

*Hi, my name is Autumn Lorca-Merono and I have been coaching at Sherwood Ice Arena since 2012. I started skating at the age of six and now 15 years later, I still find myself spending almost everyday at the ice rink loving what I do. Throughout my journey as a competitive skater I have had the pleasure of training with expert coaches and former Olympians, who have helped me to reach my goals. A few highlights of my career would include winning the gold medal at the 2008 Regional Championships, earning my gold medal for moves in the field in 2011, as well as my gold medal for freestyle in 2014. Nowadays my focus is on the younger generation of skaters, and I feel very lucky that I've been given the opportunity to pass along my knowledge and love of the sport. Skating can teach us so many wonderful life lessons, as well as provide a fun, creative outlet to express ourselves. I enjoy working with any age and level of skaters, and am currently accepting new clients. I would love to meet you all! Feel free to contact me with any questions via email:
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