

Coach



Hello!

My name is Krystal Shephard, and I've been involved in figure skating for over 34 years – as a skater, coach, and volunteer. I began coaching in 2003 and hold Regional certification, with Provincial certification currently in progress. I am also a certified STAR 1–5 Assessor and STAR 6–Gold Skills Assessor.

Throughout my coaching career, I've had the opportunity to work with skaters of all ages and levels across various disciplines. I've coached in several clubs across the region and am currently working with skaters in Parkhill, Forest, Petrolia, and Alvinston. I am also the co-coach of the Alvinston Ice Angels synchronized skating teams.

My approach to coaching focuses on creating a positive and encouraging environment where skaters feel supported, motivated, and confident. I believe in helping each skater grow both on and off the ice – developing strong technical skills, resilience, and a lifelong love for the sport.

I'm excited to return to the Parkhill Club for the season ahead and look forward to helping each skater achieve their goals while making meaningful memories along the way.

