

Name: Alicia Mok

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Coaching Certification: Can-Skate Certified, Regional Coach Trained

Skating Experience: 10+ years of skating experience and over 3 years of coaching, showcasing both technical skills and artistic expression. I like to coach children and adults alike, fostering their growth, confidence, and enthusiasm on the ice.

Years of Coaching: 3+ years

Coaching Experience: Pre-CanSkate, Can-Skate, PreSTAR-Skate, STAR-Skate

Coaching Philosophy: Skating is more than just a sport; it is a way to move the body and stay active in fun ways, while learning how to instill confidence and push comfort zones. I am passionate about creating an encouraging environment where every skater feels supported and inspired, yet challenged to learn on and off the ice.