



## PRESS RELEASE

August 14, 2013

The Hamilton Skating Club is excited to announce that Paul MacIntosh will be joining our staff effective Monday September 9, 2013 both in the office and on the ice. Paul comes to us with over 27 years of coaching experience along with his recent Level 5 certification which is the highest within the National Coaching Certification Program (NCCP). Paul was the 11th figure skating coach to reach Level 5 certification; and there are only approximately 100 coaches across all sports in Canada certified at this level.

Paul MacIntosh has coached many skaters to the national and international levels in his coaching career. His past skaters include Tessa Virtue and Scott Moir (the 2010 Olympic Champions, coaching them to their 1st international competition and junior world's), as well as coaching Kaitlyn Weaver and Andrew Poje to their 1st World Championships. He is also on Skate Canada's Coaching Committee and is a qualified Level 2 & 3 coaching instructor (teaching 10 - 15 sessions a year).

Paul's duties will include strategic development for the club across all levels of skating from recreational to competitive including enhancing our relationship and profile with the City of Hamilton. Paul will also be working with Bryce Davison, Director of Skater Development (& 2-time Olympian and 2008 World's Bronze Medalist with former partner Jessica Dubé), to create a multi-faceted club/school which will include all disciplines in the future and attract/increase male skater membership.

Initially Paul will be with us one day per week and working up to increased daily activities. He will be working with HSC skaters on basic skating skills and stroking.

At this time, we are also announcing that the City of Hamilton has also requested that the Hamilton Skating Club run the learn to skate programs at Stoney Creek Arena, Saltfleet Arena and Valley Park Arena. We will be running Skate Canada's CanSkate flagship learn-to-skate program, designed for beginners of all ages. This is a program that focuses on fun, participation and basic skill development. The skater will earn badges and other incentives as they learn fundamental skating skills. Lessons are given in a group format and led by an NCCP certified professional coaches assisted by trained Program Assistants. The coach to student ratio is a maximum of 1:10. Skaters progress at their own rate and coaches make sessions active using teaching aids, music and a wide variety of activities that create a fun environment and promote learning. CanSkate is the feeder program to all other Skate Canada Skating Programs.

HSC's satellite programs will commence in October 2013. All brochures and registration information will be available on our website [www.HamiltonSkatingClub.Org](http://www.HamiltonSkatingClub.Org) and our Facebook page [www.Facebook.com](http://www.Facebook.com)

For more information regarding our programs, please contact us at [Info@HamiltonSkating.Org](mailto:Info@HamiltonSkating.Org)

For more information regarding this press release, please contact us at [HSC.Publicity@HamiltonSkating.Org](mailto:HSC.Publicity@HamiltonSkating.Org)

~

Freda LeDonne, President

Earene Lam, Vice-President & Director of Publicity

Hamilton Skating Club

25 Hester St. Hamilton ON L9A 2N3

Tel: 905.388.9050

[www.HamiltonSkating.Org](http://www.HamiltonSkating.Org)



**“COACHES SHOULD ALWAYS TEACH WITH ENERGY AND COMMITMENT DURING EVERY TRAINING SESSION, YOU DON’T KNOW IF YOU ARE TEACHING AN ATHLETE WHO IS LOOKING FOR EXERCISE AND PERSONAL CHALLENGES OR MAYBE EVEN THE NEXT OLYMPIC CHAMPION. ATHLETES OF ALL ABILITIES DESERVE YOUR BEST”**

— PAUL MACINTOSH

## **PAUL MACINTOSH – SKATE CANADA’S NEWEST NCCP LEVEL 5 CERTIFIED COACH!**

Congratulations to Paul MacIntosh from the Western Ontario Section who recently certified his Level 5, the highest level within the National Coaching Certification Program (NCCP).

Paul has taught over 20 national medalists, with competitors at four junior world championships, and one senior world championship. Paul coached the 2007 junior world ice dance bronze medalists, Kaitlyn Weaver and Andrew Poje. He taught Andrew from CanSkate through to his first senior world championships and one junior world medal. Early in their career Paul

coached 2010 Olympic and world ice dance champions, Tessa Virtue and Scott Moir. He trained them for seven years up to their first international competition and first junior worlds. In 2001 Paul received the Skate Canada competitive coach of the year award, and in 2007 was a top five finalist for the Jack Donahue coach of the year for all sport in Canada. Currently an active member on the Skate Canada Coaching Committee, Paul is also a Skating Programs Manager at the Kitchener-Waterloo Skating Club and enjoys camping and golfing when not at the rink.