



# Amanda Montgomery

Home phone	Email	15 minute lessons	Coaching Level	Coaching Experience	Coaching Disciplines
289-264-4454	<a href="mailto:acmontgomery@hotmail.com">acmontgomery@hotmail.com</a>	Private: \$11; Semi-Private: \$6	Level 2	10 years	Freeskate, Skills, Stroking, Off-Ice Training, CANSkate

### Certifications include:

Certified Personal Trainer, Taken Fitness Instructor Course, Background in Music and Dance, Level 3-Theory, General Subjects and Singles

### Personal Achievements:

Quadruple Gold (Freeskate, Dance, Figure and Skills); Junior Competitive Freeskate Test; Senior Competitive Skills Test; Member of the 2001 'black ice' Synchronized Skating Team: National Gold Medalist, World Silver Medalist

### Additional Comments:

Have coached all levels including CANSkate-Competitive and Beginner through to Gold Level Skaters. Have also attended numerous seminars with various International Skaters and Coaches