

## **Roxanne Lambrecht - Coach Bio**



### **Skating Career;**

I actually started skating at the age of 4 and didn't like it, so I stopped and tried other things. Then I decided to start back at skating at the age of 9 at the Langton Skating Club, and never looked back. I obtained my gold dance level, my senior silver Freeskate, and 4<sup>th</sup> figure. Freeskate was my favourite discipline in skating, and I competed in many competitions around Ontario, even New York State once. I skated about 4 days a week, training out of Simcoe and Langton.

Once I started college, I switched over to synchronized skating for the Delhi Skating Club Senior Team where we went to the Canadian Championships in Calgary and placed 10<sup>th</sup> in Canada overall. As life got busy...marriage, kids, work, etc. I joined the adult synchronized skating team out of Langton, and we accomplished many medals in competition, and we had a lot of fun. I also started the process of obtaining my coaching certificates during this time of my life.

### **Professional Accomplishments**

I attended Fanshawe College in London, and earned a diploma in Science Lab Technology, and worked that field for quite a few years until children came along in the year 2000.

After having my son Owen and my daughter Abby, I obtained a contract job with Norfolk County in 2004 in the Building Division. I've been working with Norfolk County ever since that time and I am very involved in the Planning and Development of our beautiful County as the Zoning Administrator for Norfolk County.

I have been coaching since 2006. Over this time I have obtained my CanSkate Certification, CanPower certification, and my Regional Coaching Certification. I maintain to be a coach in good standing and keep up to date on all technical aspects of this ever changing sport. I enjoy competition and taking my students to compete.

### **When not at the arena**

I'm an outdoors person, and stay very active. I work full time and I am a single mom. In the summer I like to garden and always be outside. I have friends that I golf with, kayak, with and I am an avid mountain biker, and a part of the L.O.S.T girls turkey point mountain bike club. With my kids (now older) are away at University and starting exciting lives of their own. My daughter was a competitive figure skater, and my son played hockey all through minor hockey years as well.