



Young-Soon Benoit

Coaching Philosophy:

I believe my passion for skating comes through on the ice as I strive to bring out the best in each skater. The use of good technique along with hard work, made easier by the love of skating, allows us to achieve our individual goals. Many lessons learned on the ice also help us in our journey through life. I am dedicated, conscientious, and take seriously the privilege of sharing my love and knowledge of skating with others.

Coaching Experience:

March Kanata Skating Club: First season
Other Clubs: 27 years

Coaching Certification:

Instruction Stream: Certified Level 3 in Singles, Level 2 in Dance, Pairs and Synchronized Skating, Level 1 in Hockey. CanPower certified and have CEP Gold level.
Competition Stream: Experience up to Junior Competitive Level

Highest STARSkate Test Levels Achieved:

Freestyle: Gold (British Inter Gold)
Skills: N/A
Dance: Gold (partial)
Competitive: N/A

Availability to Teach or Area of Specialization:

Freestyle, Choreography, Stroking, Dance, Interpretive Programs, Skating Skills, Synchronized Skating, CanSkate, PowerSkating, Off ice Stretching and Jumps

Personal Skating and/or Coaching Accomplishments:

1980 World Professional Ladies Champion (Jaca, Spain) and 1978 Korean Ladies Champion.

Principle Skater for two years with Holiday on Ice in Europe.

I have coached skaters from Preliminary through to Gold Tests in Freestyle, Dance, Interpretive, Skills, and also Junior Competitive, my skaters have medaled at Invitationals, Interclubs, Recreational and Sectionals and some have competed at Divisionals.

Contact Information:

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Tracy Best

Coaching Philosophy:

My Coaching philosophy is to bring passion of this sport to my skaters. Having fun and working hard is the key to success! Seeing the smiles and laughter on my students' faces when they achieve their goals is why I am in love with my job and with this sport.

Coaching Certification:

Instruction Stream: NCCP level 1 complete
 NCCP level 2 theory and technical

Highest STARSkate Test Levels Achieved:

Freestyle: Senior Silver
Figures: Fifth
Dance: Senior Silver
Competitive: Pre-Juvenile

Availability to Teach or Area of Specialization:

Choreographing, Freestyle, Interpretive and CanSkate.

Personal Skating and/or Coaching Accomplishments:

Mentor Coach for the NCCP coaching program.
Coached pre-school to adult skaters through preliminary to gold level freestyle and skating skills.
Coached skaters to compete at Trillium (all Ontario competition).

Contact Information:

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Margie Carty

Coaching Philosophy:

My approach to coaching is to work with skaters' natural abilities in a positive and motivational way that makes skating both fun and challenging. My approach to skill acquisition and development ensures that students are well prepared with the necessary skills to progress towards their goals.

Coaching Experience:

March Kanata Skating Club: 12 years

Other Clubs: 30 years

Coaching Certification:

Instruction Stream: Fully Certified Level 3, some Level 4 tasks completed
CanPower and CanSkate certified.

Highest STARSkate Test Levels Achieved:

Freestyle: Gold

Skills: Gold

Dance: Gold Competitive

Competitive: Junior

Availability to Teach or Area of Specialization:

Freestyle, Dance, Skills, Interpretive and Choreography (Starskate and Competitive), CanSkate and Adult.

Personal Skating and/or Coaching Accomplishments:

Coached skaters from Preliminary to Gold test levels in Free Skate, Figures, Dance, Skills, Interpretive and competitive skaters from Juvenile to Senior level

Skaters have competed at the EOSIC, Sectional, Provincial, Challenge, National and International levels.

Skated competitively both in Free Style and Dance, and has competed and coached at numerous competitions, including International competitions.

Contact Information:

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Janet Hill-Tobali

Coaching Philosophy:

I strive to help skaters pursue their potential and achieve their goals while having fun and learning life skills. I hope they will all develop a lifelong love of skating.

Coaching Experience:

March Kanata Skating Club: 20 years
Other Clubs: 32 years

Coaching Certification:

Instruction Stream: Fully Certified Level 2, Level 3 Theory and Technical, Senior STARSkate
Competition Stream: Provincial Coach

Highest STARSkate Test Levels Achieved:

Freeskate: Silver
Skills: Gold
Dance: Gold
Competitive: Novice

Availability to Teach or Area of Specialization:

Freeskate, Choreography, Skills, Dance, CanSkate

Personal Skating and/or Coaching Accomplishments:

Coached test skaters up to Gold levels, as well as medalists at EOSIC and the Trillium StarSkate Championships.

Coached competitive skaters who have medaled in the Pre-Novice, Novice, and Junior Singles categories at the Eastern Ontario Sectional Championships.

Coached skaters on the Eastern Ontario Section Competitive Team who have qualified for the Ontario Winter Games, Ontario Trials for the Canada Winter Games, and Eastern Canadian Championships.

Contact Information:

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Phone: (613) 224-8022



Micheline Metcalfe

Coaching Philosophy:

My coaching philosophy, first and foremost, is to infuse in all of my skaters, both young and young at heart, an enthusiasm for figure skating. Through a fun, consistent, positive, and encouraging approach, I strive to provide my services to the best of my ability, at all times, in order that my students can experience their personal best. I further believe that the “skating experience” offers life skills that transcend a person’s time on the ice.

Coaching Experience:

March Kanata Skating Club: 8 years
Other Clubs: 28 years

Coaching Certification:

Level 4 tasks completed: 1, 2, 4, 6, 7, 8, 11 and 13
Level 3: Certified since 1992

Highest STARSkate Test Levels Achieved:

Freestyle: Gold
Skills: Gold
Dance: Gold
Interpretive: Gold
Competitive: Senior Dance, Junior Ladies Singles and Junior Pairs

Availability to Teach or Area of Specialization:

Available to coach all disciplines including: Freestyle, Choreography, Dance, Interpretive Programs, Pairs, CanSkate, Skating Skills

Personal Skating and/or Coaching Accomplishments:

1988 World Professional Ice Dance Champion and 1986 North American Open Silver medalist. Have been a Skate Canada mentor coach and have choreographed numerous programs for National and International competitors. Coached skaters from Preliminary to Gold level and Competitive tests in all disciplines and have coached skaters at Sectionals, Divisionals, Trillium Cup, EOSIC, and numerous other competitions.

Contact Information:

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Phone: (613) 592-2471



Lisa Ross

Coaching Philosophy:

My coaching philosophy starts with teaching children to be an overall success. I like them to develop discipline, self-confidence and dedication. Life skills learned at the rink will not only help them exceed at skating, it will help them with anything they put their minds to.

Coaching Experience:

March Kanata Skating Club: 24 years

Other Clubs: 24 years

Coaching Certification:

Instruction Stream: NCCP Level 2 Certified Singles, NCCP Level 3 Technical covering CanSkate to Gold

Competition Stream: Pre-juvenile to Novice

Highest STARSkate Test Levels Achieved:

Freestyle: Senior Silver

Skills: Gold

Dance: Senior Silver

Availability to Teach or Area of Specialization:

Freestyle, Choreography, Dance, Interpretive Programs, CanSkate and Skating Skills.

Personal Skating and/or Coaching Accomplishments:

Coached skaters competing at Trillium, and coached a pre-juvenile champion.

Coached students through Gold tests in all disciplines, and taught every level from preschool to adults.

Directed Ice shows.

Contact Information:

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Phone: 613-624-5178



Ben Tobali

Coaching Philosophy:

To create a positive learning environment that will allow skaters to thoroughly enjoy their skating experience while motivating them to work towards achieving their personal goals.

Coaching Experience:

March Kanata Skating Club: 5 years

Other Clubs: 4 years

Coaching Certification:

Instruction Stream: Fully Certified Level 2, Senior STARSkate Coach

Competition Stream: Fully Certified Provincial Coach

Highest STARSkate Test Levels Achieved:

Freeskate: Gold

Skills: Gold

Dance: Gold

Competitive: Junior

Availability to Teach or Area of Specialization:

Dance partnering, Consulting for Freeskate and Skills, Canskate

Personal Skating and/or Coaching Accomplishments:

Skate Canada Continuing Education Program for Coaches – Gold Status since 2006.

Member of the Eastern Ontario Section Competitive Team from 2001-2005 – competitor at the Eastern Canadian Championships.

Holds a Bachelor of Science, Honours in Human Kinetics from the University of Ottawa, and a Master of Science in Physiotherapy from the University of Toronto.

Contact Information:

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Phone: (613) 224-8022



Andrew Wiseman

Coaching Philosophy:

To encourage skaters to achieve any goals and dreams that they may have. To help others believe that anything is possible with hard work, dedication, and heart. Young, old, beginner to expert, everyone can enjoy the love of skating, and it's all of what you make of it. Make of it what you will, but have fun along the way.

Coaching Experience:

March Kanata Skating Club: 2 years
Other Clubs: 4 years

Coaching Certification:

Instruction Stream: CanSkate Certified coach, January, 2010
Primary StarSkate coach, June, 2010

Highest STARSkate Test Levels Achieved:

Freestyle: Gold
Skills: Gold
Dance: Gold
Competitive Dance: Pre-Novice
Competitive Freestyle: Pre-Novice

Availability to Teach or Area of Specialization:

Available to teach all levels of Dance, Primary Freestyle and skills, as well as CanSkaters. Specialization in Dance, and choreography.

Professional Resume available upon request.

Contact Information:

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