

MONICA JOHNSTON
Professional Figure Skating Coach
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Coaching Philosophy: My goal is to ensure that each skater develops to their full potential, 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:

National Coach Trained

Level 4 tasks: # 4 – Nutrition For Optimal Performance
6 – Recovery and Regeneration
7 – Psychological Preparation For Coaches
#10 – Biomechanical Analysis of Advanced Skills
#11 – Practical Coaching-Advanced Strategy and Tactics
#16 – Long Term Athlete Development

NCCP Fundamental Movement Skills

CanPower Certified

Relevant Training/Experience:

Skate Canada Ice Summit – 2008, 2010 – 2018

Skate Ontario Strength in Unity Workshops - 2018

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

Canskate /Primary STARSkate Mentor Coach

Coach of skaters qualifying for Ontario Provincial championships in singles and dance every year for over 12 years

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

Additional Training/Experience:

Skate Ontario Club Support Team Member 2017 - present

EOS Coaches' Representative 2009 - 2017

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

Skate Canada STAR 1-4 Judge