

## Lisa Conley

Contact Info

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### Coaching Philosophy

As a coach I believe that we are guiding these skaters to be successful individuals first and skaters second. Sport regardless of its nature has so much to offer. Camaraderie, the ability to cope with failure and success, to be positive of self image, learn about nutrition and the importance of leading a healthy lifestyle. I believe in teaching skating skills properly from the very beginning so that skaters can succeed throughout their skating career. As a skater progresses the skills become more difficult therefore good basic skating skills, hard work and perseverance in a team environment will get you further all while having fun!



### Qualifications

NCCP Level 3 Certified, Level 4 Tasks - Long Term Athlete Development, Biomechanics, Canadian Sport System, Sports Recovery, CanPowerSkate Certified, Past Region 3 EOS Coaches Rep, Approved Mentor Coach, Gold Level Achieved in the Coaches Education Program. Past Skate Ontario Club Resource Team Member, Skate Ontario CanSkate Specialist, Past SkateABLE Head Coach. First Aid CPR Certified. Hockey Canada's Coach 1 - Intro to Coach Certified, Star 1-4 Official, Owner/Director I Can Excel Skating Academy

### Coaching Successes and Career

Personal Skating Success: Quadruple Gold - Gold Figure, Gold Skills, Gold Freeskate, and Gold Dance, Novice and Junior Competitive Singles, Sectional Level Singles and Pairs, Ontario-Winter Games Pairs Competitor

### Coaching Record

Coached skaters from the grassroots to Sectional, Provincial and National Level. Coached several skaters from Preliminary to Quadruple Gold Test Level, EOS Novice Men's Sectional Champion. 15th place Novice Men's Skate Canada Eastern Western Challenge & 5th place Pre-Novice Pairs Skate Canada Eastern Western Challenge- Regina Sk. 12th place Novice Men's at 2012 Canadians Moncton NB, Skater selected to attend Skate Canada Competitive Camp as one out of 25 skaters Canada wide. Novice Pairs Skate Canada Challenge 2nd, Canadian Tire National Figure Skating Championships Novice Men 8th, Novice Pairs Silver.

### Life Outside of The Rink

When away from the arena Lisa enjoys spending time at her home with her husband and son. She also has a passion for canine companions & owns FoxTrot's Rhodesian Ridgebacks & Basenji's where she is a breeder, owner, handler of Champion titled Rhodesian Ridgebacks & Basenji's. Lisa also works as the Activity & Wellness Coordinator at MLP Residence in Picton.