

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 Skating Institute

An organization of rink owners and 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 progress through Pre 2 or Level 3 may then enter our Learn to Play Hockey classes.

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.

MOVES IN THE FIELD

These tests incorporate basic, intermediate, and advanced forms of 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 new 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	Moves in the Field	Freestyle	Dance	Adult Moves	Adult Freestyle	Pairs
Preliminary	Pre- Preliminary	Pre- Preliminary	Preliminary	Adult Pre-bronze	Adult Pre-bronze	Pre Juvenile
				Adult Bronze	Adult Bronze	Juvenile
1st	Preliminary	Preliminary	Pre-Bronze	Adult Silver	Adult Silver	Intermediate
2nd	Pre-Juvenile	Pre-Juvenile	Bronze	Adult Gold	Adult Gold	Novice
3rd	Juvenile	Juvenile	Pre-Silver			Junior
4th	Intermediate	Intermediate	Silver			Senior
5th	Novice	Novice	Pre-Gold			
6th	Junior	Junior	Gold			
7th	Senior	Senior	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, Moves in the Field, Dance, Free Dance, Pairs, Synchronized Skating, Group Teaching, Choreography 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 303.798.7881, ext. 33304 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.

Kristen Adamczyk

SSSC & FSC

719.238.7328 | skatingwithcoachkristen@gmail.com

\$64/hr Pre-Pre and above; \$50/hr LTS

- PSA Registered Rating in Moves in the Field and Freestyle, ISI and PSA member
- USFS Gold Medalist in Moves in the Field and Freestyle
Former U.S. International Team Member at the Novice and Junior Level
- Former Regional & Sectional Champion and National & International Medalist
- Coaches all ages and levels from Recreational to Competitive- specializing in freestyle

Michele Amidon

SSSC & FSC

207.841.4825 | Mamidon26@gmail.com

Private with 1 player- \$75/hr

Semi Private with 2 player- \$55/hr

Semi Private with 3-5 players- \$45/hr

- 26 Year of coaching experience at all levels: Olympic, National, Collegiate & Youth
- USA Hockey Level 5 Coach
- Currently AYHL 8U Director, Avalanche Female Ambassador, NHL Committee member
- Saint Lawrence University NCAA Standout
- USA National Team Alumnae
- Coaches edge work and all hockey skills ages 5 and older

Katie Cope**SSSC & FSC**

720.385.7002 | katiejennifercope@gmail.com

\$60/hr

- Teaching experience since 2000
- PSA, USFS and ISI member
- Level IV Ranked Coach
- USFS Junior Freeskate and Moves in the Field and 4th figure test
- Regional competitor
- Disney On Ice alumni
- Coach of Nine States gold and silver medalist
- 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, Moves in the Field,
- Choreography and Beginner Hockey Skills

Phoebe Flynn**SSSC & FSC**

303.359.7805 | sk8phoebe@gmail.com

\$65/hr, Learn to Skate rate \$60/hr

- Coaching experience since 2012
- PSA Member
- USFS Double Gold Medalist in Moves in the Field and Freestyle
- Principal performer with Disney on Ice: Soloist/Adagio Skater, Web Specialty Act. Eight years of professional performance experience
- Performance Director with Disney on Ice: Southeast Asia and Domestic Tours
- Coaches all ages and disciplines

Rory Gautsche**SSSC & FSC**

303.895.7162 | rgautsche1@comcast.net

\$78/hour

- Coaching experience since 2005
- Member: PSA, USFSA, USA Hockey, Denver Colorado Figure Skating Club
- PSA Hockey 3 Accredited
- Former Regional Competitor in Freestyle, Figures.
- USFSA Junior Freestyle and Fifth Figure tests.
- National competitor in Synchronized Skating.
- Hockey skating skills instructor.

Jenny Gee**FSC**

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

Amber Kole**SSSC & FSC**

720.579.4664 | amberkole@gmail.com

\$60/hr LTS; \$66/hr for Pre-Preliminary & Above

- Teaching experience since 2011
- PSA Registered Rating in Freestyle
- USFS Gold Medalist in Pairs, Moves in the Field, and Junior Freeskating test
- Former U.S. Senior Pair Competitor and Regional and Sectional Medalist
- Coach of Regional, Sectional Medalists and Junior National Competitors
- Coaches all levels and ages-specializing in Freestyle, field moves, pairs and Choreography

Nicholas Kole**SSSC & FSC**

303.658.0053 | Kolepersonaltraining@gmail.com

\$60/hr LTS & Hockey; \$72/hr for Pre-Preliminary & Above

- Teaching experience since 2008
- PSA Registered Rating in Freestyle
- USFS Gold Medalist in Pairs, Moves in the Field, and Junior Freeskating test
- Former World Junior Team member and National and International Medalist
- Coach of Regional, Sectional and Junior National Competitors
- Certified Personal Trainer
- Coaches all levels and ages-specializing in Freestyle, Pairs, Pole Harness and Power Skating/Hockey

Sacha Lalonde**SSSC & FSC**

202.270.3830 | SachaLalonde@gmail.com

\$70 hr; \$60/hr LTS

- Teaching experience since 1997
- PSA Registered Rating in Moves in the Field and Freestyle
- Skate Canada Gold Medalist in Figures, Freestyle, Skating Skills, Senior Competitive Singles Test and Diamond Dance Test
- Three-time Skate Canada National Competitor
- Principal Performer with Disney on Ice for 15 years in Singles and Adagio
- Dance partner up to Gold Dance with some International Dances
- Coaches all levels and ages specialize in jump technique
- Speaks English and French

Sara Buck Lalonde**SSSC & FSC**

937.716.7205 | Buckanator1@gmail.com
\$66/hr; \$60/hr LTS

- Teaching experience since 1998
- PSA Certified Rating in Group and Registered Rating in Dance, Moves in the Field and Freestyle
- USFS Gold Medalist in Dance and Moves in the Field and Novice Freeskate test
- PSA Level 2 Hockey Power Skating Accreditation
- 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
- Coaches all levels and ages

Debbie Lane**SSSC & FSC**

303.880.2476 | Debbie.lane82@gmail.com
\$82/hr; \$75/hr LTS

- Teaching experience since 1976
- PSA Master Rating in Figures, Freestyle, Dance, Free Dance and Moves in the Field
- Former World Team Member and International Medalist, International Coach, Coach of International, National, Sectional and Regional Champions
- PSA Honorary Member
- Level V Ranked PSA Coach
- ISI District 12 Board Member Representative
- Vice president of the ISIA Education Foundation
- Coaches all levels and ages

Gerry Lane**SSSC & FSC**

303.798.7881, X 33304 | C: 303.880.2497 | GerryL@sspr.org
\$82/hr; \$75/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 Moves in the Field
- International Coach, Former National Competitor and Champion, Coach of International, National Sectional and Regional Champions
- Level V Ranked PSA Coach
- 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

Bridget McErlane**SSSC & FSC**

814.547.9215 | bridgetswick@icloud.com
\$76/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

Julie Morris McKenny**SSSC**

720.201.1391
\$87/hr

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

Shellanne Mellor-Pasquale**SSSC**

720.314.0119 | Shellskate@msn.com
\$75/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

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

Michelle Riley**FSC**

303.520.3495

\$50/hr

- Teaching experience since 2002
- USA Hockey Level 4 Coach
- Teaches Hockey Skills and Power Skating ages 4 and up

Amy Schneider**SSSC**

303.708.9675

\$75/hr; \$50/hr off-ice

- Teaching experience since 1987
- PSA Registered Rating in Figures and Freestyle
- USFS Gold Medalist in Freestyle
- Performer in Disney on Ice
- Director of Off-ice Conditioning at South Suburban
- Coaches private, semi-private and group off ice conditioning classes
- Coaches all levels/ages in Freestyle

Billy Schneider**SSSC**

303.708.9675

\$105/hr

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

Jody Sigman**SSSC & 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
- Double 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**FSC & SSSC**

630.290.1971 | Micheleskate1@yahoo.com

\$60/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

Jessica Williams**SSSC & FSC**

210.865.3881 | figureskate24_7@sbcglobal.net

\$66/hr; \$60/hr LTS

- Teaching experience since 2005
- PSA Certified Rating in Moves in the Field, Freestyle and Registered Rating in Dance
- USFS Gold Medalist in Moves in the Field, Freeskating, Dance and Free Dance
- A regional competitor in singles and three time USFS National Solo Dance Medalist
- MA in Sport and Performance Psychology
- Teaches all ages and levels

Jamie Lane Youtsey**SSSC & FSC**

303.880.2498 | Jlaneyoutsey@gmail.com

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

- Teaching experience since 2007
- PSA Master Rating in Moves in the Field, Certified Rating in Freeskating and Dance and Registered Rating in Choreography
- Member of PSA Sports Science Committee and Dartfish Video Analyst
- USFS Gold Medalist in Moves in the Field and Dance
- Coaches and choreographs all levels and ages