



Coaching Experience

- Junior National, Regional and Sectional competitors
- Midland Area High School Skating Team; 2010 State Champions
- Nexus Synchronized Skating Teams
- Coached skaters through Senior Freestyle and Moves in the Field tests
- Experience coaching Freestyle, Moves in the Field, Pair Skating, Dance, Synchronized Team, Choreography, Stroking, Group Lessons, Off-Ice
- 6 years of experience as a professional coach and off-ice fitness trainer; group lesson coach since 1995

Academic Education

Bachelor of Science in Exercise Science (antic. 2010)

- Biomechanics, Exercise Physiology, Health & Fitness Program Administration, Human Nutrition, Physiological Anatomy, Strength & Conditioning Program Design, Special Topics in Youth Fitness
- GPA: 3.94

Bachelor of Arts in Graphic Design

- Minors: Creative Writing & General Business
- Graduated Summa Cum Laude in 2005

Coaching Education

- PSA Moves in the Field Seminar (2010)
- PSA Nationwide Seminar (2004, 2005, 2006, 2008)
- Grassroots to Champions (2006, 2008)
- American College of Sports Medicine Midwest Chapter Conference (2007)
- Skate Canada National Coaches Conference (2006)
- ISU Judging Seminar (2005)
- PSA Michigan State Workshop (2004, 2005)
- USFS/PSA Basic Skills Instructor Workshop (2004)
- Kathy Casey (2006), Yuka Sato (2003), Peter Dunfield (2002)

Professional Services

- Group and private lessons in Freestyle and Moves in the Field
- Fitness training for figure skaters; group classes and personal training
- Music selection, editing and choreography

Featured Strength Coach at Off-IceStrength.com

