

## Learn to Skate & Figure Skating Coaches

### AUTUMN PRESTON

Autumn is going into her sixth season of coaching. She has skated for 9 years. She enjoys working with all ages and levels. She has a passion for fitness and loves teaching strength and conditioning and power. She has completed her Bronze Moves-in-the-Field and Pre-Bronze Freeskate tests. She is currently working on Silver Moves-in-the-Field, and Bronze Freeskate tests. Autumn is an active member of the Adult skating program. She has skated in numerous shows and competed in multiple competitions. Autumn was the 2020 Midwestern Adult Gold Medalist in Compulsory, Jumps, and Freeskate. In her free time, she enjoys painting, competing in 5ks, rock climbing, and riding scooters with her kids. She can also be found talking about her Peloton. If you want to start a conversation with her, just ask her about her Peloton.

Rate: \$68/hour

### BETHANY DUENOW

Bethany has been coaching figure skating since 2010 and has been on the ice since 2006. She is a member of the Professional Skaters Association and has earned the Basic Accreditation. She has tested through her Intermediate moves in the field and freeskate and has performed in many local ice shows and competitions, as well as qualifying for State Games in 2014. Bethany was a registered nurse in the Cox NICU for 6 years and now completed her Masters of Science in Nursing Education in 2022. Her favorite thing to coach is Moves in the Field and choreography, but loves to coach recreational and competitive skaters of all ages and enjoys sharing her passion for skating. She takes a special interest in helping her skaters reach their full potential based on each individual skater's goals and speed, and has worked with skaters from Snowplow to Senior freeskate. Her goal as a coach is to continue learning through available educational tools and work hard to help her students achieve their goals. In her free time Bethany loves to read, travel, and take her dog Darcy out for walks and adventures!

Rate: \$60/hour

### BETHANY SHINN

Bethany Shinn has been skating since 2001. She was a competitive figure skater for 7 years having success at the state and regional level for several seasons. Bethany has passed her Intermediate Free Skate, and Novice Moves in the Field tests. She is part of Professional Skaters Association and has earned her Registered Rating in Moves in the Field and Group. Bethany enjoys working with all ages and skill levels. She instructs both competitive and recreational skaters.

Rate: \$56/hour

### CHLOE TERRY

Chloe has been skating since 2011. She has passed her Novice Moves in the Field test and is working on her Junior test. She attends Missouri State University and is expected to graduate in the spring of 2024. She is majoring in Nutrition and Dietetics with a minor in Biomedical Sciences. With her degree, she would like to become a sports dietitian and teach proper nutrition education. She has competed in many local competitions and performed in many exhibitions. Chloe loves coaching all ages, choreographing, and seeing skaters achieve their goals. Her hope is to help instill a love of skating that lasts a lifetime.

Rate: \$52/hour

### **HOPE KOVACH**

Hope has been skating for 12 years and is a Gold Medalist in Moves in the Field and Solo Free Dance. She is currently skating at the Junior level and working towards finishing her testing in Freeskate. Hope has competed in Regional and National competitions. She loves working with skaters of all ages and levels, she wants to help skaters get a better understanding of the sport and to grow. This is her first season of coaching.

Rate: \$50/hr

### **ISABELLA JOHNSON**

Isabella has been skating since 2009 and has tested through her senior moves in the field and intermediate freeskate. She has also competed in many local and national competitions, along with many ice shows. Isabella is pursuing a degree in Sport Management: Sport Administration with a minor in Christian Counseling. She expects to graduate in the fall of 2023. When not on the ice, she enjoys being with her two crazy schnauzers and going on adventures with her family. Isabella coaches all ages and levels of skating, emphasizing in Moves in the Field, showcase, and freeskate.

Rate: \$48/hour

### **KYLIE CRIGER**

As a passionate figure skater and professional ballroom dancer for the past 12 years, Kylie brings both coaching expertise, athleticism, and art to you or your skater. Kylie coaches both recreational and competitive skaters in freeskate, showcase, compulsory, interpretive, and Moves In The Field. She designs well-balanced on and off ice training programs to fit each skaters' individual needs and goals. Kylie specializes in advanced choreography and offers this as an independent service, within a coaching team, and for each of her primary students. Kylie offers on ice training in all level spins, power training, edge training, jumps through triple axel, and advanced choreography through all levels. Her off-ice services include off ice conditioning, off ice jump and spin, and ballet. She offers ballroom training for ice dance partners and pairs skaters. Kylie's unique coaching philosophy and psychology degree helps her develop her skaters into confident athletes who support a kind, inclusive environment at the rink. Kylie loves working with skaters of all levels from those who are taking their first steps on the ice to those who travel the country competitively. She offers limited hockey services that include power skating, edge quality, agility, and speed training. She supports young (and young at heart) athletes grow in integrity, character, commitment to excellence, and sportsmanship while developing a love of the skating community. Parent and skater references are available on request.

Rate: \$65/hour

### **LAURA BAKER**

Laura Baker has 13 years of experience as a figure skating coach and loves sharing her passion with skaters of all ages. Laura is a professional rated coach who holds multiple ratings through the Professional Skaters Association: Senior Group Instructor, Certified Moves in the Field, and Registered Free Skate. Laura coaches athletes from beginner through senior levels, specializing in free skate, skating skills, ice dance, and off-ice jumps. She has taken multiple skaters through their Gold tests in both Moves in the Field (Skating Skills) and Solo Free Dance. Laura has also earned her Hockey Skating 2 Certificate through the Professional Skaters Association and enjoys helping hockey players develop their skating skills. Laura is devoted to always becoming a better coach so she can help her athletes achieve their goals. She also loves helping skaters cultivate life skills through skating while challenging athletes to be the best version of themselves, both on and off the ice.

Rate: \$70/hour

### **MEGAN GARNIER**

Megan Garnier has been figure skating for almost 10 years. She has passed her Intermediate moves in the field and is working on her Novice moves. She enjoys working with all ages and levels. Her favorite thing to teach is power and technique. In her free time Megan enjoys going on walks, camping trips and hanging out with her loved ones.

Rate: \$52/ hour

# Private Lesson Information

Private lessons are available to any skater who wishes to have one-on-one or semi-private instruction from a certified coach. Private lessons can be used to supplement the group lesson curriculum or for skaters who need the more individualized, flexible instruction that private lessons offer. Please email [Allison.Schaefer@springfieldmo.gov](mailto:Allison.Schaefer@springfieldmo.gov) to set up your lesson.

**Coaches:** Private lessons are offered by Jordan Valley Ice Park coaches. Coaching bios are located on the opposite side of this page. Please contact the skating director to be put in touch with a specific coach.

**Rates:** Private lesson rates are set by each coach. Rates are located on the opposite side of the page. Skaters pay for their lessons at the front desk and are expected to pay at the time of their lesson.

**Scheduling:** Private lessons are held on public skating sessions or freestyle sessions. Coaches and skaters will determine what time lessons will be held and the length of the lesson. Lessons can occur in 15-, 30-, 45-, or 60-minute increments.

**Cancellation:** Cancellation policies are set individually by each coach, but generally lesson cancellations must be made 24 hours in advance directly with the coach, otherwise the lesson will still be charged.

**Ice time:** In addition to lesson fees, skaters must pay for the ice time. Practice and lesson ice time are paid at the front desk. All skaters must check in at the front desk and pay for the entire freestyle/public session. Ice time will not be pro-rated if a skater is late getting on the ice or gets off the ice early. Skaters are welcome (and encouraged) to skate for whole session.

**Public Sessions:** Lessons and practice occurring on public sessions must practice freestyle elements at center ice within the 4 cones. Upper-level elements pose a safety issue to public session and are best practiced on freestyle ice time.

**Semi-Private Lessons:** In semi-private lessons (2 skaters), coaches set their own rate for the group, but each skater must pay individually for the ice time.

**Ice Etiquette:** Skaters are asked to be courteous and respectful of their fellow skaters. Skaters in a lesson are given the right of way. Skaters practicing their programs with music are also given the right of way. Skaters should not huddle together in the middle of freestyle ice. Although congregating is best done in the lower lobby, if skaters need to converse on the ice, it should take place at the boards.

**Choreography:** Private lessons are often used to choreograph programs for skaters to use for competition, shows, or exhibitions. To participate in rink exhibitions (Festival of Lights Holiday Exhibition) and shows (Annual Spring Show), skaters must use a pro-staff coach to have their programs choreographed.

**Music:** Skaters wishing to practice their program or dance with music must put their music at the end of the play line. Coaches in lessons may cut their student's music to the front of the line only once during a 30-minute lesson and may not cut in front of another coach in lesson.

**Coffee Club:** Open to skaters over the age of 18. Cost is \$5/skater, does not include skate rental.

## **Ice Time Cost:**

Public Ice: Adult- \$7.00/session\* Youth, Student, Senior- \$6.00/session\*  
Unlimited Annual Public Pass: Youth, Student, Senior - \$120.00; Adult-\$140  
Freestyle: \$5.00/30-minutes or \$10/hour  
Unlimited Freestyle Monthly Pass: \$150.00  
Freestyle Punch card (11 punches): \$100.00

**Questions?** Contact: Allison Schaefer. Email: [Allison.Schaefer@springfieldmo.gov](mailto:Allison.Schaefer@springfieldmo.gov). Phone: 417.874.2928