

Katy Jo West
Professional Power Skating Instructor

Background: I was a competitive figure skater for 13 years. I was a double gold medalist and competed at the 2011 United States Figure Skating Championships as a Senior Lady. I began teaching hockey in the summer of 2011 for Doug Smail's 'Camp of No Forgiveness'. Teaching edge work and power skating is my passion. I've taught private lessons to those ranging from young kids just beginning to skate to professional hockey players.

Coaching Experience:

- >Coaching experience since 2008
- >USFS Gold Medalist in Freestyle and Moves in the Field
- >Regional Champion, Sectional and National Competitor/Medalst
- >2011 U.S. National Senior Ladies Competitor
- >Member of Professional Skater's Association and USA Hockey
- >Coaches basic skills, power skating, edge work
- >Coaches over 150 hockey players and goalies in state and out of state
- >Works with all youth associations and programs throughout Colorado
- >Skates with AAA, AA, A, & B teams as team power skating instructor
- >Specializes in technique (balance/control) using edge work and power (speed/agility) using professional power skating drills
- >Strength training on ice for stronger overall skating form