

COACHING PHILOSOPHY:

My coaching philosophy is to ensure that each skater is treated equally and fairly regardless of whether they are a competitive or recreational skater. I enjoy working with skaters of all ages regardless of their limitations. I'm committed, dedicated and passionate in helping my skaters achieve their personal goals. The greatest satisfaction for me is seeing my skaters achieve their goals they have worked so hard to achieve. I hope to instill my passion of the sport to my skaters. I encourage them to be the best that they can be and to learn life lessons along the way as they partake in this journey of skating. I want them to be a part of the skating community so in the future they can look back on their experiences and realize that those were some of the best moments of their life.

PROFESSIONAL HIGHLIGHTS:

COACHING HIGHLIGHTS:

- NCCP National Level Coach
- 27 years teaching experience
- Areas of Specialization: Freeskate, Skills, Dance and Choreography
- Attained Gold Level for the Continuous Education Program (CEP)
- Coached skaters at Sectional, Trillium Cup, Ontario Winter Games, EOSIC, All-Ontario and National StarSkate Championships
- Coached skaters from Preliminary to Gold Level tests in all disciplines, including Senior Competitive
- Have had skaters chosen for the EOS Jumpstart and EOS Youth Camp
- Teach all levels of skating from preschool to adults as well as special needs athletes
- Mentor Coach for NCCP Coaching Program
- Part of Skate Canada Pilot Program for the New CanSkate Program
- Part of Skate Canada Pilot Program for Star 1- 5 for Freeskate, Skills, and Dance
- Reviewed the French content for STAR 1-5 program training modules for the coach's assessment
- Helped with the development and creation of the STAR 6 – Gold skills descriptions and performance standards

EDUCATION BACKGROUND:

- Bachelor of Psychology from the University of Ottawa
- Honours Certificate in Human Resources from Algonquin College
- Core Essentials Certificate from Coach U – Life Coach
- Queen's Executive Program Certificate (currently in progress)
- Fluently Bilingual – French/English

PROFESSIONAL EXPERIENCE:

1999 - To Present: Gloucester Skating Club

- Professional Coach

DEBBIE MONTGOMERY

- Teaching professionally for 19 seasons, coaching from Star 1 to Star 5 Skating Skills, Freeskate and Dance; Senior Bronze to Gold Skills, Freeskate and Dance. Responsible for the Instruction of CanSkate, Pre-Star, StarSkate and Competitive programs.

1997 - To Present: Standards Council of Canada

- Senior HR Business Partner
- Expert analysis, advice and services to support the Director, Human Resources in identifying and addressing HR management issues, HR priorities, strategies and initiatives that are of critical importance to Standards Council of Canada (SCC) management and staff; ensures that are aligned with SCC business directions and plans to contribute to the capacity of the SCC to act as an employer of choice in the Public Service of Canada.

PREVIOUS COACHING EXPERIENCE:

1994 - 1999: Nepean Skating Club

- Professional Coach

1990 - 2001: Russell Skating Club

- Professional Coach/Coach Representative

1993 - 1999: Casselman Skating Club

- Head Coach

1993 - 1998: City of Ottawa

- Head Coach/Professional Coach (Instructor)

VOLUNTEER EXPERIENCE:

- Gloucester Skating Club Board Member – Past Coach Representative on GSC Board of Directors
- Gloucester Skating Club Spring Festival Committee Member – Coach Representative and Coaches Hospitality Coordinator
- Past Chair for EOS Autumn Skate
- Coached in the CanSkate Live demonstration at the 2013 Skate Canada ACGM in Ottawa
- Coached in the CanSkate Showcase demonstration at the 2014 Canadian Tire National Championships Gala Performance
- Volunteered at numerous Skate Canada Competitions