

## Meet our Apex Center Ice Arena Skating Coaches



### Liz Egetoe – Skating Director

**Contact Info:** [LizE@apexprd.org](mailto:LizE@apexprd.org) / 303-463-4287

**Began Coaching:** 1997

**Member in Good Standing:** Professional Skaters Association, U.S. Figure Skating, Learn to Skate USA, Ice Skating Institute and U.S. Ice Rink Association

**Ratings/Ranking/Accomplishments:** Master Program Director, Master Group, Senior Moves, Certified Figures, Certified Freeskate, Hockey Skating II, Level 3 Ranked, PSA Area Representative & PSA National Education Committee, ISSA Trainer & TRX Force Certified

**Specialty:** Jumps, Moves in the Field, Power Skating & Off-Ice Conditioning-Joint Stability & Exercise Therapy – All ages and skill levels

**Rate:** \$75 / hour (may be broken into any increment)

### Jamie Belden

**Contact Info:** [jamie.belden@yahoo.com](mailto:jamie.belden@yahoo.com)

**Began Coaching:** 2008

**Member in Good Standing:** Professional Skaters Association, U.S. Figure Skating and Learn to Skate USA

**Ratings/Ranking/Accomplishments:** USFS Gold Medalist-Moves in the Field

**Specialty:** Building fundamentals of skating for all disciplines, Beginning Moves in the Field, Freeskate & Choreography/Style

**Rate:** \$60 / hour (may be broken into any increment)

### Nancy Blackwell-Grieder

**Contact Info:** [nlbgrieder2015@gmail.com](mailto:nlbgrieder2015@gmail.com)

**Began Coaching:** 2001

**Member in Good Standing:** Professional Skaters Association, U.S. Figure Skating and Learn to Skate USA

**Ratings/Ranking/Accomplishments:** Basic Accreditation, USFS Gold Medalist-Figures, 2015 World Figure Hall of Fame Inductee, World Figure Competitor

**Specialty:** Figures, Moves in the Field & Freeskate – All ages and skill levels

**Rate:** \$68 / hour (may be broken into any increment)

### Maia Brown

**Contact Info:** [maia.brown86@gmail.com](mailto:maia.brown86@gmail.com)

**Began Coaching:** 2002

**Member in Good Standing:** Professional Skaters Association, U.S. Figure Skating and Learn to Skate USA

**Ratings/Ranking/Accomplishments:** USFS Gold Medalist-Moves in the Field, 2004 National Showcase Champion

**Specialty:** Building fundamentals of skating for all disciplines especially adults, Moves in the Field, Freeskate & Power Skating

**Rate:** \$60 / hour (may be broken into any increment)

### Shauna Cagnoni

**Contact Info:** [chezcagnoni@gmail.com](mailto:chezcagnoni@gmail.com)

**Began Coaching:** 1987

**Member in Good Standing:** Professional Skaters Association, U.S. Figure Skating and Learn to Skate USA

**Ratings/Ranking/Accomplishments:** USFS Gold Medalist-Figures & Freeskate, Pre-Gold Dance, Former Coach to National & Olympic Skater

**Specialty:** Freeskate, Choreography/Style, Moves in the Field, Figures, Beginning Pairs & Power Skating – All ages and skill levels

**Rate:** \$70 / hour (may be broken into any increment)

### Heather DiTirro

**Contact Info:** [njgditirro@comcast.net](mailto:njgditirro@comcast.net)

**Began Coaching:** 2009

**Member in Good Standing:** Professional Skaters Association, U.S. Figure Skating and Learn to Skate USA

**Ratings/Ranking/Accomplishments:**

**Specialty:** Building fundamentals of skating for all disciplines especially adults

**Rate:** \$60 / hour (may be broken into any increment)

### Kaitlyn Hamlin

**Contact Info:** [kaitlyn\\_hamlin@yahoo.com](mailto:kaitlyn_hamlin@yahoo.com)

**Began Coaching:** 2006

**Member in Good Standing:** Professional Skaters Association, U.S. Figure Skating and Learn to Skate USA

USFS Gold Medalist in Moves in the Field, USFS Novice Freestyle

**Ratings/Ranking/Accomplishments:** USFS Gold Medalist-Moves in the Field & Basic Accreditation

**Specialty:** Beginners, Freestyle, Moves in the Field, Choreography – All ages and skill levels

**Rate:** \$70 / hour (may be broken into any increment)

## Meet our Apex Center Ice Arena Skating Coaches



### Jill Kombeitz

**Contact Info:** [jillkombeitz@gmail.com](mailto:jillkombeitz@gmail.com)

**Began Coaching:** 1992

**Ratings/Ranking/Accomplishments:** USFS Gold Medalist-Freeskate & Pairs, Senior Freeskate, Certified Group & Hockey Skating III, 2-time US National Figure Skating Championship & International Team member, USA Hockey Level 2 Certified, NASM Certified Strength & Conditioning Coach

**Specialty:** Jumps, Spins, Off-ice conditioning and Foundational edgework & power skating for hockey players – All ages and skill levels

**Rate:** \$70 / hour (may be broken into any increment)

### Laura Kottowski

**Contact Info:** [lkottowski@gmail.com](mailto:lkottowski@gmail.com)

**Began Coaching:** 2000

**Member in Good Standing:** Professional Skaters Association, U.S. Figure Skating and Learn to Skate USA

**Ratings/Ranking/Accomplishments:** USFS Gold Medalist-Moves in the Field & Basic Accreditation

**Specialty:** Beginners, Freestyle, Moves in the Field, Choreography/Style, Power Skating – All ages and skill levels

**Rate:** Please contact for pricing

### Nick Kraft

**Contact Info:** [Nicholas.Kraft@gmail.com](mailto:Nicholas.Kraft@gmail.com)

**Began Coaching:** 2000

**Member in Good Standing:** Professional Skaters Association, U.S. Figure Skating and Learn to Skate USA

**Ratings/Ranking/Accomplishments:** Master Group, Senior Program Director, Certified Moves in the Field, Registered Freeskate, Hockey Skating I

**Specialty:** Beginners, Adaptive Skating, Freestyle, Moves in the Field, Power Skating – All ages and skill levels

**Rate:** \$74 / hour (may be broken into any increment)

### Lena Nguyen

**Contact Info:** [Lena0617@gmail.com](mailto:Lena0617@gmail.com)

**Began Coaching:** 2011

**Member in Good Standing:** Professional Skaters Association, U.S. Figure Skating and Learn to Skate USA

**Ratings/Ranking/Accomplishments:**

**Specialty:** Building fundamentals of skating for all disciplines, Beginning Moves in the Field & Freeskate

**Rate:** \$60 / hour (may be broken into any increment)

### Leasa Parr

**Contact Info:** [parrskater@icloud.com](mailto:parrskater@icloud.com) / 303-596-0213

**Began Coaching:** 1989

**Member in Good Standing:** Professional Skaters Association, U.S. Figure Skating and Learn to Skate USA

**Ratings/Ranking/Accomplishments:**

**Specialty:** Figures, Moves in the Field & Freeskate – All ages and skill levels

**Rate:** \$70 / hour (may be broken into any increment)

### Juilz Pettit

**Contact Info:** [sirtag@yahoo.com](mailto:sirtag@yahoo.com)

**Began Coaching:** 1984

**Member in Good Standing:** Professional Skaters Association, U.S. Figure Skating and Learn to Skate USA

**Ratings/Ranking/Accomplishments:** Basic Accreditation

**Specialty:** Building fundamentals of skating for all disciplines both recreational and competitive, Moves in the Field & Freeskate

**Rate:** \$60 / hour (may be broken into any increment)

### Liz Scott

**Contact Info:** [Libbysk8413@aol.com](mailto:Libbysk8413@aol.com)

**Began Coaching:** 2014

**Member in Good Standing:** Professional Skaters Association, U.S. 9 tours years

**Specialty:** Building fundamentals of skating for all disciplines, Beginning Moves in the Field, Freeskate & Choreography/Style

**Rate:** \$60 / hour (may be broken into any increment)

## Meet our Apex Center Ice Arena Figure Skating Coaches

### **Britney Simpson**

**Contact Info:** [simblume5@q.com](mailto:simblume5@q.com)

**Began Coaching:** 2014

**Member in Good Standing:** Professional Skaters Association, U.S. Figure Skating and Learn to Skate USA

**Ratings/Ranking/Accomplishments:** USFS Gold Medalist-Moves in the Field, Freeskate, Dance & Pairs, Team USA Member from 2009-2014, 4-time National & International Medalist

**Specialty:** Beginners, Pairs, Freestyle, Moves in the Field, Power Skating & Off-ice Conditioning – All ages and skill levels

**Rate:** \$60 / hour (may be broken into any increment)

### **Katy Jo West**

**Contact Info:** [katyjo.skatecoach@gmail.com](mailto:katyjo.skatecoach@gmail.com)

**Began Coaching:** 2008

**Member in Good Standing:** Professional Skaters Association, U.S. Figure Skating, Learn to Skate USA and USA Hockey

**Ratings/Ranking/Accomplishments:** USFS Gold Medalist-Moves in the Field & Freeskate, 2011 U.S. National Team

**Specialty:** Edge work technique & Power Skating specific to hockey players, Off-ice Conditioning & Building fundamentals of skating for all disciplines

**Rate:** \$70 / hour (may be broken into any increment)

### **Kathy Zarpaylic**

**Contact Info:** [knzarp@gmail.com](mailto:knzarp@gmail.com)

**Began Coaching:** 1982

**Member in Good Standing:** Professional Skaters Association, U.S. Figure Skating and Learn to Skate USA

**Ratings/Ranking/Accomplishments:** USFS Gold Medalist-Figures, Freestyle and Dance; PSA Honor Roll of Coaches; PSA Senior Figures & Freeskate (inactive), Senior Group (inactive)

**Specialty:** Freestyle, Moves in the Field, Dance & Power Skating – All ages and skill levels

**Rate:** \$64 / hour (may be broken into any increment)

Private Lessons are a great way to learn new skills, improve on existing ones, boost confidence, and assist with the skills that are troublesome. Private lessons are by no means required, but are suggested even if just on an occasional basis. It is amazing how much difference a lesson once or twice a month can make in your skater's progress!

All coaches are available for private lessons.

If you would like to set up a private lesson you may speak with a coach directly or contact the Skating Director, Liz Egetoe, to assist you in selecting a private coach based on your criteria.

