

Makaela Bell

613-827-6221 or coachmakaellabell@gmail.com

Certification:

NCCP Level - Regional Coach Certified. Standard First Aid and CPR/AED Level C Certified.

Qualifications and Personal Achievements:

- Coaching since 2018
- Base and resource coaching
- Achieved Gold Skills, Dance, Interpretive, and Freeskate Elements
- Achieved Diamond Dance (Rhumba)
- Sectional, provincial and national competitor
- BSc (Hons) Kinesiology candidate

Coaching Philosophy:

My coaching philosophy is based on the idea of holistic development, where success is not only measured by winning but by helping athletes grow and develop as individuals. No two athletes are the same and therefore require different approaches to development; I learn from my athletes as much as they learn from me. My goal is to help each athlete reach their full potential on and off the ice, fostering a healthy, lifelong relationship with sport.

I look forward to sharing my passion and love of this sport with every skater I meet!

Coach Offerings:

- Private, semi-private, and small and large group lessons available
- Off-ice training available (Jumps, strength and conditioning, flexibility)
- Singles freeskate, dance, skills and choreography, and synchro
- Coaching fee: \$8.50/15 min private lesson, \$4.50/15 min semi-private lesson
- **Accepting Intro to Starskate and Starskate students**

Please contact for more information.

I look forward to working with you and your skaters!