

South Suburban Professional Skating Staff Guide



EXPLANATION OF SKATING TERMS

USFS: United States Figure Skating

USFS is the National Governing Body (NGB) of our sport. They conduct testing sessions and run the competitions that qualify our skaters for International, World and Olympic competitions.

SKATING CLUBS

The local organizations that organize the tests and competitions. When you are a member of a Club, you are also a member of the USFS.

ISI: Ice Sports Industry

An organization of rink owners and Ice Sports Industry operators dedicated to the promotion of arena management promotion and recreational skating. They have their own testing and competition structure. It also can feed into the USFS program as well.

PSA: Professional Skaters Association

(Formerly Professional Skaters Guild of America). The world's largest and most recognized organization of skating coaches. The PSA is the officially designated coaches' certification and education program for figure skating by the USFS and the United States Olympic Committee. They conduct conferences and seminars to educate all levels of teachers. Selected Master-Rated coaches conduct the written and oral rating exams of the coaches, and place these in the coaches' biographies. The coaches ratings are: registered, certified, senior, and master. The PSA also produces literature and keeps coaches informed of changes in their profession.

LEARN-TO-SKATE (LTS)

Our beginning level of instruction utilizes USFS and ISI basic skills. We offer class lessons and skaters are divided by ability and age. As a skater progresses through these levels, they may wish to add private lessons to help with the more advanced skills.

Class sizes are small. We feel that this is the most affordable and conducive environment to learn basics.

LEARN-TO-PLAY HOCKEY (LTPH)

Skaters interested in hockey who have passed Learn to Skate Pre 1 and Pre 2, Level 1, or participated in a Mile High Mites program to enter Mighty Mites or Mighty Warriors.

FREESTYLE

These are special sessions provided for the practice of jumps, spins, footwork, etc. Skaters are allowed to share the sound system to practice their routines to music as well on these sessions. They are commonly divided by ability into these sessions with the lowest level being Alpha.

SKATING SKILLS

These tests incorporate basic, intermediate, and advanced skating and turning skills used in figure skating. They follow general patterns on the ice and therefore require specialized practice sessions. Currently, they are a prerequisite to the freeskating tests, but they may be taken independently of the freeskating tests, if desired.

DANCE

This can be done as a couple or individually and it involves prescribed steps, edges, turns and patterns done in time to various rhythms and musical selections. Advanced ice dancing involves small lifts, spins and jumps and this is called free dancing.

PAIRS

This is done by couples and involves more freeskating. Pairs skating demonstrates bigger lifts, longer spins, and higher jumps with more rotations. Strong freestyle skills are a must before entering this element of our sport.

SYNCHRONIZED SKATING

This fast growing area of our sport is a team function which is divided by age and size of the team. It is very competitive, but at the same time, a lot of fun. You see some real creative formations, powerful skating and neat "tricks" done in unison with others.

THEATER ON ICE

This program is for skaters interested in competing in production type or ensemble show routines. The team practices weekly on average and competes nationally in the National Theatre on Ice competition held each summer. They also perform in local shows and at skating events

USFS TEST LEVELS						
Figures	Skating Skills	Freestyle	Dance	Adult Skating Skills	Adult Freestyle	Pairs
Preliminary	Pre- Preliminary	Pre- Preliminary	Preliminary	Adult Pre-bronze	Adult Pre-bronze	Pre-Bronze
				Adult Bronze	Adult Bronze	Bronze
1st	Preliminary	Preliminary	Pre-Bronze	Adult Silver	Adult Silver	Pre-Silver
2nd	Pre-Bronze	Pre-Bronze	Bronze	Adult Gold	Adult Gold	Silver
3rd	Bronze	Bronze	Pre-Silver			Pre-Gold
4th	Pre-Silver	Pre-Silver	Silver			Gold
5th	Silver	Silver	Pre-Gold			
6th	Pre-Gold	Pre-Gold	Gold			
7th	Gold	Gold	International			
8th						

MEANING OF FIGURE SKATING COACHES' CREDENTIALS

If a coach is a **Double Gold Medalist**, it means the coach has tested in the US and Canada.

If a coach has a **Master Rating**, it means the coach either has passed all the tests or has coached skaters through all the tests in that area and has passed an oral exam given by a panel of expert coaches from across the United States about their knowledge and ability to teach. The coach may achieve these ratings in Figures, Freestyle, Skating Skills, Dance, Free Dance, Pairs, Synchronized Skating, Group Teaching, Choreography, Theatre on Ice and Program Administration. The highest level of rating is Master, then Senior, then Certified, and finally Registered.

A **PSA Basic Accredited Coach** means they have passed the entry-level written exam. All figure skating staff coaches must be members of the Professional Skaters Association (PSA) or Ice Sports Industry (ISI) to teach private figure skating lessons at South Suburban Parks and Recreation.

It is important to select a coach who blends in well with you and your child's personality. A coach's qualifications and teaching experience determine their lesson rates and they often vary depending on their experience and rating. Private lesson fees are paid directly to the instructor. Lessons may be 15, 20, or 30 minutes up to an hour in length.

Private lessons during public sessions require students to pay the general admission fee at the facility. The coach can recommend an amount of lesson time based on the amount of time the student skates, ability, aspirations and, above all, the family budget. Observe as the coaches teach, read this booklet, and if you still need help making a decision, contact Gerry Lane, Director of Skating at 303.597.1094 or 303.709.9500, ext 30562.

Coach's fees will vary. After the name of each coach below (in alpha order by last name), please find the name of the facility(s) where they are available to teach and their hourly fee. **South Suburban Sports Complex**, 4810 E. County Line Rd., Littleton is **SSSC** and **Family Sports Center**, 6901 S. Peoria St., Centennial is **FSC**.

PRIVATE LESSONS COACHING STAFF DIRECTORY

At South Suburban Sports Complex and Family Sports Center Ice Arena Below this list of staff, please find terms and information about this professional staff at both of our ice arenas.

Jessica Chism

SSSC & FSC

210.865.3881 | figureskate24_7@sbcglobal.net

\$72/hr; \$66/hr LTS

- Teaching experience since 2005
- Senior Rating in Skating Skills and Dance and Certified Rating in Freeskate
- USFS Gold Medalist in Skating Skills, Freeskating, Dance and Free Dance
- Two-time National Solo Dance finals and Senior Bronze medalist and International Pattern Dance Silver Medalist
- MA in Sport and Performance Psychology and Certified Mental Performance Consultant through Association of Applied Sport Psychology
- Teaches all ages and levels

Isabella Dalla Valle

SSSC & FSC

224.436.2952 | isdallavalle@gmail.com

\$60/hr

- Coaching experience since 2012
- USFS Gold Medalist in Skating Skills and Freestyle
- Former Regional and National competitor
- Coaches all levels and ages

Tony Dicus

SSSC & FSC

404.316.3139 | tonydicus@hotmail.com

\$70/hr

- Teaching experience since 1995
- PSA Registered Rating in Moves in the Field
- USFS Junior Moves and Novice Free Skate Competitor
- Co-author of Skating 102
- Coaches all levels and ages in Freestyle, Pairs, Skating Skills,
- Choreography and Beginner Hockey Skills

Sandra Edo-Terradas

970-452-7486 | sandraedoterr@gmail.com
\$50/hr

- Teaching experience since 2017
- Sports and Exercise science graduate
- Off Ice strength and conditioning coach
- Coaches all ages

SSSC & FSC**Phoebe Flynn**

303.359.7805 | sk8phoebe@gmail.com
\$76/hr, Learn to Skate rate \$70/hr

- Coaching experience since 2012
- PSA Member
- USFS Double Gold Medalist in Skating Skills and Freestyle
- Principal performer with Disney on Ice: Soloist/Adagio Skater, Web Aerialist Specialty Act. Eight years of professional performance experience
- International Performance Director with Disney on Ice
- ISI Bronze Certified Judge
- Coaches all ages and disciplines

SSSC & FSC**Carol Fox**

303-929-7654 | foxskates@yahoo.com
\$100/hr

- Coaching experience since 1984
- PSA Master Rating in Dance and Free Dance
- 1984 5th place in Winter Olympics in Ice Dancing
- World Team Member 1984-1989
- National and International Dance Coach
- USFS Hall of Fame Member

SSSC & FSC**Jenny Gee**

770.241.3082 | jenskater39@gmail.com
\$66/hr

- Teaching since 2006
- Member of PSA and Denver Colorado Figure Skating Club
- 15 years of international ice show skating, stage works worldwide productions, Holiday on ice, Disney on ice and various other International shows worldwide
- NISA (British) Silver Figures and Freeskate
- National Theatre on Ice Coach and coach of regional figure skating competitors
- Coaches all ages basic skills through USFS Pre-Juvenile

FSC**Amber Kole**

720.579.4664 | amberkole@gmail.com
\$72/hr No USFS tests passed (includes hockey and basic skills);
\$78/hr Pre-preliminary freeskate & above

- Teaching experience since 2010
- PSA Registered Rating in Freestyle, Level III Ranking
- USFS Double Gold Medalist
- U.S. Senior National Competitor
- Coach of Regional and Sectional Medalists
- USFS Regional and Sectional Medalist
- Coach of National Competitors
- Coaches all levels and ages specializing in freestyle and choreography

SSSC & FSC**Nicholas Kole**

303.478.8241 | Kolepersonaltraining@gmail.com
\$72/hr No USFS tests passed (includes hockey and basic skills);
\$78/hr Pre-preliminary freeskate & above

- Teaching experience since 2008
- PSA Registered Rating in Freestyle and Level III Ranking
- USFS Gold Medalist in Pairs, Skating Skills and Junior Freeskating test
- USFS Regional and Sectional Champion, Two time World Junior Team Member, 4 time National and 8 time International medalist
- AAFA Certified athletic trainer since 2007
- Member of Team USA 2001-06
- Coaches all levels and ages

SSSC & FSC**Sacha Lalonde**

202.270.3830 | SachaLalonde@gmail.com
\$84 hr

- Teaching experience since 1997
- PSA Senior Rating
- Canadian Gold Medalist in Figures, Freestyle, Skating Skills, Senior Competitive Singles and Diamond International Dance
- Three time Canadian National Competitor
- Principal performer in Disney on Ice in Singles and Adagio Pairs
- Dance partner through Gold and International Dances
- Coaches all levels and ages, specializing in jump technique

SSSC & FSC**Sara Buck Lalonde**

937.716.7205 | Buckanator1@gmail.com
\$84/hr

- Teaching experience since 1998
- PSA Certified Senior Rating in Group and Registered Rating in Dance, Skating Skills and Freestyle
- USFS Gold Medalist in Dance and Skating Skills and Silver Freeskate test
- A principal performer with Disney on Ice, Adagio Skater, Silk and Web Specialty Act. Ten years of professional performance experience
- Three time National Synchronized Skating Champion with Miami University Varsity team
- Degree in Health and Sports Studies with a Minor in Coaching from Miami University
- Coaches figure skating all levels and ages

SSSC**Debbie Lane**

303.880.2476 | Debbie.lane82@gmail.com
\$90/hr; \$82/hr LTS

- Teaching experience since 1976
- PSA Master Rating in Figures, Freestyle, Dance, Free Dance and Skating Skills
- Former World Team Member and National and International Medalist, International Coach, Coach of International, National, Sectional and Regional Champions
- PSA Honorary Member
- Honorary Member of the Denver Colorado Figure Skating
- PSA Level VI Ranking in Singles and Dance
- ISI Southwest Region Board Representative
- Coach of over 300 Gold Medalists in the US and Canada
- Coaches all levels and ages

SSSC & FSC

Gerry Lane**SSSC & FSC**

303.597.1094 | C: 303.880.2497 | Gerryl@sspr.org
 \$90/hr; \$82/hr LTS

- Director of Skating for South Suburban Parks and Recreation
- ISI Certified Arena Programmer (CAP) and Skating Director (CSD)
- Teaching experience since 1976
- PSA Master Rating in Figures, Freestyle, Dance, Free Dance and Skating Skills
- International Coach, Former National Competitor and Champion, Coach of International, National Sectional and Regional Champions
- PSA Level VI Ranked Coach in Singles and Dance
- Past President of Professional Skaters Association and Honorary Member
- Past president of the International Professional Skaters Union
- Secretary of the Professional Skaters Foundation
- Coaches all levels and ages

Natalie Matthies**SSSC & FSC**

513-260-1279 | sk8coachnatalie@gmail.com
 \$75/hr

- Coaching experience since 2011
- PSA Registered Rating in Skating Skills and Theatre on Ice
- Ice Theatre of the Rockies coach and Showtime on Ice Choreographer
- Coaches Singles, Skating Skills, Choreography and Hockey Skating Skills

Bridget McErlane**SSSC & FSC**

814.547.9215 | bridgetswick@icloud.com
 \$82/hr

- Teaching experience since 1999
- PSA Member
- USFS Gold Medalist in Freestyle & Moves in the Field
- In 1994, was cast the role of Ladies Freeskating Olympic Gold Medalist, Oksana Baiul for all on-ice scenes in the movie
- Coaches all levels & ages, specializing in Freestyle, Moves in the Field, choreography and power skating for hockey players

Shellanne Mellor-Pasquale**SSSC**

720.314.0119 | Shellskate@msn.com
 \$78/hr

- Teaching experience since 1997
- PSA Certified Rating in Moves in the Field and Freestyle
- Canadian Gold Medalist in Figures, Freestyle, Dance, Artistic & Senior Competitive tests
- ISI Bronze Certified Judge
- Western Canadian competitor for ten years
- Coaches all levels and ages of skating

Janie Moore**SSSC & FSC**

614.623.9612 | janiemoore05@gmail.com
 \$62/hr

- Teaching experience since 2016
- PSA, USFS and ISI Compliant Coach
- USFS Gold Medalist in Skating Skills, Silver Medalist in Dance and Bronze Medalist in Freestyle
- USFS and ISI National Competitor in Synchronized Skating
- Coaches all ages and disciplines with a focus on foundational technique and Synchronized Skating

Julie Morris McKenny**SSSC**

720.201.1391
 \$93/hr

- Teaching experience since 1988
- Former USFS National Competitor
- PSA Master Rating in Freestyle, Skating Skills, & Certified Rating in Group Teaching
- Gold Medalist in Figures, Freestyle and Moves in the Field
- PSA Level 3 Ranking
- Coaches all levels and ages—focusing on Competition

Sheri Morse**SSSC**

720.402.6609 | sherilmorse@gmail.com
 \$75/hr

- Teaching experience since 1993
- PSA Registered Rating in Freestyle
- USFS Silver Medalist
- USFS Regional and Sectional Competitor
- PSA Level 1 Hockey Certification
- Coaches all levels and ages specializing in freestyle, skating skills and choreography

Kaylar Neumann**SSSC & FSC**

218.205.0385 | kaylarneumann92@gmail.com
 \$72/hr

- Coaching experience since 2010
- USFS, USA Hockey and PSA Member
- PSA Registered Rating in Freestyle, Skating Skills and Freestyle
- Coaches all levels and ages and hockey skating skills

Kaizen Oudom**SSSC & FSC**

503.382.9882 | kaizen.oudom@gmail.com
 \$70/hr

- Coaching experience since 2012
- ISI Member and Safesport and BLS Certified
- USFS Gold Medalist in Skating Skills and Freestyle
- USFS regional and Sectional Competitor
- Coaches all levels and ages with a focus in fundamental skating skills, building confidence and maintaining enjoyment in the sport

Terrie Neukirch**SSSC**

720.300.5650 | Coloradosk8coach@me.com
\$75/hr

- Teaching experience since 1981
- PSA Master Rating in Freestyle, Certified Rating in Figures and Registered Rating in Moves in the Field
- PSA Level IV Ranked Coach
- Gold Medalist in Figures and Freestyle and Pre-Silver Dance
- Regional and Sectional Competitor
- Coach of Regional, Sectional and National competitors
- ISI Gold Certified Judge
- Coaches all levels and ages

Katey Nyquist**SSSC & FSC**

303.957.6956 | kateynyquist13@gmail.com
\$75/hr, Learn to Skate rate \$50/hr

- Coaching experience since 2017
- PSA Member
- Former Member of Team USA on the Haydenettes Synchronized skating team 2015-2020
- USFS Triple Gold Medalist in Moves in the Field, Freestyle, and Dance,
- 5 time US National Champion with the Haydenettes, 2016 World Bronze Medalist with the Haydenettes
- Coaches all ages and disciplines, with a focus on moves in the field, skating skills, and synchronized skating

Cary Peskin**SSSC & FSC**

313.418.8876 | Icecapskating@gmail.com
\$76/hr

- Coaching experience since 1996
- Member of USFSA and PSA
- USFS Gold Medalist in Freestyle, Silver Dance and 6th figure
- 4 years with Ice Capades
- Intermediate & Novice Regional competitor
- Hockey development students/teams through Pee Wee.
- Coaches all ages. Recreational skaters to freestyle and hockey power/agility skills

Matthew Reuter**SSSC & FSC**

615.513.1402 | MatthewTReuter@me.com
\$80/hr, Beginner/Learn to Skate rate \$70/hr

- Coaching experience since 2004
- PSA Rated Coach
- 4-time USFS National Competitor
- Synchronized Skating National Competitor
- Disney on Ice and amusement park performer
- Coaches all levels and ages of skaters

Shaun Rogers**SSSC & FSC**

443-739-3483 | Coachshauniku@gmail.com
\$90/hr

- Former National Novice Mens Champion, two time Junior World Competitor, and 12 time US International Team Member
- Professional performer in a variety of shows
- USFS Gold Medalist in Skating Skills and Freeskate
- Coaches Freestyle, Skating Skills and Hockey Skating Skills to all levels, abilities and ages.
- NASM Certified and available for group, semi-private or private off ice strength and conditioning

Jennie Rounds**SSSC & FSC**

303.656.7337 | jennierounds@gmail.com
\$80/hr

- Teaching experience since 2004
- PSA Member Coach
- USFS Gold Medalist in Skating Skills, Freestyle, Pattern Dance, Free Dance and Silver medalist in Pairs
- Coaches freestyle, skating skills, ice dance, pairs, choreography, hockey and adaptive to a all levels, abilities and ages

Amy Schneider**SSSC**

303.204.9594
\$90/hr

- Teaching experience since 1987
- PSA Registered Rating in Figures and Freestyle
- USFS Gold Medalist in Freestyle
- Past Performer in Disney on Ice
- Coaches private, semi-private and groups for off ice conditioning
- Coaches private, semi-private and group off ice conditioning classes
- Coaches all levels in Skating Skills, Freestyle and Showcase

Billy Schneider**SSSC**

303.204.9549 | williamschneider3@mac.com
\$120/hr

- Teaching experience since 1979
- PSA Master Rating in Figures and Freestyle
- Nine-time Former National Competitor and Coach of Regional, Sectional, and National Champions; and Gold Medalist in Figures and Freestyle
- Teaches competitive skaters at all levels, specializing in singles

Jody Sigman**FSC**

303.908.2583 | Jody@sigmandenver.com
\$72/hr

- Teaching experience since 1984
- PSA Master Rating in Freestyle, Senior Rating in Figures and Certified Rating in Group Teaching
- Gold Medalist in Figures, Freestyle, and Junior Pair test
- Coaches all levels and ages

Kathy Sutterfield**FSC**

303.470.0874 | Sutterfield.kathy@yahoo.com

\$50/hr

- Teaching experience since 2000
- PSA Basic Accredited Coach
- ISI Bronze Certified Judge
- USFS Adult Bronze Freestyle and Pre-Preliminary Moves in the Field tests
- Preliminary Dance test
- Coaches basic learn to skate skills to all ages

Anmarie Russo Sutton**FSC**

317.902.3815

\$52/hr

- Teaching experience since 2002
- PSA Member
- USFS Intermediate Freestyle and Moves in the Field and 4th Figure test
- Teaches all ages of beginning skating

Michele Teixeira**SSSC**

630.290.1971 | Micheleskate1@yahoo.com

\$70/hr

- Coaching experience since 2004
- PSA Basic Accredited Coach
- ISI Gold/Synchro Certified Judge
- Coach of National Showcase competitors
- Gold Medalist in Moves in the Field, Pre-Silver Dance, and Intermediate Freestyle
- World Junior Synchro Competitor & 3 time Junior National Synchronized Skating Champion
- Coaches all levels and ages in freestyle, moves, and choreography; recreational to competitive

Jamie Lane Youtsey**SSSC & FSC**

303.880.2498 | Jlaneyoutsey@gmail.com

\$84/hr; \$72/hr LTS

- Teaching experience since 2007
- PSA Master Rating in Skating Skills, Theater on Ice, and Senior Dance, Certified Rating in Freeskating and Registered Rating in Choreography
- Creative Director for Ice Theatre of the Rockies
- Assistant Director of Showtime on Ice
- USFS Gold Medalist in Skating Skills and Dance
- Coaches and choreographs all levels and ages

Katie Yum**SSSC**

720.645.0485 | yumkatie912@gmail.com

\$60-66/hr

- Teaching experience since 2021
- USFS and PSA member
- Former sectional and national alternate competitor
- USFS Gold Medalist in Freestyle and Moves in the Field
- Coaches all levels & ages - specializing in competitive Freestyle and Choreography