

Richard Laidlaw  
Figure Skating Coach

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**Memberships:**

- Silver Blades Ice Skating Club
- SA Ice Skating Association
- APSA - Australian Professional Skaters Association

**Personal Skating Achievements:**

- Represented SA Nationally 81 - 83
- 1982 SA Primary Mens Champion
- 1983 SA Novice Mens Champion
- 1982 Club Championships - Primary Men 1<sup>st</sup>
- 1983 Club Championships - Novice Men 1<sup>st</sup>
- 1983 Galaxy Trophy - 1<sup>st</sup> Novice Men

**Test Level Passed:**

- 5 Figures / 6 Free (NISA)

**Years of coaching:**

- 1984 - 87
- 2003 till present - working with all levels and ages

**Coaching Education:**

- Level 3 Skating Coach Accreditation
- Accredited Harness Operator
- Strength & Conditioning
- Fitness Testing
- Sports Medicine
- Competition Accounting
- Bio Mechanics of Skating
- Mental Preparation
- Off Ice Training
- Working with Intellectually Disabled
- Mentor Coach

**Coaching Clearances:**

- Working with children clearance.
- Mandatory Notifier

**Coach Accreditation:**

- Accredited Level 2 Singles Coach
- Accredited Level 2 Pairs Coach
- Accredited Level 2 Synchro Coach
- Accredited Over Head & Pole Harness
- Mentor Coach
- Working With Children Check
- Mandatory Notifier
- Working with Special Needs

**Insurance:**

- YES - APSA

**Coaching Experience:**

- Aussie Skate
- ISIA (Ice Skating Institute of America): Alpha - Test 7
- Acrobatics Coach
- Adelaide Syncro Team: 1984 – 87
- Current students hold State & National Championship titles
- Coaching beginners through to international competitors

**Positions Held:**

- South Australian Ice Sports Federation - TREASURER (Since 2006)
- Consultant – Silver Blades Figure Skating Club

**Skating Related Achievements:**

- Principal Skater in Ice Shows - International / Australia (15 Years)
- Producer / Choreographer of International Ice shows since 1985

**Availability:**

- Monday - Friday Private skating sessions
- Competitive Coach coaching all levels Preliminary - Senior (Ice Skating Australia (ISA) curriculum))

**Rates:**

- Available on request
- Private lessons only

**Coaching Philosophy:**

Skating should always be fun!!!! Not everyone will be a champion, it's important to have a dream, follow the dream and achieve it! DREAM BIG! Let's make it HAPPEN together

Along the way, students develop life skills that will benefit them far beyond the sport.