



Valerie Stensland

503-784-7424

Specialty: Basic Skills, Edges, Freestyle, Jumps, Hockey Skating Skills, Adaptive and Special Olympics.

Years of Coaching: 30+ years.

Accomplishments: 12 years competitive figure skating; Senior Freestyle level.

Valerie enjoys teaching all ages and levels in both freestyle figure skating and hockey skating skills. As a coach, she focuses on strong basic skills and proper technique. This gives every skater the tools they will need to be successful, no matter the skating discipline they choose to pursue. Valerie is rated in USFS with a Senior ranking in Free Skate.



Dody Teachman

503-267-4957

Specialty: Basic Skills, Edges, Freestyle, Jumps, Spins, Moves in the Field.

Years of Coaching: 35+ years.

Accomplishments: Regionals, Sectionals, Nationals and Worlds Coach. PSA Rated Level 10.

Dody has taken skaters to various regionals, sectionals, national and worlds competitions, including the Olympics. She coaches private and semi-private lessons to all ages and abilities, specializing in freestyle, basic skills, spins, edges, jumps and moves in the field. Dody is currently accepting new students.