**Krishaana Rames**

[**krishaanarames6@icloud.com**](mailto:krishaanarames6@icloud.com)

**647-924-9867**

**Objective:**

Skating for over 15 years and have a great love for skating.

I aim to encourage all skaters to grow and learn how to skate!

**Training and Education:**

* Trained CanSkate Coach (2023)
* First Aid and CPR Certified (2023)
* Regional Trained Coach (2025)

**Personal Achievements:**

* Triple Gold Figure Skater (Artistic, Skills & Dance)
* 15+ Years of Skating Experience
* 2nd Year University Student at TMU
* Varsity Figure Skater [Toronto Metropolitan University] 2023 - Present