

## **Meet our Head Skate Instructor, Meghan Lamarre!**

The Sovereign Bank Family Skating Center's head instructor, Meghan Lamarre, will be joining us again for her sixth year. Meghan has skated professionally with Disney On Ice, was featured in the Ice Capades and Stars on Ice, and even performed in the opening ceremony of U.S. Figure Skating Nationals. Growing up, her team was featured as Team Cheerios' Team of the Year; they competed through the Senior level, and at the Junior level became national and international champions. Meghan is currently completing her degree in Health Education and Community Health at Rhode Island College, with a certification in Physical Education, and already holds a fitness certification through the International Sports Science Association. She continues her training in Freestyle Skating and Ice Dance, and is a rated coach through the Professional Skaters Association. She is working toward becoming master rated in many disciplines of skating, and has already achieved a master rating in Sports Science and Medicine. Meghan is patient, understanding and passionate about her students, and has been coaching skaters of all ages and disciplines for 9 years. To keep her skating sharp, she is also active in Pilates, yoga, ballet, and karate. This summer, Meghan achieved the rank of Brown Belt in Oki-Ryu Kenpo.