

OUR PROFESSIONAL COACHING STAFF



Linda Carroll

linlou@shaw.ca
778-840-6061

Linda has been with the club since 1985. She provides instruction in Freeskate, Skills, Interpretive and Dance. Linda trained and competed as a member of the White Rock Figure Skating Club. Her teaching expertise is enhanced through her position and training as a Special Education Teaching Assistant with the Surrey Board of Education.

Coaching Qualifications
NCCP Level 2 Completed
NCCP Level 3, partially completed

Skating Qualifications
7th Figure
Gold Freeskate
Senior Silver Dance



Jennifer Dougan

hairypaw@shaw.ca
778-294-1255

Jennifer has been a WRSSSC home club coach since 1978. She provides instruction in Freeskate, Skills, Interpretive & Dance. Jennifer trained and competed as a member of the White Rock Figure Skating Club, and was the first member of the club to ever complete a Gold Test.

Coaching Qualifications
NCCP Level 3 Completed

Skating Qualifications
Gold Figure
Senior Silver Freeskate
Senior Silver Dance



Jitka MacLintock

604-241-8206

Jitka has been with the club since 1991. She provides instruction in Freeskate, Interpretive and Skills. She trained in Czechoslovakia, and holds a Masters Degree in Physical Education and Sport from Charles University in Prague.

Jitka has over 30 years of international coaching experience in Czechoslovakia, Austria, the United Kingdom and Canada.

Coaching Qualifications
NCCP Level 3 Completed

Skating Qualifications
Gold Figure
Gold Freeskate



Sandra Pennington

sk8coach@telus.net
604-312-7333

Sandra has 15 years coaching experience, returning to coaching 3 years ago after taking several years off to run a business and raise her 3 children. She competed at the Senior national level, and was both the BC and Western Canadian Senior Ladies Champion, and competed internationally for Canada. In addition to full-time coaching, Sandra is working towards her Bachelor of Science degree in Kinesiology at SFU.

Coaching Qualifications
NCCP Level 2 Completed
NCCP Level 3, partially completed
Skate Canada CanPowerSkate certified

Skating Qualifications
Senior Competitive
Gold Freeskate
Junior Silver Dance
Level 1 Skating Skills