



LISA CONLEY

Lisa has been coaching for 27 years. During her skating career she attained her Gold Figure, Gold Dances, Gold Free, Novice Competitive singles, Novice Competitive Pairs, Junior Competitive Singles. Lisa competed at the provincial level and sectional level in both singles and pairs. Lisa trained under a variety of coaches who are world renowned such as the late Wally Distelmeyer and Louis Stong. As a coach she has achieved level 3 NCCP, completed 7 Level 4 Tasks and is CanPower Certified. Lisa has coached skaters from the CanSkate level to the Provincial & National level in both singles and pairs including a silver medal win at the Novice Pairs level at the 2013 Canadian Figure Skating Championships. Lisa coached the Skate Ontario Championships 2015

Gold Women Free Skate to a Gold Medal win and record holder for Ontario's 2015 Women's Gold Triathlon. 3 Years ago Lisa created a development group within the surrounding Prince Edward, Trenton & Stirling Areas to offer skaters a more upbeat, team oriented training environment and has been pleased to host World & National Level guest coaches.

Lisa has a diploma in Recreation Leadership, certificate in fitness and lifestyle management and has taken courses in Psychology, Criminal and Civil Law and the Canadian Justice System.

Lisa resides in beautiful Prince Edward County with her husband Brendon & son Benjamin.

Philosophy is that as a coach I am a role model guiding skaters to be successful individuals. In figure skating skaters learn camaraderie, the ability to cope with failure and success and to be positive of self image. I place the utmost importance of teaching skaters strong fundamentals in order to achieve their goals from Learn To Skate to Competitive.

Contact:

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\$14.50 per 15 min. Private

Semi Private and Group Available at a Reduced Price

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