

Shayna Wood
Figure Skating Instructor

Certifications/Memberships:

USFS Certified Instructor and Learn-to-Skate Instructor
PSA Member

Test Levels:

Double Gold Medalist: Senior MIF and Senior Free Skate
Pre-Silver Dance

Qualifications:

Shayna trained with top-level and Olympic coaches (Olga Neizvestnaya, Nick Perna, Audrey Weisiger, and Dody Teachman) in a highly competitive environment in Fairfax, VA, and later in Vancouver, WA, where she learned proper technique and on/off ice drills. On this foundation, Shayna developed her own methods for breaking skating skills into manageable parts while teaching in Vancouver, WA and Nashville, TN. Shayna also presents strategies for practicing on and off the ice. She sees learning as a life-long pursuit and continually seeks out enrichment opportunities to improve her coaching.

Shayna also has a MA in English and brings her experiences as a College English Instructor into her coaching: especially her ability to tailor her approach to the strengths and needs of her students and her emphasis on communication and reflection.

In her coaching, Shayna prioritizes her students, and works to provide opportunities for them to build confidence and character, as well as strong skating skills.