

Rachel Wood Coaching



Contact: 0400124595

Email: rachelwoodfigureskating@gmail.com

Mission statement

“To nurture each student to be their best, believe in them self’s and achieve their goals in this unique sport of ice skating, through correct technique, tailored training plans and a strict but positive training ethic!”

On ice Lessons

(2-3 on ice lesson a week are compulsory with myself or co coach for competitive students as well as making time to train off ice in order to be confident and competitive in your level)

Private lessons or group up to 3 people rate (personally tailored each week to meet the students’ needs to help achieve their skating goals)

Rate \$1.5 per minute

15min \$22.50

30min \$45

60min \$90

Special group class options *(lesson fee split between 3 skaters max)

Having trained with world number one coach **Rafael Arutyunyan** (His students include the great Nathan Chen & Ashley Wagner just to name a few!)

https://en.wikipedia.org/wiki/Rafael_Arutyunyan

As well as various other world class coaches in the US and UK I have absorbed all their incredible knowledge and taken with me some fantastic exercises to help develop your skating skills and technique!"

*Below are various class options that I highly recommend my students to partake in weekly to help strengthen their skills and learn from each other in a group environment

Specialised 1hr Group on ice sessions *(Tailored to focus on needs of students participating in lesson)*

Specialised Spin session *(This is a great class to take to focus purely on your spin technique, style and flair! We will go through various drills and exercises to improve your spins and feedback from a group really helps the student develop and understand the technique to achieve desired spin levels for your competitions!)*

Specialised skating skills/ artistry session *(This class will focus on edge's, transitions, show skills and bring your artistry and personality out onto the ice to enhance confidence and your program component score for competitions!)*

Specialised program enhancement session *(In this class we will focus on the students program choreography and skating skills with the aim to enhance line, character, technique and transitions to bring the most out of the skater and music!)*

Off ice classes

\$1 per minute

***Special focus spin stretch classes**

Available 30 or 60 mins includes stretching, exercises and technique to help your spins shine!

(Off ice can include strength and conditioning, jumps, spins, program run throughs & choreography finesse all really important to help improve your on-ice skills and fitness) compulsory to do off ice classes for my competitive students. With myself or Co coach.

Extra classes I highly recommend for my students are Pilates, Ballet/dance or Yoga. Some of these classes are available at iceHQ!

Terms and Conditions

48 hours cancellation policy (If sick, make up classes are available)

Repeated no shows will lose their lesson spots.

Priority lesson spots will go to students competing with multiple lessons.

Monthly goal/training reviews in café for all students this is where we also plan competition and test dates for competitive students.

Co-Coaching

I encourage Co coaching as it's a fantastic way to work with students on focused areas. However, **it is really important** that there is always clear communication between myself the other coach and student/parents each week so we are all on the same page and no one is left confused about what the students goals are and what the coach is working on with them each week.

About me and my career so far



Australian Ice Skater, Artist and Coach

- 3 times Victorian state champion
- 1st place in various ice skating National artistic competitions

- 3rd place out of 26 skaters at a National ice-skating competition in Sydney with 1st place in program components
- Trained with Olympic coaches in the US and UK including ISU coach of the year **Rafael Arutyunyan**
- Has Ice skated and Acted in musicals, appeared on TV, Commercials and newspapers/magazines-Girlfriend of the year magazine finalist 2013, (including Neighbours, Mc Cains TVC, Winners and losers, totally wild, Sunrise, the Today show and WB kids)
- Level 1 Ice Skating Coach accreditation and Harness accreditation
- Studied Drama and Arts
- Performed in two Disney on ice Pre-Shows as principal skater and in various Melbourne ice skating shows! Characters include (Alphaba “Wicked” 2011, “Marylin Monroe” 2012, Pirate in ice Age holiday show 2012, Elsa in “Frozen” 2014, Sugar plum fairy in the nutcracker holiday show 2018, and The Tin Man in “The Wizard of Oz” 2018)
- Recently Auditioned for Disney on Ice at Rod Laver arena with goals to travel the world performing!
- Aspires to be an Ice-skating choreographer, Author and Artist and to inspire people to go for their dreams work hard and achieve them, despite any obstacles they may face mentally or physically
- Studied Fashion Illustration at Melbourne fashion institute
- Runs own Illustration Business “*Rachel Belle Design*” selling whimsical illustrations in stores and online inspired by Figure Skating and fantasy
- Hobbies include Reading, Illustration, writing, travel, music, fashion and dance
- Co-host on the “Rachel and Brenton show” podcast available on iTunes and Spotify!

Picture highlights



Disney on ice Pre-Show and Herald sun picture advertisement 2011 ☺



USA training with world coach Rafael Arutyunyan! Little scared haha but he was amazing 😊



GFOTY finalist 2013



Principal role of Elsa in Frozen 2014 ☺