

Sharon Nixon Figure Skating



Biography

Sharon Nixon is a full-time figure skating instructor. After skating professionally for one season Sharon began coaching in Kingston ten years ago. Sharon's passion and enthusiasm for the sport is evident in her coaching style and philosophy. Sharon's overall goal is to assist each athlete to achieve his/her potential while having fun and gaining valuable life lessons.

Ms. Nixon is motivated and committed to the ongoing success of her skaters and receives great satisfaction watching her skaters excel both on and off the ice. Sharon organizes a variety of workshops including: off-ice jump, fitness and dance classes, along with on-ice simulations, individual **DARTFISH** evaluation and monitoring sessions with a sport psychologist.

Sharon continues to teach a variety of courses at the college level on a part-time basis and is constantly upgrading her coaching credentials. Sharon currently resides in Kingston, Ontario where she enjoys spending time with her husband Ron and two year old son Elias.

For more information please contact me:

SHARON NIXON, M.A., ABD.

Phone: (613) 888-SKTR (7587)

Email: sharon@sharonnixon.ca

SHARON NIXON

Professional Skating Experience

1998 – present	Professional Skating Instructor (CEP Gold Status) -Coach of over 25 Kingston Gold Test skaters - Level 1 Mentor Coach & Level 3 Skills Conductor	Kingston, On.
2005 – 2008	Kingston Skating Club - Administrative Director	Kingston, On.
2002 - 2008	Limestone Spring/Summer Skating School Coordinator	Kingston, On.
2003	Co-author of Success for Skaters: A Yearly Planning Guide & Toolkit for skaters, parents and coaches.	
1988-1989	Rainbow Ice Inc. - Professional Figure Skater - performed in carnivals and shows such as Winterlude, The World Cup of Figure Skating and CBC award-winning production "Dear Elizabeth", commercials and music videos	Ottawa, On.
1988-1989	Mice Capades - Figure Skating Instructor - pre-school lessons, singing and games with kids on the ice - emphasis on fun and safety	CarletonPlace,

National Coaching Certification (NCCP)

2008	Level 4 – Task 18 CPC Judging System (Patricia Chafe)	Ottawa, On.
2008	Level 4 – Task (new) Developing Athletic Abilities (Don Clark)	Regina, MB.
2007	Level 4 – Task 3 Music and Choreography (Muriel Zazoue)	Montreal, PQ
2006	Level 4 – Task 8 Mental Preparation (Peter Jensen)	Markham, On.
2005	Level 3 – General Subjects	Toronto, On.
2004	Level 3 – Technical (Singles)	P.E.I. Atlantic
2004	Level 3 – Theory	Toronto, On.
2003	Level 2 Certified	EOS

Skater Achievements

I teach skaters ranging in age from 16 months to 60+ and I teach both private and group lessons in all local clubs. I work with both competitive and recreational skaters. As a professional figure skating coach I have had skaters attain their Gold Interpretive, Free Skate, Skills and Gold Dance tests, and Junior Competitive Singles test. I have skaters that have won medals at Sectionals and EOSIC. I have skaters that have qualified for Jump Start, Youth Camp, EOS Travel Team, Ontario Winter Games, Ontario Trillium Starskate Championships and the Eastern Canadian Challenge. I enjoy sharing my love of skating with skaters at any age and level of ability.

2007-2008 Conferences/Clinics Attended

2008	Provincial Training Camp with Tom Zakrajsek	Kitchener, On.
2008	“The Seminar” with Doug Leigh	Barrie, On.
2008	National Coaching Conference	Regina, MB
2007	Elizabeth Manley Seminar	Kingston, On.
2007	Jennifer Robinson Seminar	Kingston, On.
2007	EOS Youth Camp with Robert O’Toole	Napanee, On.
2007	Provincial Seminar with Tom Zakrajsek (<i>Anatomy of Triple Jump</i>)	Kitchener, On.
2007	“The Seminar” with Doug Leigh	Barrie, On.
2007	CPC Seminar	Montreal, PQ.
2007	Skate Canada A.G.M.	Montreal, PQ.
2007	Eastern Ontario A.G.M.	Kingston, On.
2007	EOS Development Seminar with Paige Ainstrup	Napanee, On
2007	Sarah Kawahara Seminar	Toronto, On.

References and additional information available upon request. Please contact me at the email/phone number listed above.

