Margret Long

Cell Phone: 416-616-9248

Email Address: mlaw@rogers.com

**Coaching Certification:**

National Level 3 Certified Coach

**Personal Skating Achievements:**

Gold Level Tests

Competitive Junior National Level

**Years of Coaching:**

Over 25 years

**Coaching Experience:**

I have coached skaters from the Pre-Canskate Level to the Senior National Level in the competitive stream. Over my years as a coach, I have sat on Boards within Clubs and Skate Ontario (formally Central Ont Section). I have taught all disciplines over the years (Freeskate, Dance, Skills, Synchro, Pairs). I have also coached many skaters to their Gold Level tests in the Starskate Level.

**Skating Related Achievements:**

See “Coaching Experience

**Philosophy:**

To treat each skater (athlete) equally in helping them to achieve their potential through hard work and dedication, while having fun. I strive to teach each athlete to be confident on and off the ice. I want to pass on the love of skating, where many life lessons will be learned.