

**MONICA JOHNSTON**  
**Professional Figure Skating Coach**

22 Jamieson Cres., Whitby, Ontario; L1R 1T9

(C) 905-767-9063;

monica.gofigure@sympatico.ca

Coaching Philosophy: My goal is to ensure that each skater develops to their full potential, whether it be as a competitive, test stream or recreational skater, while always maintaining family and school priorities. Along the way, they will develop life skills that will benefit them far beyond the arena and hopefully develop the same passion for this great sport that I have.

Coaching Experience:

25+ years

Certification:

Provincial Coach Certified, National Coach Trained

Level 4 tasks completed:

- # 4 – Nutrition for Optimal Performance
- # 6 – Recovery and Regeneration
- # 7 – Psychological Preparation for Coaches
- #11 – Practical Coaching-Advanced Strategy and Tactics
- #12 – Planning and Periodization
- #16 – Long Term Athlete Development

Relevant Training/Experience:

Skate Canada NACGM and Coaches' Conference – 2008, 2010 – 2019

Skate Ontario Strength in Unity Conference – 2018, 2019

Have attended workshops with international level coaches including Christy Krall, Tom Zakrajsek, Manon Perron, Joanne McLeod and Frank Carroll

Canskate /Primary (Regional) Mentor Coach

Coach to skaters qualifying for Ontario Provincial championships in singles and dance for over 12 years

Coach of Provincial medalists in singles

Coach of skaters achieving Gold Test status in all 4 disciplines (freestyle, skills, dance, interpretive) and competitive singles tests

Additional Training/Experience:

EOS Coaches' Representative 2009 – 2018

Skate Ontario Resource Team Member 2017 - 2018, 2018 - 2019

Skate Canada Technical Controller and Technical Specialist – Singles (Section Level)

Skate Canada STAR 1 – 4 judge

Services provided – Freestyle, Skills, Dance, Stroking, Choreography, Digital Music Editing