive the same high-quality skating foundation as our Bantams. Our programing needs to be reassessed to ensure we are keeping up with best practices.
- Coaching Recruitment: We must prioritize finding the right coach for the right team. I am focused on tapping into our alumni base and professional networks to recruit talented non-parent coaches who can provide objective, high-level mentorship to the kids.

- **Retention & Advocacy:** The changing landscape of Minnesota Hockey, particularly regarding waiver rules, requires a firm advocate. I will continue to work alongside neighboring associations and MN Hockey to ensure that active members of our community can play where they live.

We have made significant strides over the past two years, but the job isn't finished. I am asking for your vote to continue adapting, growing, and providing the best possible environment for our players to succeed.

Personal Interests:

When I am not at the rink I enjoy golfing, traveling, and reading

Family & Player(s):

My wife, Sarah, and I have live in the community since 2009. We have three boys, and two of them are hockey players. Sawyer will be a first year bantam this year, and Cullen will be a second year squirt. Our oldest son, Lincoln, decided to stop playing hockey last season and has spent his time at baseball and the golf course.

Anything Else You Wish to Share:

As we enter the election don't just vote, please take your time and make sure you are voting for the candidate that you feel will represent your families in the best way possible, and guide STMAYHA down the path of success.

