

# NOÉMIE PERRAS DEMERS



**BILINGUAL (French & English)**

## BIO

I have been skating since the age of 7 with the Rockland Skating Club. I am currently a student at the University of Ottawa studying in the Health Sciences program.

Outside of skating, I enjoy skiing, running, studying, and reading.

## COACHING PHILOSOPHY

As a new and motivated coach, I'm excited to share my passion for figure skating. I want to create a supportive atmosphere where skaters can learn at their own pace, build confidence, and see mistakes as part of the learning process.

## CONTACT



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## COACHING QUALIFICATIONS / CERTIFICATIONS

### Coaching Since 2022

- NCCP Canskate Coach Certified
- Coaches Canskate and PreCan

### 2016-2022

- Program Assistant for the Rockland Skating Club

## SKATING EXPERIENCE / ACHIEVEMENTS

### 2022

- STAR 5 Provincial Bronze Medalist

### 2014-2025

- Competitive STAR Figure Skater with the Rockland Skating Club

### Presently

- Competing in Adult GOLD Freeskate

### Skating Tests

- Passed all Gold Skills tests
- Passed all Gold Dance tests
- Passed Gold Artistic test
- Passed STAR 8 Freeskate Elements and Solo Tests

### Diamond Dance Tests

- Passed all required Diamond Dance tests
- Working on completing remaining non-mandatory Diamond Dance tests recreationally