

COACHING PHILOSOPHY:

I believe in providing skaters a fun yet challenging environment that will allow them to reach their true potential. I take great pride in having developed skaters from the Canskate level to the National level. My coaching philosophy emphasizes goal setting, hard work, a growth mindset, discipline and the acquisition of life skills. I will seek any possible resources available in this pursuit of aiding a student in reaching their goals.

PROFESSIONAL HIGHLIGHTS / COACHING HIGHLIGHTS :

- Coached skaters to Skate Ontario Sectionals, Patinage Quebec Sectionals , Skate Ontario Provincials, Patinage Quebec Provincials, Skate Canada Challenge and Skate Canada National Championships.
- Pre-Novice Ladies Skate Ontario Provincial Champion 2022
- Junior Ladies Skate Ontario Provincial Silver and Bronze medalists 2022
- Pre-Novice and Novice skaters selected for Tier 2 Skate Ontario Team 2021
- Presenter Skate Ontario skater development seminar 2021
- Mentor Coach for the Iqaluit Arctic Games figure skating Team 2018-20
- Represented and the face of the Skate Canada Official French Language Promotional Video for Canskate and Star 1-5 Video Tutorials
- 2 time Eastern Ontario Section Singles Coach for Ontario Winter Games
- Recipient of EOS Coach of the Year award 2005
- Coordinator of the Sport-Etude Figure Skating of the Poly-valante de l'Île High School - 2001-2010
- Coached skaters from Star 1 to Gold Tests, including Juvenile to Senior Competitive – students moved on to Disney On Ice
- Choreographed Canadian Championships Closing Ceremonies
- Choreographed several Winterlude Ice Shows on the Rideau Canal

EDUCATIONAL BACKGROUND :

- University of Ottawa, ON – attended 3 years
- Skate Canada EOS Singles Technical Specialist
- NCCP Level 4 Certified Singles
- NCCP Level 2 Pairs
- National Coach
- 36 yrs Coaching experience
- Respect in Sport Certification
- Mentor Coach NCCP Program
- Fluent in both official languages (English & French), verbal and written.

PROFESSIONAL EXPERIENCE ,

PROFESSIONAL DEVELOPMENT, AND MULTISPORT :

- Recipient and selected for the Wise Mentorship Program for Skate Ontario and Canadian Women in Sport partnered Coached development initiative - 2021-24
- Skate Canada Ice Summit On ice and Off-Ice Workshops -2022-23

- Skate Ontario Coach/Judge Interactive Seminar Lance Vipond, Kaetlyn Osmond, Glenn Fortin and Raoul Leblanc -2019-20
- Skate Canada Ice Summit On Ice and Off-Ice Workshops - 2019-20
- Skate Ontario Coach Recognition/Officials Day - 2019-20
- Skate Ontario Strength and Unity Workshops - 2019-20
- World and Olympic Ravi Walia Seminar - 2019-20
- Petro Canada Sport Leadership Conference (achieved CAC Multisport Fundamental Movement Skills and CAC Empower +) - 2018-19
- Skate Ontario Community Event - 2018-19
- JumpStart Seminar Conductor and Regional Seminars
- Mentor Coach for NCCP Coaching Program
- Canskate-CanfigureSkate Clinic Conductor 1992-1995
- Mentored under World and Olympic Coach Christy Krall and Tom Zakrajsek 2012-14
- Attended Coach development seminar with World and Olympic coaches: Brian Orser, Frank Carroll, Kurt Browning, Tracy Wilson, Doug Leigh, Richard Callaghan, Alexi Mishin, Yuka Sato and Jason Dungjen, David Wilson, Laurie Nichols, Joanne McLeod, Manon Perron, Elvis Stojko, Shae Zukiwsky, and Anne Schelter.

Volunteer Committees/Experience:

- GSC Coach representative - 2017-19
- Volunteered at the Skate Canada Canadian Championships- timer on Judges Panel 2017 and 2015
- Skate Canada Eastern Canada Coach Representative - 2005-2008
- EOS Coach Representative - 2005-2008
- Member of the EOS Skater Development Committee - 2005-2008
- Member of the Skate Canada Club Recreation Coach Sub-Committee - 2005-2007

