

KRISTEN D'AMOURS



BILINGUAL (English & French)

BIO

I have been skating since I was 6 years old, beginning in the Canskate program in Trenton, ON. I have been a part of the Rockland Skating Club since moving to Orleans in 2003. In addition to being a Rockland STARSkater, I took up synchronized skating in 2007 and spent many hours per week in a rink.

COACHING PHILOSOPHY

I believe that every skater develops at their own pace, and I ensure to adapt my coaching approach to the individual skater.

I like to focus on developing strong skating fundamentals, confidence, and a love of skating. I believe in positive coaching, individualized and adaptable instruction, and create a safe environment where skaters can challenge themselves, learn from mistakes, and grow as both a skater and person.

CONTACT

✉ damoursk@hotmail.com

QUALIFICATIONS / CERTIFICATIONS

Since 2009

- City of Ottawa Skating Instructor for the Recreational Skating School

Since 2010

- NCCP Regional Skate Canada Certified Coach

2012 - 2014

- Honours Graduate in Fitness and Health Promotion

2015

- City of Ottawa trained in "Increasing Positive Behaviour in Children"

2015 - 2016

- Graduate Certificate for Autism and Behavioural Science

2016

- HIGH FIVE Certified for Principles of Healthy Child Development

SKATING EXPERIENCE / ACHIEVEMENTS

Skating Tests

- Passed GOLD Skills
- Passed GOLD Dances
- Passed SR SILVER Freeskate
- Achieved GOLD-level Freeskate Elements

2007-2011

- Competitive skater for the Nepean Ice Passion Synchronized Skating Team