

Catherine Collings M.S.C.S.M
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Biography

Catherine Collings is a full time Professional Figure Skating and Power Skating Coach. After completing a successful competitive career in singles, pairs and dance, as an amateur figure skater, she skated one year professionally with the Ice Follies and became a professional member and coach of Skate Canada (formerly Canadian Figure Skating Association) in 1978.

Catherine's compassion and commitment to sport is evident whether working with Figure Skaters, Hockey or Ringette Players. Her coaching style and philosophy is that all athletes can successfully achieve their personal best with positive motivation, direction and attitude while having fun. She is dedicated and proud of all her students' ongoing successes in all aspect of life.

Prior to settling in Kingston in 2002 with her spouse Charles and daughters Aimee and Leigh, Catherine successfully coached over 50 skaters to Gold Test status in Figures, Freeskate, Dance, Skills and Pairs in major training centres such as Mariposa Training Centre in Barrie, Richmond Training Centre in Toronto, Rouen Olympic Club in France. Her choreographic talent has allowed her to choreograph and co-direct for "The Elvis Stojko Gala" and the opportunity to work with Olympians Brian Orser and Elvis Stojko. Her Power Coaching accomplishments include skating technique specialist for the Bradford Bulls, Oshawa Generals, and several minor hockey organizations globally and she worked with the 2002 French Olympic Hockey.

Catherine graduated from the United States Sports University with a Masters Degree in Sport Science, Sport Coaching and Sport Management. Ms. Collings continues to upgrade her education in sport that has earned her a Gold Level CEP with Skate Canada.

Since arriving in Kingston, Catherine has enjoyed coaching both recreational (from beginner to Gold test status) and competitive skaters at Kingston Skating Club (Assistant Administrator 2007-2008), Loyalist Skating Club, Fort Henry Heights Skating Club, West Kingston Skating Club (Competitive Program Co-coordinator and Canskate Coordinator), Limestone District Skating Programs (Administrative Director 2006), Skate Kingston and the City of Kingston. She has also coached Power skating with several minor hockey organizations within Kingston, Kingston Voyagers Summer Hockey Camp and the City of Kingston. Catherine is also a certified Off Ice trainer and specializes in Plyometrics.

For Catherine's complete curriculum vitae, please do not hesitate to contact her.