



## Coach Profile

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### Cheryl Mensour



**Certification:** I am a Level 1 certified skating coach with the Ajax Skating Club. I am also a Level 1 certified skating coach with the Ajax Rising Stars Special Needs skating club. I am an elementary school teacher with the Durham District School Board and have been teaching for the past year.

**Teaching/Coaching:** I have taught with the Ajax Skating Club for the past 5 years. I have been volunteering as a skating coach with the Ajax Rising Stars Special Needs Skating Club for 10 years. I also taught at Laurie's Learn to Skate for 1 year.

**Professional Highlights:** I teach skaters from all levels which includes, the Kidskate, Canskate, Junior, Intermediate and Senior levels. I have accompanied my skaters to many competitions and have put all my students through skating tests to advance them in their skating careers. I received a Civic Award from the Town of Ajax for my work with the Ajax Rising Stars. I helped out this past summer with the Special Olympics track and field qualifiers.

**Personal Skating Highlights:** I skated for 13 years with the Ajax Skating Club. I skated at the senior level, took part in countless number of competitions, both at home and away. The most memorable competitions were when I and numerous other skaters travelled to Buffalo each year to compete. I completed many skating tests during my skating career, ending with my Sr. Silver Freeskate-Elements and Jr. Silver Freeskate - Program, Junior Silver Dance Test and Senior Silver Skating Skills.

My goal was always to become a skating coach because of the wonderful experiences I have had with this club. I always strive to give each and every one of my student's positive and exciting experiences to make skating an unforgettable part of their lives!



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