



# Kara Burrows

## Figure Skating Coach

- National Coaching Accreditation Scheme (NCAS) Level 1 Ice Skating Coach
- Disciplines coached include Singles – Recreational, Aussie Skate to IJS Levels.
- 11 years coaching in Australia
- International Competition Assignments as a Coach – UAE and Asia
- Numerous International Training Camps as a Skater and Coach with Rafael Arutyunyan and his team, Frank Carrol, Slava Zagorodnyuk, Phillip Mills and Misha Gee.
- Coach of 3 x National Champions, 4 x Silver Medallists and 2 x Bronze Medallists.
- Coach of 9 x NSW Champions, x 7 Silver Medallists and x7 Bronze Medallists.
- Choreograph Disney On Ice pre-shows
- Choreograph HISC end of year ice shows
- NSW Assistant Technical Specialist
- Performer in the International Spectacular Ice show in Singapore
- 2003 State Champion, 2005 State Champion, 2005 Finalist Lake Macquarie Sportsperson of the Year
- 2005 National Silver Medallist
- Senior First Aid Certificate
- I started skating at the age of 11 and have been involved in the Ice-Skating Industry for over 18 Years. After competing for over 10 years, I decide to use my knowledge, passion and leadership skills to help develop our future skaters. My students become part of my family and together we grow prosper along the way.

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