

PRIVATE LESSONS

We offer private lessons to all levels. Choosing to take a private lesson can allow you to enhance your skating skills, boost your confidence, participate in competitions and tests. Please take a look at our coaches and contact them individually to schedule lessons.

Coaches are private contractors. Selecting one and continuing with them is between you and the coach. You are responsible for contacting them regarding all aspects of private instruction. The rink does not set up private lessons

CHOOSING A COACH

First, take a look at our instructor list and learn some highlights of that individual. Then, set up a trial lesson with that instructor. If the coaches teaching style works well with you, then talk about setting up something more permanent with that instructor.

At any time if you feel that it is in your best interest to change coaches, communicate with your coach **FIRST** before making any other decisions. If you have questions about a coaching change, please contact the skating director.

USFS BASIC SKILLS PROGRAM

Reisterstown Sportsplex offers a learn to skate basic skills program through United States Figure Skating. We offer all levels from beginner to advanced lessons.

It is recommended that skaters stay enrolled in the group lessons through Freeski level 6. Supplementing the group lessons with a private lesson will boost their skating level. After completing Freeski 6, parents and skaters will want to discuss skating goals with their coach.

For more information on our group lessons at Reisterstown Sportsplex, contact Kirsten West, Skating Director.

REISTERSTOWN'S SKATING PROGRAMS

- USFS Learn to Skate Basic Skills Program (group ice skating lessons) beginner to advanced lessons.
- Jump and Spin classes for Figure Skaters (No-Test-Pre-Juvenile) LTS program.
- Summer Figure Skating Camps (Beginner to Advanced)
- Freestyle Sessions
- Power Skating drop-in classes
- Coming Soon: off-ice dance for Figure Skaters



Coaches & Private Lesson Information



www.rtownsports.com

For more information about lessons, please contact the coach directly or call Kirsten 410-429-4242 or kwest@rtownsports.com

KIM BENKOSKI:

kbenkoski@yahoo.com or 315-345-4600

- PSA/USFS member/registered coach
- Gold Moves/Freestyle
- International Dance
- Collegiate/Regional Competitor
- Bachelors Degree from Towson U.
- USFS Basic Skills Group Instructor

PAMMIE DAUGHERTY-SMITH:

pdaugh1@students.towson.edu

- PSA/USFS member/registered coach
- Gold Moves/Intermediate Freestyle
- Collegiate/Regional Competitor
- Theatre on Ice Competitor
- Attends Towson University
- USFS Basic Skills Group Instructor

STEPHANIE ELLIS:

Stephanie_r@me.com or 760-803-1286

- PSA/USFS member/registered coach
- USFS Triple Gold Medalist
- 9 time US National/Jr. National Competitor
- Extensive off-ice experience in ballet, ballroom, pilates, yoga and strength training.
- Coached by Olympic and World Champions
- USFS Basic Skills Group Instructor
- Specializes in Ice Dance, stroking techniques/edge work, choreography, moves in the field and freestyle.
- Has coached national medalists/International competitors.

KRISTIE HOUSER:

khouser19@gmail.com

- PSA/USFS member/registered coach
- Gold Moves/Freestyle
- USFS Basic Skills Group Instructor
- Professional show skater
- Regional/National Competitor
- Eastern Sectional Adult Champion

PENNY MILLIMAN:

penskates@aol.com or 410-653-8725

- PSA/USFS member/registered coach
- 20+ years coaching experience
- 6th figure/Bronze Ice Dancing Tests
- B.A. degree from U of M College Park
- Regional Competitor
- USFS Basic Skills Group Instructor

SKYLAUR MORRIS:

skym1010@gmail.com

- PSA/USFS member/registered coach
- Gold Moves in the Field
- Regional Competitor
- Professional show skater
- Taught at Penn State's Figure Skating Program
- USFS Basic Skills Group Instructor
- Specializes in choreography

PHYLLIS MCKENZIE:

phyllisfarm@yahoo.com

- PSA/USFS member/registered coach
- Gold Moves/Junior Freestyle
- Regional Competitor
- National/World Pic Skating champion & competitor
- USFS Basic Skills Group Instructor
- Trained in ballet/modern dance/off-ice conditioning

LAUREN NEDIG:

laurenmbn@gmail.com

- PSA/USFS member/registered coach
- World Synchronized competitor-4yrs
- Synchronized National champion
- Synchronized National competitor-8yrs
- USFS Basic Skills Group Instructor
- Skated with U of Miami and The Haydenettes Synchronized Skating Teams

MEAGAN RHOTEN:

tobelpn@msn.com or 443-605-7782

- PSA/USFS member/registered coach
- Specializes in beginner/adult lessons
- USFS Basic Skills Group Instructor

IAN ROSSFRYE:

rossfrye@mac.com

- PSA/USFS member/registered coach
- USFS Triple Gold Medalist
- 6 time U.S National Competitor
- 11 years coaching experience
- Coached several national medalists/International competitors
- Principal performer in numerous skating shows/seminars & t.v
- USFS Basic Skills Group Instructor
- Specializes in in Ice Dance, stroking techniques/edge work, choreography, moves in the field and freestyle.

GINA STEWART:

ginastewart@comcast.net or 410-861-8074

- PSA/USFS member/registered coach
- Gold Figures/Freestyle
- Silver pairs/Dance tests
- Regional Competitor
- Over 10 years coaching experience
- Taught by Don Laws
- USFS Basic Skills Group Instructor

KIRSTEN WEST:

kwest@rtownsports.com or kirsk8@msn.com

- PSA/USFS member/registered coach
- Gold Moves/Junior Freestyle
- Regional Competitor
- Collegiate National/Intercollegiate Competitor
- Theatre on Ice Competitor
- Skating Director at Reisterstown Sportsplex
- USFS Basic Skills Group Instructor
- 12 years experience w/ group instruction