

Teri Haag

Professional Skating Coach

tshaag@svsu.edu

(989) 859-2706

Personal Skating Achievements

U.S. Figure Skating Tests Passed:

- Novice Freestyle
- Novice Moves in the Field
- Pre-Silver Dance + 2 Silver Dances
- Juvenile Pair

Competitive History:

- 9+ years U.S. Figure Skating competition experience
- Experience in; Compulsory Moves, Short Program, Freestyle, Jumps, Artistic Showcase, Solo Compulsory Dance, Solo Original Dance, Freestyle Final Rounds, Synchronized Team Skating
- 2-time Skate Detroit Freestyle medalist; 2000 Qualifying Round Champion
- 4-time Freestyle Final Round qualifier, various competitions

Coaching Education

Professional Skaters Association (PSA) Ratings:

- Registered Moves in the Field, 2005
- Master of Sports Science & Medicine, 2005
- Basic Accreditation, 2004

Seminars Attended:

- International Skating Union New Judging System Seminar, 2005
- PSA Nationwide Seminar, 2004, 2005
 - Peter Dunfield (jumps, spins, group instruction, off-ice, ethics)
 - Richard Callaghan (jumps, spins, ISU judging system)
 - Igor Shpilband (dance, choreography)
 - Debbie Pitsos (off-ice)
- PSA Michigan State Workshop, 2004, 2005
- U.S. Figure Skating/PSA Basic Skills Instructor Workshop, 2004
- Yuka Sato (World Champion), 2003
- Peter Dunfield (Olympic Coach), 2002

PSA E-Learning Courses Completed:

- Group Instruction (2005)
- Balance & Core Strength (2005)

Additional Education:

- Completed a 15-week comprehensive university course in CPR/First Aid for the Professional Rescuer, receiving certification in CPR (child and adult), AED, Oxygen Administration and Sport Safety and First Aid (2005)

Coaching Experience

- 10 years coaching experience for group lessons; 2-time MFSC Volunteer Instructor of the Year
- Trained skaters from beginner through Intermediate Free Skating, Junior Moves in the Field and Bronze Dance, and prepared skaters for competitions and USFS Tests 2003-2005
- Experience coaching Freestyle, Moves in the Field, Dance, Stroking, Off-ice, Choreography and Synchronized Team Skating

Professional Services

- Group, Private and Semi-Private lessons in Freestyle, Moves in the Field, Low Dance and all levels of Learn-to-Skate
- Music and choreography
- Off-ice training for balance, flexibility and skating technique