



# MEET POWER ELITE

THE FOUNDATION OF EVERY GREAT SKATER STARTS HERE

# TABLE OF CONTENTS

---

- 01** WHAT IS TECHNICAL POWER SKATING?
- 02** THE POWER ELITE PHILOSOPHY
- 03** MEET COACH JODI
- 04** MEET COACH AMBER
- 05** HOW OUR PROGRAM HELPS EVERY ATHLETE
- 06** WHAT MAKES POWER ELITE DIFFERENT?
- 07** ONLINE TRAINING LAUNCH
- 08** STAY CONNECTED

# WHAT IS TECHNICAL POWER SKATING?

---



Technical Power Skating focuses on the efficient movement on ice. With an emphasis on proper technique, including body alignment, edge control, and stride mechanics, skaters learn to generate more power with less effort while moving faster, stronger, and smarter. In combining figure skating technique with hockey performance, this creates smooth, strong, and confident skating.

Every stride, every edge, and every push matters.

In developing a strong foundation and proper technique, this completely transforms a player's overall performance on the ice.



“

**EVERY *STRIDE***  
**EVERY *EDGE***  
**EVERY *PUSH***  
***MATTERS.***

”



**POWER ELITE**

# THE POWER ELITE PHILOSOPHY

---

**Train with purpose. Build strong fundamentals. Elevate your skating.**

Our goal is to help skaters understand proper technique, build better habits, and develop confidence on the ice through clear, high-quality instruction.

JF Power Elite is built on the belief that great skating comes from great technique. It's not always about speed; it's about learning efficient movement and feeling confident every time you step on the ice.





---

## COACH JODI

Jodi is a Skate Canada Certified NCCP Coach with over 25 years of experience. A triple gold former competitive figure skater, she turned her love for skating into a successful and rewarding coaching career. Over the years, Jodi has worked with skaters of all ages and skill levels, from beginners taking their first strides to elite and professional athletes refining their skills.

When she began training hockey players in small groups, Jodi quickly recognized a gap in technical skating development. This inspired her to create specialized programs blending figure skating fundamentals with hockey performance.

Jodi focuses on edge control, movement mechanics, and skating efficiency to help athletes move with precision and purpose enhancing overall performance on the ice.

Her structured yet positive coaching style inspires skaters of all ages to push their limits, build strong foundations, and develop lasting confidence.

Based in Leaside, Ontario, Jodi coaches year-round, offering private lessons, small-group sessions, and team training across Toronto and the surrounding area.

- Jodi 

**FOUNDER & HEAD COACH**



jfpowerelite 



---

## COACH AMBER

Amber has been a dedicated Certified NCCP Provincial Coach for nearly 10 years. A decorated synchronized skater, she has earned multiple National titles and proudly represented Team Australia at the Synchronized Skating Senior World Championships.

While Amber has coached skaters of all levels, her greatest passion lies in grassroots development, building strong foundations in young athletes.

As a Synchronized Skating Coach, she loves watching skaters gain confidence and discover their love for the sport through teamwork, connection, and fundamental skill mastery.

Amber brings her figure skating precision and creative eye to Power Elite, blending technical skill with power skating principles to help athletes move with strength, efficiency, and purpose on the ice.



**scottyamber17**

*- Amber*

**EDGE SPECIALIST**

“

**WE DON'T JUST  
TEACH *SKATING*,**

**WE TEACH  
*MOVEMENT.***

”



**POWER ELITE**

# HOW OUR PROGRAM HELPS EVERY ATHLETE

---

## SKATERS

Every skater has a starting point; our system meets them there. Whether they're learning their first stride or refining advanced edge work, our progressions are designed to build strength, control, and confidence step by step.

---



## DRILLS

Each drill connects to the next, creating a clear path for development. By focusing on technique, balance, and efficiency, skaters learn to move smarter, not just faster.

---



## AT POWER ELITE

At Power Elite, we're proud to train athletes of all ages and abilities, helping each one discover their full potential on the ice.



# WHAT MAKES US DIFFERENT



At Power Elite, every stride matters. Our training focuses on technique, correction, and progression. Our small group approach allows for individual attention and instant feedback, helping skaters truly understand the why behind each movement. We emphasize efficiency over speed, ensuring that power comes from proper technique, all while creating a challenging and fun environment.



**INDIVIDUAL CORRECTION AND ATTENTION TO DETAIL**

**SMALL-GROUP, HIGH-QUALITY TRAINING**

**WEEKLY PROGRESSIONS**

**EFFICIENT MOVEMENT OVER SPEED-FOCUSED**

**FUN ENVIRONMENT**

“

**GREAT SKATING,  
*COMES FROM*  
GREAT TECHNIQUE.**

”



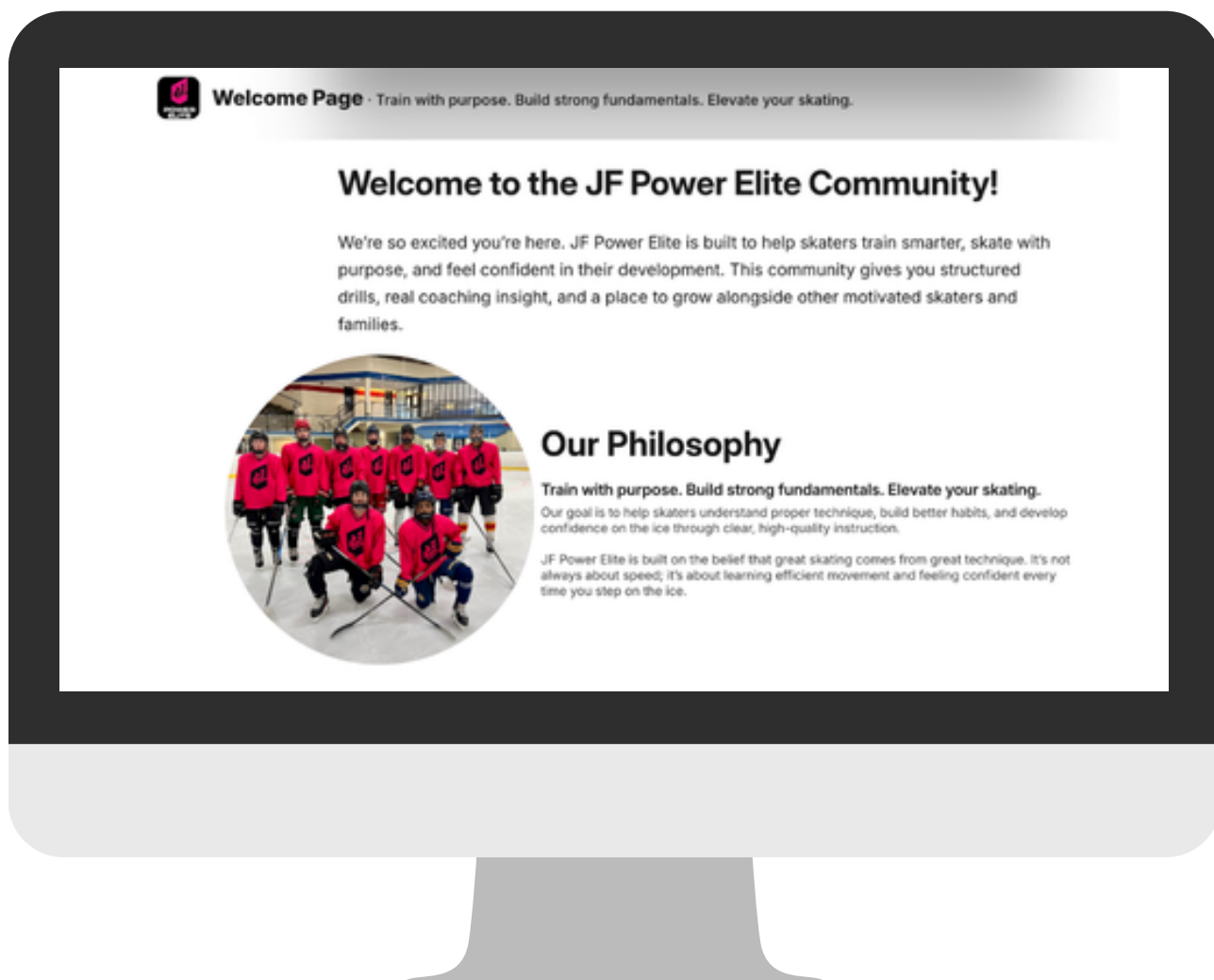
**POWER ELITE**

# ONLINE TRAINING LAUNCH

After years of working rinkside, we wanted to make our training system accessible to skaters everywhere. Not every athlete can train with us in person but every skater deserves the chance to learn proper technique, build confidence, and feel stronger on the ice.

Our online platform will feature step-by-step guides, detailed video breakdowns, and community support, helping skaters of all levels train smarter anytime, anywhere.

Our goal is simple: to make high-quality skating instruction available to everyone who loves the sport.





## POWER ELITE



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



[info@jfpowerelite.com](mailto:info@jfpowerelite.com)



[jfpowerelite](https://www.instagram.com/jfpowerelite) 

## STAY CONNECTED!

*Explore our full guide library & online training, launching February 2026!  
Be sure to follow us on instagram for sneak peaks and early access !*





**POWER ELITE**