

Lisa Conley

Contact Info
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Coaching Philosophy:

As a coach I believe that we are guiding these skaters to be successful individuals first and skaters second. Sport regardless of its nature has so much to offer. Camaraderie, the ability to cope with failure and success, to be positive of their self image, learn about nutrition and the importance of leading a healthy lifestyle. I believe in teaching skating skills properly from the very beginning so that skaters can succeed throughout their skating career. As a skater progresses the skills become more difficult therefore good basic skating skills, hard work and perseverance will get you further all while having fun!

Qualifications

NCCP Level 3 Certified Level 4 Tasks – LTAD & Sports, Canadian Sport System, CanPowerSkate Certified, Region 3 EOS Coaches Rep, Approved Eastern Ontario Section Mentor Coach, Gold Level Achieved in the Coaches Education Program. Skate Ontario Club Resource Team Member, Skate Ontario CanSkate Specialist, SkateABLE Head Coach, Star 1-4 Official

Coaching Successes and Career

Personal Skating Success: Quadruple Gold – Gold Figure, Gold Skills, Gold Freeskate, and Gold Dance, Novice and Junior Competitive Singles, Sectional Level Singles and Pairs, Ontario-Winter Games Pairs Competitor Coaching Record: Coached skaters to Sectional, Provincial and National Level. Coached several skaters from Preliminary to Triple Gold Test Level, Coached skaters to Quadruple Gold Test Levels 2011 – EOS CanSkater of the year 2011 – Novice Men’s Sectional Champion EOS. 15th place Novice Men’s Skate Canada Eastern Western Challenge & 5th place Pre-Novice Pairs Skate Canada Eastern Western Challenge- Regina Sk. 12th place Novice Men’s Skate at 2012 Canadians Moncton NB, Jr. Bronze Ladies EOSIC Champion 2012 qualifier to All Ontario’s in North Bay. Skater selected to attend Skate Canada Competitive Camp as one out of 25 skaters Canada wide. 2012/13 – Novice Men’s Skate Canada Challenge – 10th, Novice Pairs Skate Canada Challenge 2nd, Canadian Tire National Figure Skating Championships Novice Men 8th, Novice Pairs 2nd. 2013 – Selected along with 24 other coaches Canada wide to participate in the National Coach Apprenticeship Program at Worlds in March 2013 2015 – EOSIC Gold Free Women’s Champion & Gold Triathlon Women’s Champion. Skate Canada Challenge 2016 Junior Women’s finish 27 out of 54 skaters Skate Canada Eastern Ontario Section Volunteer Coach Award Recipient for 2016-2017 Available to Coach: Recreational Skaters, Advanced CanSkate, Intermediate and Senior Skaters, Elite, PowerSkating 28 Years of coaching experience.

Rate: \$14.50 per 15 minutes, Pairs – \$14.00 per 15 minutes.

Accepting new skaters – private and semi private group rate available