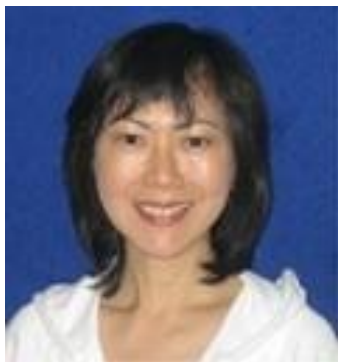


March Kanata Skating Club Professional Coaching Team 2011-12 Season



Young-Soon Benoit – Base Coach

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: Second Year
Other Clubs: 28 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
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, Recreationals and Sectionals and some have competed at Divisionals.

Contact Information:

Email: young-soonbenoit@hotmail.com
Phone: (613) 297-8875

Tracy Best – Base Coach

Coaching Philosophy:

My coaching philosophy is to bring the 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:

Choreography, 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:

Email: skater_girl2@hotmail.com
Phone: (613) 492-0222

March Kanata Skating Club Professional Coaching Team 2011-12 Season

Lisa Gorra – Base Coach

Coaching Philosophy:

My philosophy, as a skating coach, is to share the love of the sport with the students I teach and to be a positive role model for the skaters. I believe in providing the skaters with an opportunity to achieve their goals through quality coaching without sacrificing the fun of the sport.

Coaching Experience:

March Kanata Skating Club: 1st year coaching at MKSC
Other Clubs: 3 years at the Perth Figure Skating Club

Coaching Certification:

Instruction Stream: Senior STARSkate Coach, Intermediate STARSkate Coach, Primary STARSkate Coach, CanSkate, Conditioning)
Competition Stream: N/A

Highest STARSkate Test Levels Achieved:

Freeskate: Gold Freeskate Elements, Sr. Silver Program
Skills: Gold Skills
Dance: Gold Dances
Competitive: N/A

Availability to Teach or Area of Specialization:

Freeskate, Choreography, Dance, Conditioning (stroking), CanSkate, Skating Skills

Personal Skating and/or Coaching Accomplishments:

Coached skaters at the Test stream and Intro to Starskate Competition Levels
Skate Canada NCCP Level 1 Certified
PreCanskate Coordinator of 2010/2011

Contact Information:

Email: ldgorra@gmail.com
Phone: (613) 812-0226



Micheline Metcalfe – Base Coach

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: 9 years
Other Clubs: 29 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:

Freeskate: 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: Freeskate, 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:

Email: michcalfe@rogers.com
Phone: (613) 828-6095

March Kanata Skating Club Professional Coaching Team 2011-12 Season

Lisa Ross – Base Coach

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: 25 years
Other Clubs: 25 years

Coaching Certification:

Instruction Stream: NCCP Level 2 Certified Singles
NCCP Level 3 Technical
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.

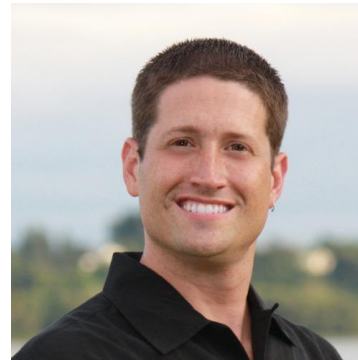
Personal Skating and/or Coaching Accomplishments:

NCCP Level 2 Certified Singles
NCCP Level 3 Technical
Coached students to Trillium competition.
Coached a pre-juvenile champion.
Coached students through Gold tests in all disciplines.
Taught every level from preschool to adults.
Directed Ice shows.

Contact Information:

Email: lisaellenross@hotmail.com
Phone: 613-624-5178

Lisa is on Maternity Leave until January 2012



Scott Waddell – Base Coach, Dance

Coaching Experience:

March Kanata Skating Club: 1st Year
Other Clubs: 18 years

Coaching Certification:

Instruction Stream: NCCP Level 2 in Free Skate & Dance - Currently engaged in achieving NCCP Level 3 Free Skate
Competition Stream: Provincial Coach

Highest STARSkate Test Levels Achieved:

Freestyle: Gold
Skills: 6th Figure
Dance: Gold
Competitive: Novice Free Skate
Novice Dance

Availability to Teach or Area of Specialization:

Freestyle, Dance, Dance Partnering, CanSkate, Skating Skills

Personal Skating and/or Coaching Accomplishments:

1. Skate Canada Eastern Ontario Coaches Rep for Region 4 2001-2005 and 2009-Present
2. Test and Competitive Level Skater for 8 years
3. Competed at numerous Sectionals, All Ontario's, EOSIC's, and Invitational's
4. Competed at the 1995 Eastern Canadian Divisional Championships in Novice Dance

Contact Information:

Email: scott@scottwaddell.ca
Website: www.scottwaddell.ca
Phone: (613) 270-0616 (# active starting August 17th 2011)
Cell: (613) 794-8848 (# active starting August 17th 2011)

March Kanata Skating Club Professional Coaching Team 2011-12 Season

Peter Bojanczyk – Dance, Conditioning, CanSkate

Coaching Philosophy:

Coaching is all about helping the athlete to achieve their dreams. My philosophy emphasizes the development of various skating skills and the promotion of figure skating as an enjoyable activity.

Coaching Experience:

March Kanata Skating Club: First year
Other Clubs: Scarboro FSC 7 years, Port Credit FSC 9 years, Streetsville-Meadowville FSC 4 years

Coaching Certification:

Instruction Stream: Level 1 certified

Competition Stream: Provincial Coach – Ice Dancing,

Highest STARSkate Test Levels Achieved (by my students):

Freestyle: Junior Silver
Skills: Gold
Dance: Diamond
Competitive: Novice dance

Availability to Teach or Area of Specialization:

Dance, CanSkate, Skating Skills

Personal Skating and/or Coaching Accomplishments:

Competed at the World and Olympic games in ice dancing, representing Poland
Experience in training students of all levels, from Canskate, up to and including Gold and Diamond levels.

Experience in coaching students to compete at Interclub competitions with some becoming COSIC dance champions.

Assisted in coaching competitive dance teams at Port Credit FSC

Contact Information:

Email: pbojancz@gmail.com
Phone: (613) 762-7841

Ben Tobali – Dance, Conditioning, CanSkate

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: 6 years
Other Clubs: 5 years

Coaching Certification:

Instruction Stream: Fully Certified Level 2, Senior STARSkate Coach
Competition Stream: Fully Certified Provincial Coach

Highest STARSkate Test Levels Achieved:

Freestyle: Gold
Skills: Gold
Dance: Gold
Competitive: Junior

Availability to Teach or Area of Specialization:

Dance partnering, Consulting for Freestyle and Skills, Canskate

Personal Skating and/or Coaching Accomplishments:

Registered Physiotherapist – assesses and treats sports injuries.
Holds an Honours Bachelor of Science in Human Kinetics from the University of Ottawa, and a Master of Science in Physiotherapy from the University of Toronto.
Member of the Eastern Ontario Section Competitive Team from 2001-2005 – competitor at a number of provincial and national level competitions.

Contact Information:

Email: bentobali@hotmail.com
Phone: (613) 224-8022