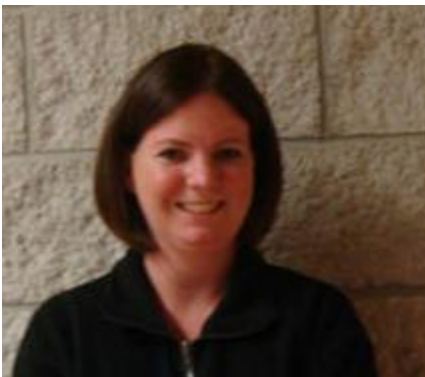




Coach Profile

Margret Long (Law)



Certification:

N.C.C.P Level 4 - 9 of 11 courses completed
N.C.C.P Certified Level 3 - Singles and Dance
N.C.C.P Certified Level 2 - Synchronized Skating
First Aid Certified - St. John's.

Teaching/Coaching Experience

I have been coaching for over 20 years. I have coached at many clubs including:

- East York Skating Club - Synchronized Skating
- Upper Canada Skating Club- Competitive Skaters
- Richmond Training Centre - Competitive/Starskate/ Canskate

Seasonal Clubs that I teach at:

- Granite Club - Starskate/Competitive
- GTA Skating Academy in Thornhill - Starskate/Competitive

Professional Highlights

I have taken skaters from Canskate through to the Junior and Senior National Championships. Over the years of coaching many of my skaters have obtained their Gold Medals in Freeskate, Dance, Skills and Figures. I have had skaters pass competitive Freeskate tests - Juvenile, Pre-Novice, Novice, Junior and Senior Levels.

I have been involved with the planning, choreography and directions of many Ice Shows, having been a Choreographer and Director, and as most recent as this past Ice Show last winter in Ajax.

I have also attended many coaching seminars, both locally and nationally, and have been involved with several Skate Canada Central Ontario committees, most importantly serving as the Metro East Coaching Representative from 1999-20. I also have been the coaching representative for the Ajax Skating Club for the last year.