

Craig Heath's 20 Tips to Success

The following ideas are to be used as a guideline for your training. There is a different reason for each one of them so please read each description carefully. I want you to be your best. This list that I put together will help you to gain control of your destiny. When you have your eye on the target, you have a much greater chance of hitting it. We are all different and have unique requirements to attain our goals- so take this list and use what you can to enhance your training schedule to be the best possible skater you can be.

1) Making Goals

These are probably the most important and also the most neglected things a person needs to become a champion. This does not just apply to being a figure skating champion either. Our brains are set up to attain desires. You must know specifically what you want in order for your brain to get it. In order to do this, you must have clear and specific goals. There are many different kinds of goals. Hourly, daily, weekly, monthly, yearly, etc. There are long term and short term goals. If you take a close look at really successful people, you will see that they have always had specific goals. Now, this is the hard part. The reason that only a very small (the successful people) percentage of the population actually sits down and makes goals is because most people A) are not really sure what they REALLY want. B) are too lazy to take the time to make their goals and C) are afraid of making goals and then not achieving them.

When you wake up in the morning and you have to be at the rink by 10:00am, that is a goal. You know what time you have to be there so you do everything (wake-up, shower, eat breakfast, go to Starbucks, etc.) to get to the rink by that time. Ninety-nine percent of the time you achieve this goal. It is really that easy. You must KNOW what your goals are so that your brain can do whatever it takes to get them. I'm not saying that you will absolutely, for sure, no matter what- achieve them, but you will probably come much closer than if you did not have any goals to begin with- right? So, get a Journal (later on this list) and take a few minutes (or an hour) to plan out your goals. What is one hour? You will probably spend at least an hour watching a little black box (television) today and that will not get you any closer to anything but to be a couch potato. Do it now. Right now. NOW! Then, after you write them- continue reading....

2) Visualization

Another very important, yet neglected success tool is Visualizing. When you visualize- you can actualize. When you can see a rock in the road ahead- you can either stop the car or simply move around it. But you have to see the rock first to make this choice. If you want to land your Axel jump, you must see it first. Your brain must believe that you can do it. You will probably watch other skaters do their Axel jump over and over again. Your brain will pick it apart and then it will tell your body what it needs to do. This process starts from your eyes and then goes into your brain and then into your body. Very successful people actually see what they want before they get it. You can visualize all the time. Before you do a jump, you probably see it in your brain first. I know that I do. When you are learning a new jump, you will have to teach your brain how to do it so that your brain can tell your body what to do. The best tool for this is to close your eyes and Visualize that new jump. Do it over and over again until your brain totally understands what it is you are telling it. I guarantee that you will learn at a much faster rate and that your level of success will be much greater. You can practice this all day long. You can even do it with your eyes open and nobody will know what you are doing. Before bed, close your eyes and take a few minutes to visualize what you want to achieve. While you are sleeping, your brain will be hard at work doing what it needs to do to get it. When you visualize- you actualize what it is that you want. This leads me right into my next topic. Video

3) Video

One of the best ways to teach your brain a new trick is to watch someone doing it first. Using videos of other skaters is a phenomenal way to "brain train" yourself. It is quite simple, actually. You can tape (for free) skating competitions and shows from your television and then find the elements you would like to emulate. Then, watch them over and over. Right before bed and first thing in the morning are the best times to "brain train" yourself with video. This technique greatly

speeds up your learning ability. We all learn in different ways. Some people are visual learners, some audio and some kinesthetic (by feel). Using all three at once is the best way to maximize your time. Seeing others do what you want to do and then having your coach reinforce by speaking (audio) and helping you adjust your body into position (kinesthetic) will be the most effective way to master your new tricks. I would suggest taking approximately twenty minutes per day to do this. Ten minutes in the morning and ten minutes in the evening. While you are watching, picture yourself doing the same element. Try and feel what it would be like to do it just like the person on the tape. If it is a jump, stand in front of the TV and put your body in the same position and then emulate the skaters timing. Do this until you are really confident that you are doing the same thing as the skater you are watching. Another fantastic way to watch video is by using www.youtube.com and searching for specific tricks or specific skaters that you want to emulate. There are millions of videos of skaters for you to search. You are fortunate to have this technology at your fingertips. Use it for your benefit.

4) Journaling

Yes. Get a skating journal. Why? Because I said so! Also, because when you write things down on paper you have a much greater chance of remembering it and learning it for good. Journaling not only makes you really clear about exactly what you know, but it has an amazing way of making you really clear about what you don't know- so that you can find out! In your journal you should keep your updated goals and also your training schedule. Then, when you learn something new, write it down so that you can refer to it in the future-AND so that your mind becomes extremely clear about the new addition. Your brain is like a computer and it also has to file things (like emails and attachments) in the right departments. Journaling helps your brain to do this in an amazingly simple and effective way. Many of the worlds great "thinkers" have used "Journaling" to enhance their learning capacity. It is simple and effective. You just need to make the commitment to do it everyday. When I see skaters with a journal on the side of the ice I get really excited. Why? Because then I KNOW that they have taken control of their future and are working towards achieving their dreams in a calculated way.

5) Leave Your Negative Emotions at the Door

What? You ask! Yes. Leave all of your negative emotions at the door (to the ice). This can go either way. When you arrive at the rink and things are just not going the way you would like them to go, you still have a job to do. Stretch, warm up and then as you step onto the ice, mentally leave all of the negative emotions you have right at the door. This sounds simple, but it does take practice. Positive emotions can be very helpful but the opposite negative emotions can be very destructive when you are dealing with a sport like figure skating. Use the good ones and leave the bad ones at the door. Now, this also works the other way. If you have a session that did not go the way you had envisioned it and you are feeling badly, leave those emotions at the door! Do your best NOT to take them home. This practice can revolutionize your skating career. Let's be realistic. You are going to have good days and bad days. Just because you have a bad day does NOT mean you are a bad person. It just means you had a bad day. That's it! Bad days are not really as bad as you think. Why? Because sometimes it takes the bad times to make you better-as a person and a skater. You can also learn more about yourself and your skating when things are not going quite the way you want them to. When your technique went South for the winter, then you have to search for it. In doing so, you will probably (I guarantee it) learn more about yourself and your technique so that the next time you are faced with that same problem, you will know how to correct it. See, everyday when we wake up, we are not quite the same as we were when we went to bed the night before. We are constantly changing and our bodies are constantly adjusting. Being successful means that you know how to deal with the changes. You know how to fix the problems. We all love when things go just the way we want them to, but that is not always going to happen. Learn to adjust and be flexible. I guarantee that you will come out ahead in the long run. And lets face it- it is just ice skating- not the end of the world as we know it!

6) Pilates and Yoga

Core body control is essential for ice skaters. You are always hearing about your "center" and your "core" but do you really know how very important it is? Whatever you think, times that by

1000% and THAT is your answer. Everything we do centers around the middle part of our bodies (core). Even a simple thing such as walking uses all of your core muscles. Now, what are we doing when we are skating? We are balancing on a very thin metal blade and gliding across a surface of frozen water. We jump, spin, lean, stretch and balance. Everything that we do comes from this "core" area of our bodies. So, we must keep this area as strong as possible. Pilates and Yoga teach you how to do this and you can take what you learn there and apply it to your skating. I guarantee that your life will change for the better. It is not just something you can learn by thinking about it. You must have teachers train you how to use your core. I remember going to my first Pilates lesson (thinking that I knew all about it) and I was shocked at how much I had to learn! It took me a good ten lessons before I really understood the concept and could apply it to my skating. Yoga is also a really good way to keep your core in good shape. The added benefit of Yoga and Pilates is that they also teach you body awareness and control. Pilates is also amazing for skaters because it strengthens your muscles while it stretches them. It gives you long, lean, toned and stretched muscles-exactly what we need while we are skating. We can never have enough of that! Both practices also teach you one of the most important things in life. How to breathe! Now for that subject...

7) Breathing

You must breathe to survive right? Well, breathing is also very underrated. Since we do it all day and all night long without thinking about it, we actually FORGET about it! Have you ever thought about how breathing relates to the current mood you are in? OK. Stop reading this and close your eyes. Take a deep breath and hold it for five seconds. Then let it out. Do this three times. Now, how do you feel? I bet you feel lighter, happier and more relaxed. Right? We go about our busy lives, running around like chickens with our heads cut off, and we very often forget to breathe. Even now when I am writing this, I am consciously thinking of breathing and I already feel smarter and much more relaxed. I feel like I could write forever. Now, in skating, our breathing plays a very important role. It is not just that we are breathing but it is the way we breathe that matters. When you go to do a jump and you let all of your air out, I bet it will be very difficult to complete the jump. Right? Try it. Now, try and hold your breath and jump. That is easier but still not what I am looking for. Now, right as you are about to do the jump, let a controlled amount of air come out and then hold your breath until you land. I know that this is a little bit confusing and yes, it is hard to explain, but if you can master this technique, you will again revolutionize your jumping ability. Your programs will be easier to get through and your consistency level will skyrocket through the roof. Think about this. If you were about to get punched in the stomach, would you tighten it right before so that it would protect you from getting hurt? Yes. When you tighten your stomach, you also let out a little bit of air. This is the winning breathing technique that I am talking about. It does not happen overnight and it might take a while to master, but if you are conscious of it (and you are now since you just read this) then step number one has been taken and now you are on your way to winning the breathing Olympics! Also remember that when you are working to get something better, you might get a little bit worse first. This is a test! It is a test to weed out the weak from the strong. The weak want to give up and cling to the way they know. The strong push forward even though they know they might get a little bit worse first. They know that in the long run, they will get way better than they already are. Challenge yourself.

8) Ballet, Jazz and Hip-Hop

You have heard it before, but I am here to officially (since it is written down) tell you how absolutely necessary and life changing- learning to dance is to your skating career. Think about it. What is skating? It is dancing on ice. Yes, we need to learn how to skate, but we also need to learn how to dance. Some people are really natural and some people are not. It is something that can be learned and mastered and improved throughout your career. I remember when I started taking dance classes when I was eighteen. I was terrible. I suddenly wished that I would have started as a young child. I was embarrassed and humiliated. I always stood in the back of the class and felt totally out of my element. But after about five years and many classes per week, the natural born dancer that was hiding inside of me started to come out. I was hooked. I went to as many classes as my schedule could handle. My skating started to flourish. I started to understand counting and musicality. I didn't have two left feet anymore! It was also a fun outlet for some of

my unused energy. I met some amazing people and it was the start of my creative mind coming out to play. Start now- even if you are not a child anymore. Give it your best shot. Take different kinds of dance as they all have something different and unique to offer. It is REALLY (times infinity) important. Got it? Good. And as an added bonus- when you go out dancing you will be the center of attention. The John Travolta (or Madonna) of the dance floor!

9) Stretching

Do you need to be flexible in skating? YES! So how do you go about that? STRETCH! Really, that is the long lost secret that you pay thousands of dollars to figure out and I am telling it to you in this free handout! Stretching helps your mind and body in many ways. I can't tell you how beneficial it is to your longevity as an athlete. Your muscles need to stretch and they need to stretch often. Just look at dogs and cats for an example. What do they do right when they wake up? They do a big stretch! While you are sleeping, your muscles are relaxing and healing from your long day living in the upright (standing up) position. When you wake up, they are a little bit tighter than before you went to bed! You must always keep them stretched so that you have long and lean muscles for this crazy sport. Did you know that you shrink a little bit (up to an inch) every day and that during the night when you are sleeping (and laying down) your body relaxes and you gain back that lost height? Strange but true! So, this yet another reason to stretch yourself out. It is also very important before and after physical activity (ice skating). Before you skate, you and your coach should work out a very specific stretching program to enhance your workout. Each stretch should only be held for ten to fifteen seconds before working out and then after you skate, you can hold your stretches for a longer period of time. It is very important to release the lactic acid that has built up in your muscles while you skated and this happens when you stretch. When the lactic acid releases, the muscles in your body are able to recover faster and you will feel much better the following day for your training session. Another perfect time to stretch is right before going to sleep at night. This will relax your muscles and help you to keep the flexibility that you gained during your workouts. I see so many skaters neglecting to stretch- especially after working out. Make the effort to do it. Your body and mind will thank you for your entire life- they will also thank me for telling you to do it!

10) Floor Work

Learning how to jump on the floor is vital to your progress on the ice. You must train your body to jump up and rotate- and the floor is a great place to start. Why? Because on the floor, you do not have any momentum (speed) to help you spring off the ice so you must use your leg and arm strength and quickness to accomplish the rotations you desire. Training your jumps on the floor will speed up (by a lot) your ability to master jumps- especially the harder ones- the ones with more rotations in the air. I recommend using tennis shoes and jumping on a soft surface (like the rubber flooring that ice rinks use) so that you do not pound your body too much. Floor jumping should be done after getting your heart rate up (jumping rope, jogging in place, or jumping jacks are a good way to do that) and stretching. It is a fantastic way of getting all warmed up, physically and mentally, for your training session. You will get much more out of your time (and your coaches time) if done properly. Ask your coach to help you plan a good floor jumping work-out so that you have a really good routine while getting ready to skate. They can also assist you in learning how to jump on the floor and tell you exactly what jumps would be the best to work on. The added benefits of doing this are that you will gain mental clarity for the jumps and also for the session you are about to skate. I learned my Axel, double Axel and triple Axel on the floor in my living room- while watching video's on the TV of people who already can do them!

11) Ask Good Questions

If you ask good questions- you get good answers. Simple as that. Unfortunately, it is not that easy to ask good questions all the time. Let me explain what I mean. Put your thinking caps on. This is important (so is everything else but I am being dramatic here). Every second of your life-day in and day out- you are asking and answering questions. "Is it hot?" "Is it cold?" "Is it sunny or raining?" "Am I tired?" "Do I have energy?" "Am I happy or sad?" "Is the cup full or empty?" "Where is the cat?" "When is it over?" "When is it going to start?" "Are we there yet?" "How much longer?" "How high?" "How low?" "How much?" "Can I do it?" "What will they (I still have not

figured out who they are) think?" "Who are they?" "Is he/she better than me?" "Is it good?" "Is it bad?" "How bad?" "How good?" "What can I do to help?" "What do I have to do?" These are just a few of the millions of questions that you ask yourself-per minute! In order to have an answer, you must have first asked a question. Learning how to control your questions to be all positive is not an easy task. In fact, it is probably near impossible. But- you are in control when it comes right down to it. Your entire life is based on the answers to the questions you ask yourself. I guarantee you that highly successful people ask themselves very good questions on a consistent basis. What are you asking yourself right now? Is it positive or negative? Did you ask, "I could never control my thoughts like Craig is saying?" Or, "Has Craig gone completely mad?" Or, "Wow! I never realized how important the questions that I ask myself are. How can I ask better questions?" Learning how to do this is going to take your entire lifetime but well worth the effort. You will not only lead a more positive and productive life, but you will inspire many other people along the way. I challenge you to stop and think about the questions you ask. Come on. Do it right now. If it is negative, see if you can change it to a positive. That is the challenge. Do your best!

12) Nutrition

An apple a day keeps the doctor away! Yes, Nutrition is key to your health during your lifetime. What you eat is what you are! How true! There is an exact recipe for eating to win but to get all the ingredients is not always an easy task. I recommend seeing a sports nutritionist and working out a good program for you. Is say "for you" because we all have different bodies and nutritional needs throughout our lives. As a child you will need different ingredients to your diet than you will as an adult. You will also require a different (and more specific) diet while you are training .I recommend finding a really good sports drink and or protein drink and using sports vitamins. You are not just a normal person waking up and going to work. You need a lot of extra ingredients so that your body can perform at its best. If you want to be your best, you must consider all of the different aspects that play a part in your ultimate goals and desires. You must take responsibility for everything that you do. And taking responsibility leads me right into my next subject...

13) Taking Responsibility

For Everything! Yes. You got it! Every- single- thing. I guarantee that your life will be much easier and have much less stress if you simply take responsibility for yourself. It is easy to blame others for your misfortunes, but ultimately it is up to you to react to things the way you do. If you are having a bad day, take responsibility for it and either change it to a positive or simply allow yourself to have a bad day! Is the day actually bad? Maybe during that particular day you will learn the ONE life altering thing that will lead you to ultimate happiness and bliss forever and for eternity? Or maybe you will learn something positive that you will use in a very crucial moment of your life (like during your Olympic long program). Taking responsibility is such an important life lesson that I want everyone to do their best to learn it. It will change your life for the better and give you freedom of blame. Without blame, life is so much nicer! Nobody can affect your consistent and absolutely fabulous mood!

14) Acting Class

I highly recommend for everyone to take some sort of acting class. It will greatly enhance your ability to project on the ice. As a skater, you are an athlete and also a performer (actor). Your job is to complete difficult maneuvers on the ice with style and performance. This is not always easy but with a good acting coach a shy person can be transformed into a very good performer. It happened to me. When I was young, I was labeled a "robot" on the ice. I would complete all of the elements but have no emotions one way or the other. Of course I would smile but it was plastic. I had to learn how to let my emotions show through, so while living in Los Angeles I talked an acting coach into letting me into his class. Those four hours a week were the most valuable hours imaginable. I learned how to let down my 'shy' wall and start letting people see my emotions and expressions. Thank goodness that I did this. My career skyrocketed after that. So, please take my advice and find a good acting class. Do it for yourself. It will help every aspect of your life and I guarantee that it will help any career path that you choose- especially if you chose to be a show skater!

15) Edges/Moves In the Field/Spins/Choreography/Tricks

Everyday I want you to spend quality time working on your edges, moves in the field exercises, spins, choreography and show tricks. Yes, of course jumps too, but need I mention that? Now I KNOW you will work on those! I recommend at least twenty minutes a day for spins, fifteen for edges and moves in the field, and another fifteen for Choreography and show tricks (like butterflies, illusions, stars, spread eagles, etc.). That is approximately one session per day just for those things, and that is a minimum! Of course I would like you to spend even more time on these things! These are the elements that are going to make you stand out from the pack. If you look at any champion skater, you will find that they have something that other people do not have. What do you remember certain skaters for? It is not just jumps. It is usually something special that they do that other people don't do. Sasha Cohen's spins and extension are incredible. Brian Boitano has the best spread eagles on earth. Ryan Bradley has amazing back flips, sideways flips and other cool tricks that nobody else does. Stefan Lambiel has unbelievable spins. Scott Hamilton is really funny and has a great back flip and Dorothy Hamill has beautiful edges-and that famous hair dew! These are the people that are going to have the skating careers that are long lasting. Jumps are important, of course, but it is all of the "other" stuff that will make you stand out. Take responsibility for your success and take the time to make your skating something special. If you don't do it, nobody will do it for you. Give it your best shot. Who knows, maybe you will end up touring with ice shows for a living? If you do so, jumps are only a small part of the whole picture. It is your performance and show tricks that will keep your career in full swing.

16) Make a Plan and Stick to it

You must train yourself to finish things that you start. This is VERY important for every aspect of your life. If you run your program, finish it no matter what. A full run through is a FULL run through. You know when you are cheating -and ultimately the only one that you are cheating is yourself. A very influential person in my life taught me to do this. He said that you must never give your mind an "out". You must train your mind that you are going to finish what you start every single time. You will be surprised at how many people start things and don't finish them. This becomes a pattern that is hard to break. Unfortunately, this pattern spreads to every part of your life. Fortunately, if you train yourself to finish things, THAT pattern will spread to every part of your life too. It is a double edge sword. So, say what you are going to do and then do what you said! Got it? What I mean is, make a clear plan of what you are going to do and then complete it. Yes, there are always going to be those circumstances that come up that take us away from finishing something (like if the power goes out), but you can always go back and finish it later. Use skating as the training ground for your life. It is all connected.

17) Physics/Laws of Gravity

What goes up must come down. Know that skating is based on the laws of physics and gravity. If you are in the right position and use the correct amount of speed and force, you will generate the exact amount of power needed to rotate a jump....right? There are different ways of doing things. Some ways are better than others, but some ways work better for different people. Your coach is teaching you how to correctly 'place' your body in order to get the desired result. Think of an airplane. It can take thousands of people and thousands of suitcases up into the air and fly thousands of miles! Everything must be a certain way for this to work. If one of the wings is broken, chances are that the plane is not going to fly, right? Think about this in skating. Take the emotions out of it and think logically. We are dealing with laws of nature- so if we understand that concept, we can use it to our advantage. You are always hearing things like, "stay over the skating hip" and "the knee must come through faster". It is simple, really. We need to put our body into a certain position to do a certain element- the best possible position, of course. It is not just "luck" when we land our double Axel. It is because we were in the correct position and used the correct power, speed and momentum. I want you to keep using strength while learning how to skate, but I want you to remember that there are laws to follow and when you break them, you usually end up sliding on the ice. Take 'luck' and 'chance' out of it and think technically.

18) Play Time

Taking some time to play with your friends on the ice can be very productive. I often get my students to work together on a specific element. I encourage skaters to have some 'free time' during the day to skate and just enjoy it with their friends. You will be surprised at how much they learn during this 'play' time. They can play games like "add-on" where a skater does a trick and then the next skater has to do the same trick and then add another trick. This can go on for a while and the kids end up learning new things without even thinking about it. If you are enjoying what you are doing, chances are that you are going to continue doing it. Giving your self some free time solidifies the love of the sport and makes it something that is not just work. The more you love to do something, the more you will do it, and the better you will get at it. There should be specific time for work and then specific time for play. Put it in your schedule!

19) Do Your Best

By this I mean DO YOUR BEST- not somebody else's best. YOUR BEST. Whatever that is. So many people compare themselves to other people all the time and this causes unnecessary stress and hardship on your self. We are all different and have different bodies and talents. What is easy for one person might not be easy for another. Use your strengths and worry less about what other people can or cannot do. Have goals and also be realistic about them. If you want to go to the Olympics but only skate three days a week, you are probably not going to make it there. Give 100% of what you have. Some days your 100% is more than it is on other days, but if you always make the effort to give 100% in the moment you will be doing the best you can. Give all the energy that you have- and then give a little bit more! Most likely, even when you think that you are going to pass out, you still have a little more energy to give. The "little bit extra" that you give is actually the most important for strength and stamina training. If you stop when you get tired and don't push yourself further, you will never reach your full training potential. That is why your coach tells you to stroke after finishing your program. To give that "little bit extra". Push yourself. Be the best you can be with the body that you have been given. If you do this, you will ultimately be a winner. You see, winning is just a label. You can win everyday. At school. Doing a clean run through. Mastering a new jump and or spin. Practicing when you didn't feel like it. See, skating is a life lesson. The things that you learn while you are training are things that you can use in every aspect of your life-for the rest of your life. The hard work and dedication that you put towards skating will stay with you forever. I feel that dedicated skaters end up always being dedicated to something. Learning how to skate-how to win and how to lose-is such a great way to learn these lessons. The most important thing that can be learned is that when you fall down (you are going to fall down-a lot)- is to get up and keep going. Over and over. Falling is not the end of the world. It is just an obstacle to overcome. The more obstacles that you overcome, the stronger person you are.

20) Make it Happen

If you want to win, simply work harder than everyone else. Be creative and original. Pay attention to the details. Think things through. Be certain that you will get what you set out to get. Be determined. Take ACTION. Do it for YOURSELF. Depend on yourself. Have the attitude that if you don't do it- nobody else will. Ask yourself, "What can I do" as often as possible. If you are not working on something, somebody else probably is! Be a good example to others. Inspire people. Say, "I will do it later" as little as possible. Do it NOW! Give yourself positive reinforcement. Do your skating homework. Trust your coaches- they want the best for you. Live your life being conscious of the laws of cause and effect. If you take the right action you will get the desired reaction. No 'Buts'. Use the word "AND" instead. Think about that. 'And' is a positive and 'But' is a negative. You can easily cut out many 'buts' out of your vocabulary. If you do this you will start to change your thinking for the better. Listen to your body. Promote yourself. If you don't, nobody else will. It takes twenty-one days to break a habit. This is a fact. You must do the correct habit for twenty-one days in a row to form a new correct habit. If, during the twenty-one days, you do the incorrect habit once- you must start over from day one. This is sad, but true. So, think before you do things. Consciously do them the way you desire so that you are consistently making good habits throughout your life. Smile often. Have fun! Enjoy what you are doing- it makes life so

much more exhilarating. Watch other people and learn from them. Use life as your personal school. Consider obstacles challenges to overcome. Remember that winning isn't everything -it is just feels really, really good! I want you to be the best you can be. I am your personal cheerleader. I want you to be happy with what you are doing and to be as knowledgeable as possible so that you can make good choices in your life. Use these guidelines as tools to help you shine.

Sincerely,

Craig Heath

- ProSkaters President
 - Neuro Linguistic Programming (NLP) Certified Trainer (Personal Power Coach)
 - 10 Time US National Competitor
 - 10 Time US International Team Member
 - World Professional Bronze Medalist
 - 2-time American Open Silver Medalist
 - American Open Bronze Medalist
 - US and Canadian Gold Medalist in Figures and Freestyle
 - US Gold Medalist in Moves in the Field
 - Star of Ice Shows worldwide
 - Coach of up and coming figure skating stars
 - "Ice Class" specialist
 - Spinning Specialist
 - Assistant Choreographer for Disney on Ice presents Disney's Jungle Adventures on Ice
 - Choreographed for Holiday on Ice- Fashion Show
 - Choreographed for Olympic Silver Medalist Liz Manley
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