



## Winter --- Power Skating Development Program



### Nicole Grenon

*Power Skating Instructor*

Nicole was a competitive figure skater for 16 years, at both the provincial and national levels. She has over 15 years of coaching experience, with 8 years of it being dedicated to power skating.

Nicole has worked with countless individuals and teams on improving their efficiency, control, and power in their skating.

Outside of the power skating world, Nicole works as a high school chemistry and physics teacher. She loves bringing her two worlds together by incorporating science and biomechanics into her coaching to allow for players to understand the skating mechanism and apply it to all aspects of their skating.

As a coach, Nicole strives to connect personally with the players she works with. Her goal is to not only develop quality skating, but she also aims to be part of personal player development that can be applied to all aspects of life.

Nicole is loud, energetic, has a big personality, and she cannot wait to start working with you soon!

