

**Name:** Jessica Stratton

**Phone:** 585-506-6245 (cell)

**Email Address:** JSdansk8@aol.com

**Number of Years Coaching:** 10+ years

**PSA Ratings:** Basic Accreditation Rating

**Disciplines / Specialties:** MIF, Freestyle, Choreography, Synchro, Showcase, Adult, Music Editing

**Awards / Accomplishments / Seminars:**

- Skating Tests passed: Senior Moves in the Field, Junior Freestyle, Pre-Gold Dances
- USFSA & PSA National Synchronized Skating Seminars: 2003-Present
- Off-ice: Bachelor of Communication from SUNY Geneseo
- Choreographer for local school and community theater productions
- Adjudicator with the Rochester Broadway Theater League Stars of Tomorrow Program

**Affiliation with U.S. Figure Skating, PSA, ISU:**

- USFS member
- PSA member

**Competitive Background:**

- Eastern Sectionals Synchronized Skating Championships
- Empire State Games - Intermediate
- Competed in Western/Central NY competitions for freestyle, interpretive, and showcase events.
- Off-Ice Dance Competitions around Western NY

**Students' Achievements:**

- Senior Moves-in-the-Field
- Junior Freestyle Test
- USFS Eastern Challenge Series Winner as Coach for the Mirror Images Synchronized Skating Teams – 2016-2017, 2015-2016, 2014-2015, 2013-2014, 2011-2012

**Qualifying competition:**

- North Atlantic Regional Ladies Intermediate and Novice Freestyle (IJS) competitors
- Gold, Silver, Bronze and Pewter medal winning teams at the USFS Eastern Sectional Synchronized Skating Championships at the Open Juvenile, Open-Collegiate and Open-Masters levels in 2017, 2014, 2013, 2009.

**Highest Non-qualifying:**

- Gold Medals and Team trophies at the Colonial Classic, Terry Connors Synchronized Skating Open, Lee Ann Miele, Synchro Invitational, Cape Cod Classic, and Reflections Invitational
- Empire State Games – Novice, Intermediate, & Juvenile Singles; Open Juvenile, Pre-Juvenile and Intermediate Synchronized Skating

**Coaching Philosophy:**

I am a coach because of my passion for the sport of figure skating. I try to inspire others to have that passion for what they do through enthusiasm & demonstration. Utilizing proper edge, jump and spin techniques, I encourage skaters to work on their speed and power. I look for students to put hard work and effort into their practice and competitions. I push skaters to think for themselves, be creative, experiment, hold themselves accountable, be courteous and respectful all while having fun on the ice. I want skaters to find value in their time on the ice and look at this as a lifelong sport they can enjoy, coach or judge someday.