PROFESSIONAL AND SKATING BACKGROUND

SC# 1073039426 CAC# 87896

* 40 YEARS COACHING EXPERIENCE
* 20 NATIONAL CHAMPIONSHIP COMPETITORS
* NATIONAL COACH –SINGLES (LEVEL 3-4)
* PROVINCIAL COACH – DANCE & PAIRS (LEVEL 2)
* CHOREOGRAPHER
* MUSIC EDITING
* TRIPLE GOLD TEST LEVEL
* 6 YEARS BALLET
* BILINGUAL…ENGLISH-FRENCH
* STRETCHWEAR SEAMSTRESS

AWARDS AND ACCOMPLISHMENTS

• 2016 NS COMPETITIVE COACH OF THE YEAR

• 2015 NS CANADA GAMES TEAM MANAGER

• 2013 NS CLUB AND RECREATION COACHING AWARD OF EXCELLENCE

• NOVA SCOTIA REP – NATIONAL CANSKATE RESOURCE TEAM

• 2012 NS VOLUNTEER COACH OF THE YEAR

• 2007 & 2011 COMPETITIVE COACH OF THE YEAR AND IKON AWARD RECIPIENT

• 2008 B.O.B. NATIONAL CANSKATE COACH AWARD

• 2008 14-WING COMMANDERS COMMENDATION FOR SERVICE

• 2007 CEREMONIES CHOREOGRAPHER NATIONAL CHAMPIONHIPS HALIFAX

• 1999 CANADA WINTER GAMES COACH

• 1997 CEREMONIES CHOREOGRAPER NATIONAL SYNCHRO CHAMPIONSHIPS

• 1996 CEREMONIES CHOREOGRAPHER SKATE CANADA INTENATIONAL

• 1994 NATIONAL 3M COACHING AWARD

• MEMBER OF SKATE CANADA COMMITTEES – CLUB, REGION, SECTION, NATIONAL – 1980-2017

• CANSKATE AND REGIONAL COACH LEARNING FACILITATOR

#### CHERYLE GASTON SKATE CANADA NATIONAL COACH isk8coachcher@gmail.com

Your business tag line here.

Phone: 325.555.0125

**COACHING PHILOSOPHY**

Coaching is the opportunity to open the heart and soul of an individual to the possibility they may experience something rewarding, challenging and exciting all at the same time. If I am successful, they will find their passion, as I have found mine.

In my eyes, you are all champions…champions of achievement – no matter what the journey or the outcome, at the end I will be standing there with you…looking into the eyes of a champion.



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CELL – (902)824-2882

isk8coachcher@gmail.com

**COACHING FEES**

HOURLY RATE FOR LESSONS

0-49km = $50.00

50-99 km = $52.00

100+km = $60.00

INDIVIDUAL PAYMENT OPTIONS NEGOTIABLE AND AVAILABLE UPON REQUEST

**COMPETITION RATE**

HOURLY RATE APPLIES FOR EACH PORTION OF SKATING EVENT (each skate = $50.00)

TRAVEL AND EXPENSES DIVIDED BY # OF SKATERS