

# **SARAH MCHUGH**

## **COACHING PHILOSOPHY:**

As a coach my number one goal is to spread the love of skating, whether they are in CanSkate, StarSkate, CompSkate, AdultSkate or Adaptive Skating. I strive to develop a strong trusting relationship with each skater to inspire, motivate and help them reach their full potential. I am dedicated to helping my athletes learn to embrace the ups and downs that come along with the sport and teach them life skills along the way that they can use for the rest of their lives.

## **PERSONAL ACHIEVEMENTS:**

- Gold skills, interpretive, and elements test achieved
- Honours BA with a major in psychology and a minor in global studies – 2022
  - Magma Cum Laude
  - University of Ottawa
- BA in education (primary/junior)
  - In progress
  - University of Ottawa

## **VOLUNTEER EXPERIENCE:**

- LOC head of dressing room attendants and ice captains for the EMWC 2022
- Program Assistant at the GSC for 11 years
- Demonstrator at the 2019 Ice summit in Ottawa
- Photoshoot for new skills with Skate Canada (Star 6-Gold) 2019
- Program Assistant at the CanSkate Showcase demonstration at the 2014 Canadian Tire National Championships Gala Performance
- PA in the official Skate Canada CanSkate commercial 2014
- Program Assistant at the CanSkate Live demonstration at the 2013 Skate Canada ACGM in Ottawa