

# THERESE BONADONNA

## Figure Skating Coach

### COACH BIO:

Therese has been coaching for over 30 years.

Gold medal level coach for over 30 years.  
Students reaching competitive levels (regional, midwestern -senior levels)  
Program director in LA (Ice Capades Chalet)  
Program director (Thornton Park)  
Program director (City of Garfield hts.,)  
Ice Show Director (Thornton Park)  
Ice Show Director (Garfield hts.,)  
Ice Show Director (City of Cleveland hts.,)  
Professional Ice Show Director (Magic on Ice Sea World of San Diego)  
Professional Ice Show Director (Theater on Ice NY)  
Professional Figure Skater (Ice Capades)

Therese is now the COO of Aladdin's baking Company. She is also a Certified Executive Life Coach.

Preferred Contact Info:

PHONE: 216-409-5923

EMAIL:

[www.theresebonadonna.com](http://www.theresebonadonna.com)

[theresebonadonna@yahoo.com](mailto:theresebonadonna@yahoo.com)

Preferred Contact Info:

PHONE: 216-409-5923

EMAIL:

[theresebonadonna@yahoo.com](mailto:theresebonadonna@yahoo.com)

For Live Schedule Info:  
[SkateAtThePond.com](http://SkateAtThePond.com)

Program or Ice Availability Info?

[Elisa@SkateAtThePond.com](mailto:Elisa@SkateAtThePond.com)

[Lori@SkateAtThePond.com](mailto:Lori@SkateAtThePond.com)

Our goal is to create a strong figure skating presence at The Pond.

There are many ways to do this.

It is sometimes difficult to navigate and know what your options are.

There are only 2 questions to answer:

What skill and interest level does your skater have? What day works best for you and your skater.

### THERESE CAN BE FOUND TEACHING ON THE FOLLOWING POND PROGRAMS:

- Theatre on Ice     Saturday LTS     Sunday LTS
- Clinic or Off Ice Offerings     Other \_\_\_\_\_

#### Private Lesson Availability

**Club Ice:** Sunday 4:20 PM

**Freestyle:** Tuesday 6-8 AM,  
Saturday 11:05-12:05

**Public Skate:** Friday 7:50-8:50 PM, Saturday 12:45-2 PM,  
Sunday 12:30-1:30 PM

OFFICE USE ONLY:

**Private Lesson Placement (review every 9 wks.)** \_\_\_\_\_ **By** \_\_\_\_\_

1. DATE:                  NAME:  
                                EMAIL:
2. DATE:                  NAME:  
                                EMAIL:
3. DATE:                  NAME:  
                                EMAIL:
4. DATE:                  NAME:  
                                EMAIL:

### PIPELINE FOR SKATER SUCCESS ...TOPICS TO ASK YOUR COACH ABOUT:

**Learn to Skate:** A great way to start your journey from Beginners to Freeskate 6.. ask your coach for a copy of the curriculum.

**Competition:** Are you informed regarding Basic Skills Series?

**Theatre on Ice Offerings:** Two levels, and lots of friends. Is my skater ready?

**Jr Membership with CVFSC:** A club of figure skaters that get together on Weds and Sunday to practice. Great ice time and testing opportunities!

"Remember your skater will only be as successful as your game plan." So, make it convenient, allow for the frequency and consistency your child needs for success!"

