



ISCC
Coaches
Book

2011-2012 Season

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Welcome to the
International Skating Center of Connecticut

We are proud to present to you our World-Class Coaching Staff.

A MESSAGE FROM OUR COACHES:

“We welcome skaters of all ages and abilities. From recreational path to Olympic level training, in all disciplines you’ll find professionalism and personal care from our coaching staff. We have everything you are looking for in figure skating here at the ISCC! “

VADIM NAUMOV
HEAD COACH

HOW THIS BOOK SHOULD BE USED:

This book is intended to provide readers with a better understanding of the talents our dedicated figure skating professionals provide. Each coach participating in this book is doing so voluntarily.

As you review each profile, please keep in mind that divisions, such as part-time or jr., do not signify any inferiority or lack of skill in terms of coaching ability.

Our QuickView.IceCoach chart, located under each professional’s picture, can quickly help in identifying coaches with the most [years] experience, high PSA rankings, accomplished personal skating backgrounds, and accomplished student pools. A brief history of star students may be found on the lower right portion of each profile spread. Please consider all factors, including your skater’s personal rapport with a coach, before deciding on the professional that best fits your needs.

It is our pleasure to report that as of 2008 all professional figure skating coaches registered with U.S. Figure Skating must have passed a background check to attain permission to work in our skating facility.

We are extremely proud of the skill enriching environment our coaching staff provides and hope that you will take the time to thoroughly enjoy and benefit from it.

I. INTRODUCTION

II. QUICKVIEW.ICECOACH DESCRIPTION

TABLE OF FULL-TIME

COACHES

FC1	- JESSICA ANASTASIO
FC2	- ASHLEY FOY
FC3	- GRACE JOHNSON
FC4	- PATRICIA LABISSONIERE
FC5	- LAURA LEMOINE
FC6	- VADIM NAUMOV
FC7	- EMILIE NUSSEAR
FC8	- ELENA PETRENKO
FC9	- VLADIMIR PETRENKO
FC10	- EVGENIA SHISHKOVA
FC11	- HOLLY VIALI

TABLE OF PART-TIME

COACHES

PT1	- IVAN DIMITROV
PT2	- GINNA FRENO-SABATINI
PT3	- MATHEW GATES
PT4	- ROBIN JAFFEE
PT5	- ILENE LEDERMAN
PT6	- CONNIE NAKAMURA
PT7	- GARY PASTIZZO
PT8	- SHANNON PASTIZZO

TABLE OF JR. COACHES

JR1	- KACI BRANDT
JR2	- SARAH KAMENETZ
JR3	- NICOLE OULETTE

A1. LEARN-TO-SKATE PROGRAM OVERVIEW

A2. GLOSSARY OF TERMS

A3. U.S. FIGURE SKATING STRUCTURE CHART

A4. USEFUL REFERENCES

OUR FULL-TIME COACHES



J. Anastasio



A. Foy



G. Johnson



P. Labissoniere



L. Lemoine



V. Naumov



E. Nussear



E. Petrenko



V. Petrenko



E. Shishkova



H. Viall



“My Goal is to make skating a positive experience for all levels of skating!”

PERSONAL INFORMATION

- U.S. Figure Skating Member
- PSA Member - Class A
- Bachelors in Psychology with a minor in Economics
- Singles
- Choreography
- Moves-In-The-Field
- Available 7 Days A Week
- Lesson Intervals: 30/60 min.
- Languages: English
- U.S. Sectional Competitor in Singles
- U.S. Jr. National Championship Coach
- U.S. Sectional Championship Coach in Singles

COACHING HISTORY

STUDENT TEST TRACK:

- USFS Gold Medalist in Moves-in-the-field
- USFS Gold Medalist in Single Skating

STUDENT COMPETITIVE TRACK:

- Junior Level U.S. Figure Skating Sectional Championship Competitor in Singles
- Juvenile Level U.S. Figure Skating Jr. National Championship Competitor in Singles

Contact:

By Phone 860-883-5814

By E-mail Jessica_Anastasio@hotmail.com



“I began training at 4 yrs. old right here at ISCC! I’ve had the privilege of training with world-class coaches in dance, pairs, and freestyle across the U.S. & Germany. I’m a two-time U.S. Regional Champion, 2008 German Jr. Dance Champion, 2006 German Jr. Dance Bronze Medallist and member of the 2008 World Jr. Figure Skating Team.”

PERSONAL INFORMATION

- U.S. Figure Skating Member
- PSA Member - Class A
- Singles
- Ice Dance
- Choreography
- Skating Skills
- Moves-In-The-Field
- Available 7 Days A Week
- Lesson Intervals: 15/30/45/60 min.
- Languages: English, German
- 2008 ISU Junior World Dance competitor
- 2008 German Junior Dance Champion
- 2008 NRW Trophy Bronze Medalist
- 2006-2007 ISU Junior Grand Prix Series Competitor
- 2005 Pacific Coast Sectional Novice Dance Competitor
- 2003 US Junior National Dance Competitor
- 2003 North Atlantic Regional Juvenile Dance Champion
- 2002 US Junior National Pairs Competitor
- 2002 North Atlantic Regional Juvenile Pairs Champion
- Central Connecticut State University Undergraduate Student

www.foy-blum.ice-dance.com

COACHING HISTORY

STUDENT TEST TRACK:

STUDENT COMPETITIVE TRACK:

None Given

Contact:
By Phone 860-218-0016
By E-mail FoyAsh@students.ccsu.edu

\$60/hr.



“Coach of National Synchronized Skating medalists World and International Synchronized skating competitors. This sport has given me the opportunity of meeting many wonderful new people. I enjoy teaching both competitive and recreational skaters of all ages and abilities. I work cooperatively with students and parents in setting and attaining goals and expectations, developing skills, and building confidence as goals are achieved”

Contact:
By Phone 860-833-8328
By E-mail Graycee62@hotmail.com

Basic 1-8 Students \$60/hr.

\$68/hr.

PERSONAL INFORMATION

- U.S. Figure Skating Member
- PSA Member - Class A
- PSA Basic Accreditation
- U.S. Figure Skating National Synchronized Skating Competitor
- Singles
- Synchronized Skating
- Moves-In-The-Field
- Available Monday - Saturday
- Lesson Intervals: 15/30/45/60 min.
- Languages: English
- U.S. Figure Skating Regional Championship Medallist in Synchronized Skating - Senior

www.GraceOnIce.com

COACHING HISTORY

STUDENT TEST TRACK:

- USFS Gold Medalists in Moves-in-the-Field
- USFS Gold Medalists in Synchronized Skating

STUDENT COMPETITIVE TRACK:

- Personal Coach of 3x U.S. Synchronized Skating Championship Medalist & International Synchronized Skating Medalist - Junior - Nina Brofsky

- Personal Coach of 2x U.S. National Synchronized Skating Novice Champion, 1x Silver Medalist, & International Synchronized Skating Competitor - Casey Ouellette
- Personal Coach of Multi-time U.S. National Synchronized Skating Championship Medalists & 2010 National Champions - Novice - Nicole Ouellette, Hannah Brofsky, & Emily Sherber

PERSONAL INFORMATION



“Coach with proven ability to motivate students to enjoy skating and fully achieve their potential.”

- U.S. Figure Skating Member
- PSA Member
- PSA Certified Group Rating

- Singles
- Choreography
- Moves-In-The-Field

- Available 7 Days A Week
- Lesson Intervals: 15/30/45/60 min.

- Languages: English

COACHING HISTORY

STUDENT TEST TRACK:

STUDENT COMPETITIVE TRACK:

None Given

Contact:

By Phone 860-844-0353

By E-mail PLabissoniere@cox.net

\$50/hr.



“I love to teach skaters of all ages and abilities both recreational and competitive aspects.”

PERSONAL INFORMATION

- U.S. Figure Skating Member
- PSA Member - Class A
- Singles
- Synchronized Skating
- Moves-In-The-Field
- Available 7 Days A Week
- Lesson Intervals: 20/30/45/60 min.
- Languages: English
- U.S. Figure Skating National Synchronized Skating Championship Competitor
- New England Senior Ladies Competitor

COACHING HISTORY

STUDENT TEST TRACK:

None Given

STUDENT COMPETITIVE TRACK:

- 2010 New England Regional Intermediate Ladies Finalist

Contact:

By Phone 413-519-5278

By E-mail lalemoine@gmail.com

\$50/hr.



“From the beginner to the Olympian, I’ll guide you every step of this exciting and challenging journey, I once lived through myself.”

PERSONAL INFORMATION

- U.S. Figure Skating Member
- PSA Member - Class A
- Multi-Time ISU European Pair Championship Medalist representing Russia
- 1991, 1996 Russian National Pair Champion
- Singles
- Pairs
- State Institute of Physical Training in St.Petersburg, with major in Physical education, Figure skating instructor
- Choreography
- Moves-In-The-Field
- Available 7 Days A Week
- Lesson Intervals: 30/45/60 min.
- Languages: English, Russian
- 1992 & 1994 Olympic Competitor
- 1994 ISU World Pair Champion representing Russia
- 1996 ISU Grand Prix Final Pair Champion representing Russia

COACHING HISTORY

- 2005 U.S. National Pair Skating Champions, ISU Four Continent Championship Bronze Medallists, ISU World and Grand Prix Series Competitors - Orscher/Lucash
- U.S. National Novice Pair Competitors & North American Challenge Series Competitors - Rigoulot/Backus
- U.S. National & International Senior Pair Competitors - Beriau/Gazzola
- U.S. Junior National Intermediate Men Competitor and 2010 New England Regional Champion - A.Strupinski
- U.S. National Junior Pair Competitors - Rigoulot/Jorgens

Contact:

Phone: 860-658-6685

By E-mail vadimnaumov@hotmail.com

\$100/hr.



“Through my love and dedication to the sport, I try to bring out the vibrance and full potential of every skater I work with”

Contact:
Phone: 813-357- 9009
By E-mail: enussear82@aol.com

\$72/hr.

Personal Information

- U.S. Figure Skating Member
 - PSA Member - Class A
 - Singles
 - Dance
 - Choreo
 - Moves In The Field
 - Available 6 Days A Week
 - Lessons Intervals: 30/45/60 min.
 - Language: English
 - 2003 US National Senior Dance top five
 - 2002 ISU Gran Prix Series competitor
 - 2000 ISU Junior World Dance Silver Medalist
 - 2000, 1999 US National Junior Dance
- Silver Medalist
- 1999 ISU Junior Gran Prix Final Dance silver Medalist
 - University of Hartford Undergraduate Student
 - 1993 New England Regional Novice Pair Champion
 - 1993 Eastern Sectional Novice Pair Champion
 - 1994 US National Novice Pair Competitor
 - 1994 Eastern Sectional Junior Pair Competitor
 - 1997 South Atlantic Regional Intermediate Ladies Finalist

Coaching History

ELENA

PETRENKO



PERSONAL INFORMATION

- U.S. Figure Skating Member
- PSA Member - Class A
- ISU World & International Championship Choreographer in Pair and Singles Skating
- Singles
- Choreography
- Professional Coaching Degree from the University of Kharkov (Ukraine)
- Available 7 Days A Week
- Lesson Intervals: 30/45/60 min.
- Languages: English, Russian, Ukrainian
- Former Elite Rhythm Gymnastic Competitor for U.S.S.R.
- Former National & International U.S. Rhythm Gymnastics Coach and Choreographer

www.SkatingforBoys.com

COACHING HISTORY

- ASSISTANT COACH AND CHOREOGRAPHER FOR 2004 ISU JR. WORLD CHAMPION ANDREY GRIAZEV
- ASSISTANT COACH FOR 2008 U.S. JUNIOR NATIONAL COMPETITOR ERIN MISERICORDIA(4TH)
- ASSISTANT COACH AND CHOREOGRAPHER FOR 2009 U.S. JUNIOR NATIONAL INTERMEDIATE LADIES SILVER MEDALIST AINSLEY MCGILL
- MULTY TIME NEW ENGLAND REGIONAL CHAMPION AND U.S. JUNIOR NATIONAL COMPETITOR - DANIELPETRENKO
- CHOREOGRAPHER FOR OLYMPIC CHAMPION EKATERINA GORDEEVA,
- PERSONAL TRAINER FOR MULTI-TIME MEXICAN FIGURE SKATING CHAMPION, INTERNATIONAL & WORLD COMPETITOR - ANNA CANTU
- CHOREOGRAPHER 2005 U.S. NATIONAL PAIR CHAMPIONS, INTERNATIONAL & WORLD COMPETITORS - ORSCHER/LUCASH
- CHOREOGRAPHER FOR OLIMPIC COMPETITORS KSENIA MAKAROVA AND GAO SONG

Contact:

By Phone 860-651-0578

By E-mail v.petrenko@comcast.net

\$100/hr.



PERSONAL INFORMATION

- U.S. Figure Skating Member
- PSA Member - Class A
- National, International, and ISU World Championship Coach
- ISU Technical Specialist in Single Skating
- Singles
- Moves-in-the-field
- Professional Coaching Degree from the University of Odessa (Ukraine)
- Available 7 Days A Week
- Lesson Intervals: 30/45/60 min.
- Languages: English, Russian, Ukrainian
- ISU Jr. World Champion in Single Skating for U.S.S.R.
- ISU World Championship Competitor in Single Skating for U.S.S.R.

www.SkatingforBoys.com

COACHING HISTORY

- 2004 ISU JUNIOR WORLD CHAMPION - ANDREY GRIAZEV
- 2008 US JUNIOR NATIONAL COMPETITOR (4TH) ERIN MISERICORDIA
- 2009 U.S. JUNIOR NATIONAL INTERMEDIATE LADIES SILVER MEDALIST - AINSLEY MCGILL
- MULTI-TIME NEW ENGLAND REGIONAL CHAMPION AND U.S. JUNIOR NATIONAL COMPETITOR - DANIEL PETRENKO
- MULTI-TIME MEXICAN FIGURE SKATING CHAMPION, INTERNATIONAL AND WORLD COMPETITOR - ANNA CANTU

Contact:

By Phone 860-651-0578

By E-mail v.petrenko@comcast.net

\$100/hr.

EVGENIA



“I love to share with you my knowledge and experience of world level skating and pass on the passion and dedication to the sport that I have. I teach all levels of skating --from the ground up.”

Contact:
Phone: 860-658-6685
By E-mail vadimnaumov@hotmail.com

\$90/hr.

SHISHKOVA

PERSONAL INFORMATION

- U.S. Figure Skating Member
- PSA Member - Class A
- Multi-Time ISU European Pair Championship Medalist representing Russia
- 1991, 1996 Russian National Pair Champion
- School of Olympic Reserve #2 in St. Petersburg, with major in Physical education, sport instructor
- Singles
- Pairs
- Choreography
- Moves-In-The-Field
- Available 7 Days A Week
- Lesson Intervals: 30/45/60 min.
- Languages: English, Russian
- 1992 & 1994 Olympic Competitor
- 1994 ISU World Pair Champion representing Russia
- 1996 ISU Grand Prix Final Pair Champion representing Russia

COACHING HISTORY

- Assistant Coach for 2005 U.S. National Pair Skating Champions, ISU Four Continent Championship Bronze Medallists, ISU World and Grand Prix Series Competitors - Orscher/Lucash
- Assistant Coach for U.S. National and International Senior Pair Competitors - Beriau/Gazzola
- Assistant Coach for U.S. National Junior Pair Competitors - Rigoulot/Jorgens
- Assistant Coach for U.S. National Novice Pair Competitors & North American Challenge Series Competitors - Rigoulot/Backus
- Assistant Coach for U.S. Junior National Intermediate Men Competitor & 2010 U.S. Regional Champion - A.Strupinski



“I enjoy working with people that love to skate and molding them to reach their full abilities with the amount of time they choose to invest. I also view skating as a means in life to aide in personal growth and I believe both areas of development are necessary to meet with maximal success.”

PERSONAL INFORMATION

- U.S. Figure Skating Member
 - PSA Member - Class A
 - PSA Senior FreeStyle Rating
 - Freestyle
 - Choreography
 - Moves-in-the-field
 - Available 7 Days A Week
 - Lesson Intervals: 15/30/45/60 min.
 - Language: English
 - 30 Years of Coaching Experience
 - U.S. Figure Skating Jr. National & Sectional Championship Coach
 - In the past has achieved Certified Level
- in Figures & Senior Level in Freestyle by
PSA Rating Sistem
- Masters of Education
 - Bachelors of Science in Biology

COACHING HISTORY

STUDENTS COMPETITIVE TRACK:

- 1996 EASTERN SECTIONAL INTERMEDIATE LADIES GOLD MEDALIST, 1995 - 1996 US JUNIOR NATIONAL JUVENILE - INTERMEDIATE COMPETITOR(HEATHER GARRITY)
- 2004 NEW ENGLAND REGIONAL SENIOR LADIES SILVER MEDALIST,
- NATIONAL STATE GAMES SENIOR LADIES CHAMPION,
- 2001-2002 US JUNIOR NATIONAL INTERMEDIATE LADIES COMPETITOR (HOLLY BUGBEE)
- EASTERN SECTIONAL COMPETITOR JUNIOR LADY 2002, NOVICE LADY 2001 (CASSANDRA BENITO)
- NEW ENGLAND REGIONAL INTERMEDIATE LADIES GOLD MEDALIST
- EASTERN SECTIONAL INTERMEDIATE LADIES SILVER MEDALIST (ZOE GOODING)
- 2010 NEW ENGLAND REGIONAL PRELIMINARY GIRLS GOLD MEDALIST (ALLY MORIN-VIALL)

Contact:
By Phone 860-688-7667
By E-mail HollyViall@yahoo.com

Contact for price

OUR PART-TIME COACHES



I. Dimitrov



G. Freno-Sabatini



M. Gates



R. Jaffee



I. Lederman



C. Nakamura



G. Pastizzo



S. Patizzo

IVAN

DIMITROV



“I teach all kinds of competitive and recreational skaters.”

PERSONAL INFORMATION

- U.S. Figure Skating Member
- PSA Member - Class A
- Singles
- Pairs
- Choreography
- Moves-In-The-Field
- Available 7 Days A Week
- Lesson Intervals: 20/30/45/60 min.
- Languages: English, Russian, Bulgarian
- ISU Jr. World Championship Competitor in Single Skating representing Bulgaria

COACHING HISTORY

STUDENT TEST TRACK:

STUDENT COMPETITIVE TRACK:

None Given

Contact:

By Phone 860-480-2736

By E-mail Ivan_west@abv.bg

\$60/hr.



“I returned to my 1st love, coaching, after 23 years as a psychologist. Dedicated to the joy of skating.”

PERSONAL INFORMATION

- U.S. Figure Skating Member
- PSA Member - Class A
- Ice Dance
- Singles
- Moves-in-the-field
- Available 7 Days A Week
- Lesson Intervals: 30/60 min.
- Languages: English
- U.S. Figure Skating Jr. National Championship Medallist in Ice Dance
- Psychologist from Pepperdine University

COACHING HISTORY

STUDENT TEST TRACK:

STUDENT COMPETITIVE TRACK:

- Adult National Competitor
Co-coach & Co-Choreographer

Contact:
By Phone 860-653-2036
By E-mail ginfren@aol.com

\$30/1/2hr.



“Current World and International
Coach/Choreographer”

Contact:
Phone: 860 - 989 - 0527
Email: mathew.gates@gmail.com

Contact for price

Personal Information

- US Figure Skating Member
- PSA Member Class A
- Ice Dance
- Choreography
- Moves In The Field
- Available 7 Days A Week
- Lesson Intervals 30/45/60 min
- Language: English
- 2003 Vienna Cup Ice Dance Silver Medalist
- 2003 ISU Skate America Competitor
- 2003 Eastern Sectional Ice Dance Champion
- 1999 US National Senior Ice Dance Silver Medalist.
- 1997, 1999 ISU World Team Member
- 1997 US National Senior Ice Dance Silver Medalist
- 1996 - 1997 ISU Grand Prix Series Competitor
- 1996 US National Senior Ice Dance Bronze Medalist
- 1995 US National Junior Ice Dance Champion
- 1994 ISU Junior World Team member
- 1994 Midwest Sectional Junior Ice Dance Champion
- 1993 US National Novice Ice Dance Champion

www.wix.com/mathewgates/mathew-gates

Coaching History

COACHING

- 2009 ISU World Championship Ice Dance Competitors/DEN
- 2009 ISU Junior World Ice Dance Competitors/DEN
- 2009 ISU European Championship Ice Dance Competitors/DEN
- 2009 Danish National Ice Dance Champions (Katelyn Good/Nikolaj Sorensen)
- 2009 Mexican National Ice Dance Champions (Cora Bruhns/Andrew Lavrik)
- 2009 Romanian National Ice Dance Champions (Harmony Risca/Chase Brogan)
- 2008 ISU World Championship Ice Dance Competitors/CAN
- 2008 ISU Four Continents Ice Dance Competitors/CAN
- 2008 Canadian National Ice Dance Silver Medalists (Kaitlyn Weaver/Andrew Poje)
- 2005 US National Championships- Novice 2nd- Kaitlyn Weaver and Charles Clavey/USA

CHOREOGRAPHY

- Michael Weiss
- Melissa Gregory/Denis Petukov
- 2009 Ukranian National Junior Lady Champion (Alina Milevska)
- 2009 US National Junior Ice Dance Silver Medalists (Rachel Tibbetts/Collin Brubaker)



“I enjoy working with all ages and abilities. I have been involved with Learn-To-Skate programs for over 30 years and have also worked with special needs skaters within these programs.”

PERSONAL INFORMATION

- U.S. Figure Skating Member
- ISI Member
- Singles
- Ice Dance
- Moves-in-the-field
- Available 7 Days A Week
- Lesson Intervals: 20/30/45/60 min.
- Languages: English
- 2 Pre Gold Ice Dances
- 5th Figure Test
- Preliminary Freestyle Test
- BA Geology from the University Vermont
- 5th Year Certificate with VT State Secondary Education Certification Math & Science from the University of Vermont
- MPS Special Education with NY State Permanent Certification for K-12 from Manhattanville College
- AMI Montessori Elementary Diploma from Washington Montessori Institute

COACHING HISTORY

STUDENT TEST TRACK:

STUDENT COMPETITIVE TRACK:

None Given

Contact:
By Phone 860-707-2157
By E-mail montessorivt@yahoo.com

\$40/hr.



“I love to coach, and to share my passion for skating with others. My goal is for my students to gain both a love of this wonderful sport, and a sense of confidence and achievement through their efforts. I have been teaching children and adults the fundamentals of figure skating for over 30 years.”

PERSONAL INFORMATION

- U.S. Figure Skating Member
- PSA Member - Class A
- Freestyle
- Ice Dance
- Choreography
- Moves-in-the-field
- Available 7 Days A Week
- Lesson Intervals: 20/30/45/60 min.
- Languages: English
- BS from the University of Maryland
- MBA in Finance from the University of Hartford

COACHING HISTORY

STUDENT TEST TRACK:

STUDENT COMPETITIVE TRACK:

None Given

Contact:

By Phone: 860-352-2052

By E-mail: ilenelederman@comcast.net

\$60/hr.



“I enjoy teaching all levels of skating from tots to adults, beginners to champions!”

PERSONAL INFORMATION

- U.S. Figure Skating Member
- PSA Member - Class A
- Bachelor of Arts Degree from the College of St. Catherine
- Singles
- Available 7 Days A Week
- Lesson Intervals: 30min.
- Languages: English, Japanese
- National & International Competitor in Single Skating representing Japan
- Olympic, ISU World Championship, & International Coach
- National Championship Coach in U.S., Italy, Japan, and Korea

COACHING HISTORY

STUDENT TEST TRACK:

- USFS Moves-in-the-Field Gold Medalist
- USFS Figures Gold Medallist
- USFS Freestyle Gold Medallist

STUDENT COMPETITIVE TRACK:

- Olympic Games Competitor (Emi Watanabe)
- ISU World Championship Competitor (Reiko Kobayashi, Beatrice Gelmini, Lily Lee, Caryn Kadavy, Lisa Cipolla)
- ISU International Competitors (Jim Cogan, Shepard Clark)
- National Competitors in U.S., Italy, Korea, & Japan
- U.S. Figure Skating Jr. National Championship Competitor

Contact:
By Phone 617-899-7339
By E-mail MW.Nakamura@gmail.com

Contact for price

GARY



“I enjoy teaching skaters of all levels & backgrounds. My youngest student was 7 years old, my oldest is in their 60’s. I have worked with students to achieve goals in testing, competition, & recreation.”

Contact:
By Phone 860-679-9322
By E-mail gsmlpast@aol.com

\$72/hr.

PASTIZZO

PERSONAL INFORMATION

- U.S. Figure Skating Member
- Men 4th place
- 1985 New England Regional Novice Men Silver Medalist
- 1985 Eastern Sectional Novice Men Competitor
- Singles
- Ice Dance
- Choreography
- Moves-in-the-field
- Available 7 Days A Week
- Lesson Intervals: 30/45/60 min.
- Languages: English
- 1983 New England Regional Intermediate Men Bronze Medalist
- 1983 Eastern Sectional Intermediate Men Competitor
- 1984 New England Regional Novice
- Physician Assistant
- Masters Health Sciences from Quinnipiac
- Masters Physiology from the University of Connecticut
- B.S. from Union

COACHING HISTORY

STUDENT TEST TRACK:

- USFS Moves-in-the-Field Gold Medalist
- USFS FreeStyle Gold Medallist
- USFS Ice Dance Gold Medallist

COMPETITIVE TRACK:

PERSONAL INFORMATION



“I enjoy teaching new skaters of all ages in the beginning stages of skating to learn to love the sport of figure skating.”

- U.S. Figure Skating Member
- BS from the University of Connecticut
- Singles
- Ice Dance
- Choreography
- Moves-in-the-field
- Available 7 Days A Week
- Lesson Intervals: 30/45/60 min.
- Languages: English

COACHING HISTORY

STUDENT TEST TRACK:

STUDENT COMPETITIVE TRACK:

None Given

Contact:
By Phone 860-679-9322
By E-mail gsmlpast@aol.com

\$60/hr.

OUR JR. COACHES



K. Brandt



S. Kamenetz



N. Ouellette

PERSONAL INFORMATION



“To provide students with an enjoyable experience of valuable skills and knowledge that will help them excel to their full potential.”

- U.S. Figure Skating Member
- Basic Skills
- Singles
- Moves In The Fields
- Available 7 Days A Week
- Lesson Intervals: 20/30/45/60 min.
- Languages: English, French
- Canadian Junior National Competitor
- New England Regional Competitor

COACHING HISTORY

STUDENT TEST TRACK:

STUDENT COMPETITIVE TRACK:

None Given

Contact:
By Phone 860-866-7679
By E-mail kaci.brandt@gmail.com

\$36/hr.

SARAH

KAMENETZ

PERSONAL INFORMATION



“I love teaching kids to skate so they can have fun and be safe.”

- U.S. Figure Skating Member
- Singles
- Moves-in-the-field
- Available 7 Days A Week
- Lesson Intervals: 15/30/45/60 min.
- Languages: English, Some Spanish, Some Hebrew

COACHING HISTORY

STUDENT TEST TRACK:

STUDENT COMPETITIVE TRACK:

None Given

Contact:
By Phone 860-830-7893
By E-mail SarahKamenetz@gmail.com

\$36/hr.

NICOLE

OUELLETTE

PERSONAL INFORMATION



- U.S. Figure Skating Member
- Singles
- Moves In The Field
- Basic Skills
- Available Weekday Mornings Only
- Lesson Intervals: 20/30/60 min.
- Languages: English
- 2010 US National Novice Synchronized Champion
- Passed Senior Moves In The Field Test
- Passed Silver Dance Test

COACHING HISTORY

STUDENT TEST TRACK:

STUDENT COMPETITIVE TRACK:

None Given

Contact:
By Phone 860-967-5817
By E-mail racerblade843@aol.com

\$35/hr.

Glossary of Terms

A Quick Guide To Figure Skating Terminology

ADULT COMPETITIONS

Competitions spanning all levels held specifically for skaters over 21 years of age.

COLLEGIATE COMPETITIONS

Competitions for skaters that have achieved a high school diploma (or equivalent) and are enrolled full-time in a college or university degree program.

HIGH SCHOOL SKATING

A manner of competition that is specifically organized for high school students. Skaters represent their school and perform individual Single skating elements while being judged against skaters from other schools.

ICE DANCE

A discipline of figure skating in which a man and woman skate together to a variety of rhythms and musical selections while performing intricate footwork, lifts, and spins. Ice Dance is typically characterized as ballroom dancing on-ice however, in recent decades, Pair and Ice Dance skating disciplines have grown increasingly similar to each other and currently both require extremely strong skating and partnering skills.

ICE SKATING INSTITUTE (ISI)

An organization which supports the development and operation of ice rinks and provides and promotes recreational ice skating programs in the United States.

ICE THEATER

A discipline of figure skating in which skaters, ranging in age and abilities, compete as a team to perform theatrical programs that include props and story-telling as well as skating elements.

INTERNATIONAL SKATING UNION (ISU) CHAMPIONSHIPS

Specific championships held by the International Skating Union where skaters represent their member countries.

ISU Championships are:

- ISU European Championships
- ISU Four Continents Championships
- ISU Jr. World Championships
- ISU World Championships

ISU GRAND PRIX SERIES

The Grand Prix Series is an invitational international competition series held by the International Skating Union and culminates with a Grand Prix Final.

ISU JR. GRAND PRIX SERIES

The Jr. Grand Prix Series is an invitational international competition series for the Junior level skater, held by the International Skating Union and culminates with a Jr. Grand Prix Final.

NON-QUALIFYING EVENTS

A U.S. Figure Skating competition that is not part of the line of Qualifying Events.

NORTH AMERICAN CHALLENGE SERIES (NACS)

An invitational series of international competitions between North American countries for Novice and Junior level skaters.

PAIR SKATING

A discipline of figure skating in which two skaters work together to perform lifts, throw-jumps, synchronized jumps and jump sequences, spins, and other program elements. Pair skating is typically characterized by over-head lifts and acrobatic feats completed by a man and woman performing together.

PROFESSIONAL SKATERS ASSOCIATION

An organization recognized by U.S. Figure Skating as the official coaches' education, certification and training program.

QUALIFYING EVENTS

The U.S. Figure Skating events involved in selecting skaters to represent the United States in International Skating Union competitions.

Qualifying Competitions are:

- U.S. Figure Skating Regional Championships
- U.S. Figure Skating Sectional Championships
- U.S. Figure Skating National Championships

SENIOR B INTERNATIONAL COMPETITIONS

International invitational competitions recognized by the International Skating Union for Senior level skaters that are not part of the Grand Prix Series.

SINGLE SKATING

Also known as, *Freestyle Skating*

Individual skating in which elements such as jumps and spins, are performed.

SYNCHRONIZED SKATING

A discipline of figure skating in which a team of skaters performs with synchronization and creates formations, lifts, and other skating elements. Synchronized skating and Ice Theater are the only two disciplines where teams are composed of more than two skaters.

U.S. FIGURE SKATING

The national governing body of figure skating as recognized by the International Skating Union and the U.S. Olympic Committee.

Figure Skating Programs and Development/Pipeline of Figure Skating

U.S. Figure Skating Basic Skills Program: the FUNdamentals

Offering 12 different badge curriculums that are fun, challenging and rewarding to learn the fundamentals of skating

Bridge Program/Junior Club

The link between Basic Skills and Full Club Membership. It introduces skaters to training programs, different skating disciplines and teaches them what is required to go to the next level.

U.S. Figure Skating Club Membership

There are five separate disciplines in the sport of figure skating: ladies singles, men's singles, pairs, ice dancing and synchronized skating. Within each discipline there is a unique test structure and competitive pipeline that takes you from Basic Skills to the elite levels of the sport.

TESTS

The test structure is the backbone of U.S. Figure Skating. Passing skill tests by official judges advances the skater to the next level. Skaters test in areas in the field, ice skating, pairs and ice dancing. As a skater advances, the tests become more difficult. The highest achievement in each discipline is the gold test.

Pre-preliminary

Preliminary

Pre-Juvenile

Juvenile

Intermediate

Novice

Junior

Senior

Adult Test Program*

NONQUALIFYING COMPETITIONS

Skaters of all ages and can participate in non-qualifying competitions to earn awards and showcase skill mastery. Nonqualifying competitions are divided into two levels; one is more recreational and the other is more competitive in nature. Skaters compete at their current skill and test levels and are open to all members to participate.

Basic Skills

No Test/Beginner

Pre-preliminary

Preliminary

Pre-Juvenile

Juvenile/Open*

Intermediate

Novice

Junior

Senior

Collegiate and Intercollegiate

Adult Levels*

QUALIFYING SYSTEM

This is the pipeline for singles, pairs and ice dancing to advance in the U.S. Junior Championships, U.S. Championships, International competitions, World Championships and Olympic Winter Games. The top skaters advance in the juvenile to senior levels and compete for various titles based on age and test level.

Juvenile*

Intermediate*

Novice

Junior

Senior

U.S. Collegiate Championships

U.S. Adult Championships*

U.S. Junior Championships

U.S. Championships

International competitions, World, Olympic

SYNCHRONIZED SKATING

Synchronized skating is a team sport in which eight to 20 skaters perform a program together. It is characterized by teamwork, speed, intricate formations and challenging step sequences. Synchronized skating has its own qualifying competition system which mirrors single and pairs to the U.S. Synchronized Championships, International competitions and the World Synchronized Championships.

Beginner 1-3

Beginner 1, 2 and 3 are offered at U.S. Figure Skating Basic Skills competitions and U.S. Figure Skating qualifying competitions.

Preliminary

Pre-Juvenile*

Juvenile/Open*

Preliminary, pre-juvenile, open juvenile, open collegiate and open adult are offered at qualifying competitions and sectional championships.

Intermediate*

Novice*

Junior*

Juvenile numbers are offered at qualifying competitions and sectional championships. The top four team sectionals advance to the U.S. Synchronized Skating Championships.

Senior*

Collegiate/Open

Adult/Open*

Masters*



The mission of U.S. Figure Skating is to provide programs to encourage participation and achievement in the sport of figure skating.

*These levels have age restrictions, refer to a current U.S. Figure Skating rulebook for more information.

Useful References

Retail, Professional, and Education Resources

RETAIL RESOURCES:

ISCC PRO-SHOP

Hours: Mon - Fri 4:30 - 8:30 pm
Sat 8:00am - 8:00 pm
Sun 8:00am - 6:00 pm

Contact: Dan Giordano
Work phone: 860 - 651 - 5400 ext.14
Cell phone: 860 - 539 - 0218
Email: info@jamproshop.com
Web site: www.jamproshop.com

Equipment, Clothing, & Equipment Maintenance Services

MYSKATINGMALL ONLINE

[WWW.MYSKATINGMALL.COM](http://www.MYSKATINGMALL.COM)

This auction style site is dedicated to skating equipment and skating retailers. With its wide array of product and prices, skaters are sure to find what they are looking.

AUGIE'S LIST

WWW.AUGIESLIST.ORG

This relaxed atmosphere online tagsale has all the access you need to used skating clothing and equipment.

PROFESSIONAL RESOURCES:

INTERNATIONAL SKATING UNION

WWW.ISU.ORG

PROFESSIONAL SKATERS ASSOCIATION

WWW.SKATEPSA.COM

U.S. FIGURE SKATING ONLINE

www.USFigureSkating.com

EDUCATIONAL RESOURCES:

CHARTER OAK FIGURE SKATING CLUB

WWW.CHARTEROAKFSC.ORG

The official figure skating club of ISCC.

FIGURE SKATERS ONLINE

WWW.FIGURESKATERSONLINE.COM

Fan Pages and Event Updates for Pairs and Single skaters

GOLDEN SKATE

WWW.GOLDENSKATE.COM

Interviews and Photos from the figure skating world

ICE-DANCE . COM

WWW.ICE-DANCE.COM

News, Videos, Interviews, Blogs, and Pictures of the Ice Dance World

ICENETWORK

WWW.ICENETWORK.COM

News, Videos, Interviews, and Event Updates

SKATE BUZZ

WWW.SKATEBUZZ.CA

News, Videos, Interviews, and Event Updates

SKATE TODAY

WWW.SKATETODAY.COM

Interviews and Photos from the figure skating world

