



## **MONICA JOHNSTON**

### **Professional Figure Skating Coach**

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

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### **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.

### **Teaching Experience:**

19 years

### **Certification:**

IPSC certified, Singles & Dance

NCCP Level III Theory & Technical

Level 4 tasks: # 4 – Nutrition For Optimal Performance

# 6 – Recovery and Regeneration

# 7 – Psychological Preparation For Coaches

#11 – Practical Coaching-Advanced Strategy and Tactics

#16 – Long Term Athlete Development

NCCP Fundamental Movement Skills

CanPower Certified

### **Relevant Training/Experience:**

CEP Gold Status since the inception of Skate Canada's Continuous Education Program for coaches

Skate Canada NACGM and Coaches' Conference – 2008, 2010, 2011, 2012, 2013

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

Canskate /Primary Mentor Coach

Coach to skaters qualifying for Ontario Provincial championships in singles and dance for 8 of the last 10 years

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

### **Additional Training/Experience**

EOS Coaches' Representative 2009 - 2013

Skate Canada Technical Specialist – Singles (Section Level)

EOS Region 2 Coaches Representative and Coaching Committee member for 4 terms

Digital Music Editing for singles, dance and synchronized skating

Member of EOS Skater Development Committee