

SARAH LAVIGNE



BILINGUAL (French & English)

BIO

I moved to Rockland in 2017 where I reside with my husband and two girls. I work full time for the Government of Canada, I volunteer in the community with the Club Optimiste de Clarence Creek, as well as substitute coach for the Rockland Skating Club. I previously coached at Goulbourn Skating Club, where I grew up skating. I am honoured to be a part of this wonderful community!

COACHING PHILOSOPHY

Skating is truly a lifelong sport, and inspiring a love for it early on lays the foundation for lasting engagement. I am committed to creating a positive, supportive learning environment where athletes can grow with confidence, develop strong skills, and enjoy every step of their journey on the ice.

CONTACT

 Sarah.wammes@gmail.com

COACHING QUALIFICATIONS / CERTIFICATIONS

Coaching Since 2005

- NCCP Regional Coach Certified
- NCCP Canskate Certified
- Coaches Canskate and Starskate (substitute only)

2005-2017

- Coached Special Olympics with Goulbourn Skating Club