

## Katherine Chong-O'Neil

Katherine Chong-O'Neil is a Level 2, fully insured, sport specific accredited ice skating coach registered with the Australian Sports Commission, New South Wales Professional Skaters Association and the Australian Professional Skaters Association.

With over 27 years of figure skating experience, having competed and tested locally and nationally in the four major areas of skating; singles free skating, pair skating, ice dance and synchronised skating. Katherine combines this vast knowledge of the specific technical aspects of the sport with her creativity, imagination and interpretive skills to create fun, safe and interactive lessons and competitive routines for all of her students.

Katherine aims to work with each student individually as their Coach with the understanding that each student has different goals this means that she offers - teaching of the general principals of skating, teaching of the correct use of body alignment and bio-mechanics, teaching of a self-correction learning pattern, musicality and timing and sequence recall. All of Katherine's students are a part of a skating family in which inclusion is paramount also.

She has developed a mantra of SMART which all of her students adopt -

- S - safety and sportsmanship
- M- motivation and mentoring
- A - achievement and advancement
- R - respect and results
- T - training and tenacity

Students that learn from Katherine have a focus on high achievement and podium placements in competitions where possible. In 2013 alone, Katherine's students achieved 26 x 1st places, 13 x 2nd places and 9 x 3rd places in Sydney competitions and also a number of interstate events.

Currently Katherine has a very limited number of lesson times available on weekends, however should you wish to secure one of these times or be added to the short waiting list for weekdays either during or after school hours, please see the Penrith Ice Palace Office for more information.