

## **Sarah Allman**

### **Contact Info**

613-849-0346

[sarahann@bell.net](mailto:sarahann@bell.net)

### Certification

Qualifications NCCP Level – Provincial Coach Trained. St. John's Ambulance First Aid and level C CPR/AED trained

### Coaching Philosophy

Everyone deserves the chance to learn how to skate whether you are an adult or young child, a natural or someone that has never skated before. It is through my love of the sport that I am there to provide that chance.

### Professional Skating Success

Gold Dance, Jr. Silver Freekate, 4<sup>th</sup> figure (Star 8 Skills)

### Coaching Successes and Career

Skate Canada professional coach since 2002. Coached skaters from Pre-Canskate to Gold level. Have had skaters compete at several Skate Ontario competitions.

### Rate

Rates \$10.50/15min individual \$8.25/15 min semi private with one other skater. Available to teach intro to Starskate and Starskate. Currently accepting new skaters