

# **Sharon Nixon** Figure Skating



## **Biography**

Sharon Nixon is a full-time figure skating coach. After skating professionally for one season Sharon began coaching eleven years ago. Sharon's passion and enthusiasm for the sport is evident in her coaching style and philosophy. Sharon's overall vision in sport is to assist each athlete to achieve his/her potential while having fun and gaining valuable life lessons.

Ms. Nixon is motivated and committed to the ongoing success of her skaters and receives great satisfaction watching her skaters excel both on and off the ice. Sharon organizes a variety of workshops including: off-ice jump, fitness and dance classes, along with on-ice simulations and monitoring sessions for her athletes.

Sharon is the coach of the 2009 National Bronze Triathlon Bronze Medalist and the 2008 EOS Novice Ladies Bronze Medalist. Sharon continues to upgrade her coaching credentials and currently resides in Kingston, Ontario where she enjoys spending time with her husband Ron and three year old son Elias.

**For more information please see Sharon's website which includes a complete resume.**

## **Contact Information**

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# SHARON E. NIXON

## EDUCATIONAL BACKGROUND

1994 – 1996	McGill University Ph.D. in Sociology (presently on leave of absence)	Montreal, P.Q.
1992 - 1994	Master of Arts (M.A.) in Sociology	Montreal, P.Q.
1989-1992	Bachelor of Arts (Honours B.A.) Honours – Sociology Minor - Women's Studies	Montreal, P.Q.

## WORK EXPERIENCE

1998 – present	Professional Skating Instructor (CEP Gold Status) -coach at Fort Henry & Loyalist Winter Club - over 25 local Gold Test skaters (see website Wall of Fame) - skaters attending National Starskate Championships, Sectionals, EOSIC, Provincial training camp, All-Ontario's and the Ontario Winter Games -skaters selected to Jump Start, Youth Camp, EOS Travel Team -Level 1 Mentor Coach	Kingston, On.
2005 – 2008	Kingston Skating Club Administrative Director - increase in registration from 140 to over 480 members during tenure - co-author of a successful Trillium Grant Proposal and Final Report - club identified as one of the top 7 clubs in Canada (2006-2007) - advertise, hire and mentor office staff, coaching staff and volunteers - create yearly budget, employee contracts, registration packages, brochures -develop skating schedules, monthly calendars, newsletters - oversee all on and off-ice skating programs, seminars and special events - co-ordinate volunteer, fundraising ventures, ice galas - organize annual AGM and Award Banquet - liase with our national body, section, and other community partner groups - website and bulletin board creation & maintenance - register skaters with Skate Canada, order supplies and oversee test chair duties	Kingston, On.
2004 - 2005 2007 – 2008	Limestone Spring Skating School Coordinator	Kingston, On.
2007 - 2008	Algonquin College - Professor Faculty of Trades and Training - <i>English, Communications Instructor</i>	Perth, On.
2001- 2004	St. Lawrence College – Professor Police Foundations and Correctional Worker Program - <i>Introductory Sociology, Issues in Diversity, First Nations People, Legal Process, Criminal Justice in Canada</i>	Kingston, On.
2003	Co-author of Success for Skaters: A Yearly Planning Guide & Toolkit for skaters, parents and coaches.	
2003 - 2005	West Kingston Star Skate Co-ordinator	Kingston, On.
2002 – 2005 2007 - 2008	Cataraqui Summer Figure Skating School Administrative Director	Kingston, On.

1999 - 2002	Loyalist College – Professor Law and Security/Police Foundations Program & Nursing Program - <i>Introduction to Sociology, Deviance &amp; Social Problems</i>	Belleville, On.
1999 - 2001	Queen’s University - Adjunct Professor - <i>Sociology of the Criminal Justice System</i> - develop course outline, assignments and exams - daily lectures, office hours and grading of essays and exams	Kingston, On.
1998 - 1999	McGill University – Faculty Lecturer - <i>Sociology of Crime, Criminals and Corrections</i> - responsible for selection of readings and all course administration - data entry and distribution of grades	Montreal, P.Q.
1997 - 1999	Ontario Halfway House Association Administrative and Research Assistant - in-reach work in the federal prisons regarding our organization - responding to calls on our toll free line offering information to inmates and their families with respect to parole and the halfway house application process - drafting, editing and revising community service directories, publications and a variety of grants and reports - design and collection of questionnaire data related to program assessment from Ontario halfway house operators	Kingston, On.
1992-1996	McGill University Research Assistant - responsible for the collection of research data - selection of subjects, interviewing over 200 federal prisoners - file review, transcribing interviews and coding responses - supervision of undergraduate students - data entry and analysis	Montreal, P.Q.
1996	University of Toronto Research Assistant - interacting with correctional staff to gain access to study population - randomly selecting and recruiting eligible inmates - conducting 105 private face-to-face interviews - providing referral information and answering questions related to HIV and other health related issues	Toronto, On.
1992 - 1996	McGill University Teaching Assistant - responsible for attending classes, leading weekly seminars - holding office hours to advise and assist students in writing procedures and exam material - evaluation and grading of essays and examinations - assisting professors in designing and updating curriculum - courses include: <i>Social Problems, Sociology of Deviance and Sociological Inquiry</i>	Montreal, P.Q.
Winter 1988-1989	Rainbow Ice Inc. - Professional Figure Skater - performed in carnivals and shows such as Winterlude,	Ottawa, On.

The World Cup of Figure Skating and CBC award-winning production "Dear Elizabeth"  
 - took part in publicity events including fashion shows, show premieres, commercials and music videos  
 - successfully auditioned for Ice Capades

Winter 1988-1989	Mice Capades - Figure Skating Instructor - provided lessons for pre-school children - singing and games with kids on the ice - emphasis on fun and safety	CarletonPlace, On.
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### **NATIONAL COACHING CERTIFICATION**

2009	Level 4 – Task 16 Long Term Athlete Dev. (Stephen Norris)	Edmonton, Alta.
2008	Level 4 – Task 18 CPC Judging System (Patricia Chafe)	Ottawa, On.
2008	Level 4 – Task (new) Developing Athletic Abilities (Don Clark)	Regina, MB.
2007	Level 4 – Task 3 Music and Choreography (Zazoue)	Montreal, PQ
2006	Level 4 – Task 8 Mental Preparation (Peter Jensen)	Markham, On.
2005	Level 3 – General Subjects	Toronto, On.
2004	Level 3 – Technical (Singles)	P.E.I. Atlantic
2004	Level 3 – Theory	Toronto, On.
2003	Level 2 Certified	EOS
2003	Level 2 – General Subjects	Toronto, On.
2002	Level 2 - Practical	EOS
2001	Intermediate Evaluator’s Clinic	Marmora, On.
2000	Level 2 - Technical	Nepean, On.
1999	Level 1 Certified	EOS
1998	Level 1 - Practical	Kingston, On.
1998	Level 1 - Technical (audit)	Nepean, On.
1991	Level 2 – Theory	Nepean, On.
1991	Level 1 - Technical	Ottawa, On.
1989	Level 1 - Theory	Perth, On.

### **SKATER ACHIEVEMENTS**

I teach skaters ranging in age from 16 months to 60+ and I teach both private and group lessons in the Kingston area. I work with both competitive and recreational skaters.

As a professional figure skating coach I have had skaters attain their Gold Interpretive, Free Skate, Skills and Gold Dance tests, and Junior Competitive Singles test. In addition, I am the coach of the 2009 National Bronze Triathlon Bronze Medalist and the 2008 EOS Novice Ladies Bronze Medalist.

In 2009 I had a skater win the Bronze Triathlon at EOSIC and a skater invited to the Provincial training camp. In 2008 I had a skater qualify for the Ontario Winter Games and a skater qualify for the Ontario Trillium Starskate Championships.

In 2008 I had a skater receive a silver and bronze medal at EOSIC.

In 2007 I had a skater selected to participate in the EOS Youth Development Seminar.

In 2006 I had an adult skater medal at the National Starskate Championships.

In 2006 I had a skater selected to participate in the Eastern Ontario Jump Start Seminar and a skater attend the Youth Development Training Seminar.

In 2006 I had a skater qualify for the Ontario Winter Games.

In 2005 I had 2 adult skaters medal (Gold and Bronze) at the National Star Skate Championships in Prince Edward Island.

In 2004 & 2005 I had skaters selected to attend the Youth Development Training Seminar.

In 2002 & 2004 I was honoured with the West Kingston Skating Club Coach of the Year award.

In 2003 I had a skater receive one of five Star Skate Bursaries that were handed out nationwide.  
 In 2002 I had two skaters receive a Skate Canada Bursary from the World Legacy Fund.

**CONFERENCES/CLINICS ATTENDED (as a Certified Coach)**

2009	Provincial Training camp with Mannon Perron	Kitchener, On.
2009	“The Seminar” with Doug Leigh	Barrie, On.
2009	National Coaching Conference	Edmonton, Alta.
2009	Skate Canada A.G.M.	Edmonton, Alta.
2009	Eastern Ontario A.G.M.	Kingston, On.
2009	EOS Seminar with Tom Zakrajsek	Ottawa, On.
2008	Provincial Training Camp with Tom Zakrajsek	Kitchener, On.
2008	“The Seminar” with Doug Leigh	Barrie, On.
2008	National Coaching Conference	Regina, MB
2007	Elizabeth Manley Seminar	Kingston, On.
2007	Jennifer Robinson Seminar	Kingston, On.
2007	EOS Youth Camp with Robert O’Toole	Napanee, On.
2007	Provincial Seminar with Tom Zakrajsek ( <i>Anatomy of Triple Jump</i> )	Kitchener, On.
2007	“The Seminar” with Doug Leigh	Barrie, On.
2007	CPC Seminar	Montreal, PQ.
2007	Skate Canada A.G.M.	Montreal, PQ.
2007	Eastern Ontario A.G.M.	Kingston, On.
2007	EOS Development Seminar with Paige Ainstrup	Napanee, On
2007	Sarah Kawahara Seminar	Toronto, On.
2006	Youth Development Training Seminar – Michelle Leigh	Napanee, On
2006	Provincial Seminar with Robin Wagner (Choreography)	Kitchener, On.
2006	“The Seminar” with Doug Leigh	Barrie, On.
2006	Code of Points Seminar	Markham, On.
2006	Skate Canada A.G.M.	Markham, On.
2006	Audrey Weisiger Grassroots to Champions Seminar	Markham, On.
2006	Jump Start Seminar	Napanee, On
2006	Tracy Wilson Seminar	Napanee, On
2005	Eastern Ontario Youth Camp	Kemptville, On
2005	Elizabeth Manley Seminar	Kingston, On.
2005	Annie Barabe Seminar	Ottawa, On.
2005	“The Seminar” with Doug Leigh	Barrie, On.
2005	Eastern Ontario A.G.M.	Kingston, On.
2005	EOS Development Seminar with Eric Loucks	Napanee, On.
2004	Jump Start Clinic	Napanee, On.
2004	Youth Development Training Seminar	Belleville, On.
2004	“The Seminar” with Doug Leigh	Barrie, On.
2004	Richard Callaghan Seminar	Whitby, On.
2004	Atlantic Coaching Conference	P.E.I.
2004	Eastern Ontario A.G.M.	Kingston, On.
2004	Steven Cousins Seminar	Belleville, On.
2003	Ben Ferreira Seminar	Belleville, On.
2003	Isabelle Brasseur and Lloyd Eisler Seminar	Kingston, On.
2003	Jennifer Robinson Singles Seminar	Kingston, On.
2003	“The Seminar” with Doug Leigh	Barrie, On.
2003	D.R.S.A.Spring Semiar	Oshawa, On.
2003	Eastern Ontario A.G.M.	Kingston, On.
2003	Jeff Langdon Singles Seminar (Men)	Kingston, On.
2003	Harness training with Marc Lebel	Kingston, On.
2003	Neil Carpenter Seminar	Belleville, On.

2002	Josee Chouinard Seminar	Stirling, On.
2002	Jeff Langdon Singles Seminar	Kingston, On.
2002	Steven Sugar Singles Seminar	Kingston, On.
2002	National Youth Training Seminar	Ottawa, On.
2002	“The Seminar” with Doug Leigh	Barrie, On.
2002	D.R.S.A.Spring Semiar	Oshawa, On.
2002	Skate Canada A.G.M.	Windsor, On.
2002	Eastern Ontario A.G.M.	Kingston, On.
2002	Annie’s Edges Seminar: Anne Schelter	Kingston, On.
2002	Brian Orser – Singles Seminar	Kingston, On.
2002	Annie’s Edges Seminar: Anne Schelter	Westport, On.
2001	P.A. Training Seminar with Heidi Baeur	Belleville, On.
2001	J.P. Boyer Choreography/Dance on Ice Seminar	Stirling, On.
2001	Darryl Van Luven Dance Seminar	Minto, On.
2001	Jan Ullmark & Ben Ferreira Singles Seminar	Nepean, On.
2001	“The Seminar” with Doug Leigh	Barrie, On.
2001	Skills Update Clinic	Nepean, On.
2001	Skate Canada A.G.M.	St. John, NB.
2001	Intermediate Evaluators Clinic	Marmora, On.
2001	Eastern Ontario A.G.M.	Kingston, On.
2001	Elizabeth Manley Singles Seminar	Stirling, On.
2000	Neil Carpenter & Bob Emerson Singles Seminar	Stirling, On.
2000	Frank Carroll Seminar	Nepean, On.
2000	Canadian Figure Skating Association A.G.M.	Ottawa, On.
2000	Eastern Ontario A.G.M.	Kingston, On.
2000	Annie’s Edges Seminar: Anne Schelter	Kingston, On.
2000	Jeff Langdon Singles Seminar (Men)	Kingston, On.
1999	Paul MacIntosh Dance Seminar	Stirling, On.
1998	Ross Garner Dance Seminar	Kingston, On.

## **COMPUTER SKILLS**

Highly experienced - Word processing (Word Perfect and all Windows based applications), Spreadsheets (Quattro Pro, Excel), Statistical Packages (SPSS), Quicklaw, Websites, Powerpoint and the Internet.

## **CONFERENCE PRESENTATIONS**

September 26-29, 1999	“Transforming the Halfway House through Applied Research” with Patrick Connor. International Community Corrections Association Meeting.	Cincinnati, Oh.
November 9-12, 1994	“Factors Influencing Inmates’ Perceptions of the Relative Severity of Penal Sanctions” with Lucia Benaquisto. American Society for Criminology.	Miami, Fl.

## **FELLOWSHIPS AND AWARDS**

1998	Graduate Student Bursary	Montreal, P.Q.
1997-1998	Arthur C. Tagge - McGill Major Fellowship	Montreal, P.Q.
1994-1997	Max Stern Recruitment Fellowship	Montreal, P.Q.
1994	Master of Arts - Dean’s Honour List	Montreal, P.Q.
1989	Perth and District Collegiate Institute - Ontario Scholar	Perth, On.

## **ADDITIONAL INFORMATION**

2009 - 2010	Fort Henry Heights Coaching Representative	Kingston, On.
2006	Eastern Ontario Section Canskate Seminar Conductor - Talent Identification Seminar	Gananoque, On
2005	Level 3 General Subjects Skills Instructor	Toronto, On
2003-2004	West Kingston Skating Club - Coaching Representative	Kingston, On.
1987 - present	Emergency First Aid Certificate St. John's Ambulance	Kingston, On.
1999 - 2003	Volunteer Citizen Escort – Corrections Canada - escort inmates to various locations - assist with process of community reintegration	Kingston, On.
1999 – 2001	Elizabeth Fry Society – Board Member	Kingston, On.
1998-1999	Kingston Skating Club – Volunteer Program Assistant - assisted club with CanSkate and Advanced CanSkate groups -skill development, partnering, choreography -circuit design and co-ordination	Kingston, On.
1998- 2003	Bath Institution Citizens Advisory Committee Member - community liaison for staff and offenders	Bath, On.
1998- 2001	Crime Stoppers - Board of Directors Co-ordinator of student program	Kingston, On.
1989-1996	McGill Figure Skating Team Instructional aerobics, ballroom dance	Montreal, P.Q
1992-1993	Graduate Representative to Departmental Committee Department of Sociology	Montreal, P.Q.
1992	Amite/Friendship Volunteer - assisted social workers at a drop-in- centre for ex-psychiatric patients	Montreal, P.Q.
1991	Big Brothers/Big Sisters - Recruitment Committee	SmithFalls, On.
1991-1992	Certified Laubach Literacy of Canada Tutor - Volunteer Tutor and Member of McGill Literacy Council	Montreal, P.Q.
1988-1989	Apprentice Coach - completed a 50 hour mentorship program under the guidance of a certified figure skating instructor - assisted in coaching and evaluation of skills in both private and group lessons	Smiths Falls, On.

1980-1989	Certified Amateur Coach - choreography, group lessons, partnering of individual skaters - assisted with test days, badge administration and distribution - minimum 6 hours a week	Perth, On.
1987	Figure Skating Trial Judge - attended judging clinics in Eastern Ontario	Smith Falls, On.
1985	Award of Excellence - Figure Skating	Smith Falls, On.
1984 - 1985	Group Seminars with Peter Dunfield and Louis Stong - including choreography (Kevin Cottam), fitness evaluation - equipment maintenance, off-ice conditioning, nutrition information - sport psychology with Blaize Mumford - skill development (singles and precision skating)	Ottawa, On.
1984 - 1986	Precision Skater - Rideaettes - competed in Sectionals and performed in carnivals & shows	Smith Falls, On.
1980 - 1982	Precision Skater - Perth Strutters - performed in numerous shows and carnivals	Perth, On.

### **AREAS OF INTEREST**

- Interested in societal issues, music and reading
- Sports including skating, rollerblading, running, bicycling, yoga and aerobics
- Travel

### **REFERENCES**

Steven Sugar  
Member of Canadian Olympic Committee  
Vice President, Canadian Professional Coaches  
Association  
Past member of the Coaching Association of  
Canada Board of Directors  
Director of the Sport Dispute Resolution Centre of  
Canada

Glenda Cartwright  
Skate Canada Representative - Eastern Ontario  
Section: Skating Programs Chair  
President Fort Henry Heights Skating Club