

# CHRISTINA LORENZ



- Over 12 years of coaching experience working with skaters of all ages and levels in Singles, Skating Skills, Choreography, and Theatre on Ice
- Coach Core Certified through U.S. Figure Skating
- USFS Gold Medalist in Skating Skills, Silver Freeskate, and Silver Dance
- Trained under World and Olympic coaches
- NASM Certified Personal Trainer - offering off-ice strength training, flexibility and jump technique
- Performer in professional ice shows such as Snoopy on Ice, Legends on Ice and more.
- Coordinator for numerous skating clinics, competitions, ice shows, fundraisers and retreats
- My goal is to help each skater build confidence, learn valuable life lessons and reach their full potential as an athlete