

## Coaching Philosophy:

I've been on the ice since the age of 5 and have fallen in love with the sport ever since. I decided to take a break from training in 2020, and focus on developing my coaching experience, as well as focus on school.

I trained and competed for 11 years in both the StarSkate and Competitive stream. I have invested a large portion of my time to continue the NCCP stream, so I could further spread my passion for the sport. From taking skaters to their first steps on the ice to their first double jumps, I enjoy being not only a coach but a role model figure to all athletes that I teach.

My end goal is to support the growth and development of each skater. Eventually, I am hoping to apply my degree to figure skating by enhancing technology for training by investigating heat transfer and friction within the blade and ice surface as well as the mechanics of the sport.

## Highlights and Experience

- 5 years coaching experience in Alberta/NWT/Nun section
- Learn to Skate instructor at uOttawa
- Alberta Winter Games Competitive
- Competitive Novice Freeskate
- Gold Skills & Gold Freeskate
- Fourth-year student at the University of Ottawa - Biomedical-Mechanical engineering
- Level 1 CASI Snowboard Instructor
- 2017-2019 World Cheerleading Championships
- Ice Captain at Skate Canada Challenge