

COACHING PHILOSOPHY:

I take great joy to be working with skaters of all ages and from different levels. Having the opportunity to share with these athletes my knowledge, experiences and passion for skating, provides me with a sense of purpose and great satisfaction. It's a pleasure to see skaters developing good training ethics, and to witness that they are capable to rely on the training they have and discipline they developed, on tests, at competitions or simply on harder days. It is also rewarding as a coach, to see skaters one works with, experiencing daily successes to bigger accomplishments. On a daily basis, I assist all skaters I have the pleasure to teach, in setting goals, committing to them and meeting them. I feel fortunate to accompany these young people as they glide through their skating journey, regardless if it is a competitive or recreational path, while transmitting them valuable life skills along the way. Coaching also gives me the opportunity to give back to the sport that has given me so much. Coaching became a career that took me in many countries to work, share and learn.

PROFESSIONAL HIGHLIGHTS:

- Coached skaters to ISU international competitions; Novice ladies finished 4th and among the top 10.
- Coached skaters from Preliminary/Star 1 assessment to Gold, in Skating Skills and Free skating and at the competitive level.
- Coached skaters from 3 years old to 72 years young.
- Area of Specialization: Free Skating, Skating Skills, Choreography, Edges & Turns.
- Part of the coaching team to conduct bi-weekly technical seminars to the Swiss Canton of Wallis competitive team.
- In collaboration with Mr. Patrick Gilardor, course facilitator, and member of the Jury for award of national coaching diplomas for the French Ministry of Sports, participated in organizing and developing the technical, theory and practical training contents for a series of courses for the Coaches Development Program in Andorra. 2009 and 2010.
- Working with the Andorran hockey Head coach, Ramón Barón, developing the content and presenting to the Federació Andorrana d'Esports de Gel, a technical and practical document focusing on progression teaching and assessing criteria of basic skating skills with young skaters at the Learn to Skate level.
- Organizing and conducting sport events such as technical seminars for skaters with the participation of professional skaters such as Josée Chouinard and Jayson Denommée – Nova-Scotia and Ontario sections.
- Organizing, managing and partly choreographed the “Celtic Celebration on Ice” club ice show in Sydney, Nova-Scotia. Working closely with a staging crew; cameramen, sound, lights and volunteers, managing the costumes, props and decorations, delegating various tasks to volunteers etc.
- Volunteer choreograph for a group number at the Mayor's Gala, Richmond-Hill.
- Volunteer for various tasks at different clubs' events.

CERTIFICATION / TRAINING

- NCCP National level coach certified – (Level 3)
- Respect in Sport Certification
- Rowan's Law Certificate
- Skate Canada Certificate of Achievement – Star 1-5 training and Star 6 – Gold Skating Skills
- Skate Canada Certificate of Achievement – Star 1-5 training and Star 6 - Gold Free Skating
- Star 1-5 Assessor Certificate
- Star 1-5 Program Training Certificate
- Attended various workshops during the Skate Canada Ice Summit, Ottawa, 2017
- Certificates from various Skate Canada online courses – 2015 to 2021
- Attended seminars and workshop with the following coaches; Anne Shelter, Peter Dunfield, Tracy Wilson, Dough Leigh, Neil Carpenter, Brian Orser, David Wilson, Manon Perron, Page Aistrop, Stéphane Lambiel, Jean-Christophe Simon, Didier Lucine and Ivan Nuñez.
- Mentored under Coach Darlene Joseph.
- Bilingual, level C in English and French, fluent in Spanish

PROFESSIONAL EXPERIENCE:

- 29 years of coaching
- CanSkate coordinator – GTA, Sydney N-S.
- Program Director, Head Coach– GTA, Andorra Club Gel, La Pista - México
- Head Coach and Technical Director – Andorra Club Gel, Federació Andorrana d'Esports de Gel, Club de patinage Monthey - CH
- Coached at Richmond Training Center, Canadian Ice Academy and Thornhill Figure Skating Club among others
- Off-ice Program founder and instructor – Andorra Club Gel, Centennial Park SC
- Private trainer – specialize in personalized strengthening programs for skaters