

Staff Coaches

Dia Toussaint-McGaughey (Figure Skating Director)

Dia Toussaint-McGaughey is the current Director of Figure Skating at the Orange County Sportsplex. She is passionate about coaching skaters of all ages and skill levels. Her coaching philosophy centers on developing not only strong athletes, but also individuals who demonstrate persistence, determination, discipline, dedication, resilience, leadership, and respect both on and off the ice.

Coaching Credentials: PSA Senior Rated Coach in Singles; PSA Registered Coach in Skating Skills; U.S. Figure Skating Coach I.C.E. Compliant; U.S. Figure Skating Coach Core Certification

Coaching Experience & Achievements: PSA Honor Roll of Coaches; PSA Level IV Ranked Coach; has coached regional, sectional, national, and international competitors; coach of U.S. Figure Skating Gold Medalists in Singles and Skating Skills; over 30 years of competitive coaching experience; over 20 years directing and producing ice shows.

Skating Background: U.S. Figure Skating Gold Medalist in Figures; U.S. Figure Skating Pre-gold in Singles and Dance

Education & Professional Background: BA in Business Management (NC State); Figure Skating Director at the Apex Center Ice Arena, Westminster, CO (10 years)

Specialties: Freestyle • Choreography • Skating Skills • Off-Ice Training & Conditioning

Contact:

dmcgaughey@oc-sportsplex.com • diamcgskater@gmail.com

919-644-0339 ext. 227

Elizabeth Curtiss

Elizabeth Curtiss has more than 30 years of coaching experience and is dedicated to helping skaters achieve their goals in a positive, supportive environment. She specializes in Ice Dance, Skating Skills, and Spins, combining technical expertise with the right balance of encouragement, discipline, and motivation.

Coaching Credentials: PSA Registered in Dance and Skating Skills; U.S. Figure Skating Coach I.C.E. Compliant; U.S. Figure Skating Coach Core Certification

Coaching Experience & Achievements: coach of U.S. Figure Skating Gold Medalist in Partner Dance, Solo Dance, Solo Free Dance, Partner Free Dance, Skating Skills, and Singles; coached skaters who have competed at the Regional, Sectional, and Junior National levels.

Skating Background: U.S. Figure Skating Gold Medalist in Dance and Partnered Dance; National Competitor in Ice Dance; competed in Singles and Figures at the regional level (Juvenile through Senior); competed for 15 years in East Coast women's hockey leagues including the MAWAHL and NC Trailblazers.

Education & Professional Background: PhD in Education; Special Education Teacher for 30 years; Autism Specialist.

Specialties: Ice Dance • Solo Dance • Free Dance • Skating Skills • Spins

Contact:

ecurtiss48@gmail.com

Ellen Bennett

Ellen has over 25 years of coaching experience and began skating in Montreal, Canada, training in Singles, Figures, and Dance and competing in Singles until college. Her coaching philosophy focuses on helping skaters translate the dedication, focus, and perseverance they develop on the ice into actionable tools for their future success in the real world. Ellen enjoys coaching students of all ages and abilities, from the very young to adults.

Coaching Credentials: PSA Master Rated Coach in Skating Skills; PSA Registered Coach in Singles; U.S. Figure Skating Coach I.C.E. Compliant; U.S. Figure Skating Coach Core Certification

Coaching Experience & Achievements: coach of U.S. Figure Skating Gold Medalists in Skating Skills; Juvenile/Bronze Singles

Skating Background: U.S. Figure Skating Gold Medalist in Skating Skills (Adult); U.S. Figure Skating Pre-Silver Dance; Skate Canada Junior Silver Free Skate; Quebec Regional Freestyle Silver Medalist (Juvenile); Women's Intramural Ice Hockey (McGill University); Central Carolina Skating Club Board of Directors (President)

Education & Professional Background: PhD in Microbiology & Immunology (McGill University); Postdoctoral Fellowship in Neurosciences (UNC Chapel Hill); Duke University Medical Center; Faculty Member, Department of Neurology (25 Years).

Specialties: Skating Skills • Singles • Choreography

Contact:

coachellensk8ing@gmail.com (preferred) • ellen.bennett@duke.edu

Jamye Gaster

Jamye Gaster is a nationally recognized U.S. Synchronized Skating Coach with over 25 years of coaching experience. She is known for developing successful athletes and programs while fostering a positive environment that emphasizes technical excellence, teamwork, and long-term athlete development.

Coaching Credentials: U.S. Figure Skating Coach I.C.E. Compliant; U.S. Figure Skating Coach Core Certification

Coaching Experience & Achievements: U.S. Figure Skating Honor Roll Coach for Synchronized Skating (5 plus years); coach of U.S. Figure Skating Gold Medalists in Singles, Dance, Free Dance and Skating Skills; has developed elite synchronized skating athletes who have advanced to compete for Team USA and Team Spain, win Synchronized Skating national titles, skate for NCAA Division I collegiate teams, and perform professionally with *Disney on Ice*

Education & Professional Background: Bachelor of Arts in Business Communications and Political Sciences (UNC Chapel Hill); Figure Skating Director at Orange County Sportsplex (1999-2006; 2008-2023); Choreographer of U.S. Figure Skating Opening Ceremony, Greensboro, NC (2011, 2015, 2020); Co-Founder of Carolina Ice Synchro and Eastern Elite

Specialties: Synchronized Skating • Freestyle • Skating Skills • Ice Dance • Choreography • Competitive Athlete Development • Team Building

Contact:

email: uncjamye@gmail.com

Jane Bodinger

Jane has more than 20 years of skating experience and enjoys working with skaters of all ages and abilities. Her coaching philosophy emphasizes creating a positive and supportive environment while helping athletes develop confidence, achieve their goals, and enjoy their skating journey.

Coaching Credentials: U.S. Figure Skating Coach I.C.E. Compliant; U.S. Figure Skating Coach Core Certification

Education: BS in Psychology; Master of Science in Kinesiology with a concentration in Sport and Exercise Psychology.

Specialties: Freestyle • Skating Skills • Synchronized Skating • Strength & Conditioning • Sport Psychology

Contact:

janebodinger@earthlink.net

Lance Travis

Lance Travis is a former U.S. Pair Skater and Greensboro, North Carolina native with more than 36 years of coaching experience. He enjoys working with skaters of all ages and skill levels and is recognized for his strong technical expertise in jumps, spins, and pair skating. His extensive competitive and coaching background enables him to help athletes develop strong fundamentals while reaching their individual skating goals.

Coaching Credentials: PSA Certified in Pairs; U.S. Figure Skating Coach I.C.E. Compliant; U.S. Figure Skating Coach Core Certification;

Coaching Experience & Achievements: has coached skaters at Regional, Sectional, National, and Junior National Championships; extensive technical expertise in Freestyle and Pair Skating

Skating Background: U.S. Figure Skating Gold Medalist in Figures, Pairs and Singles; trained under renowned World and Olympic coaches Peter Burrows, Frank Carroll, Peter Oppegard, Carlo Fassi, and Irina Rodnina.

Competitive Background: 1993 U.S. Junior Pairs Champion with partner Stephanie Stiegler; 1995 U.S. Figure Skating Championships Senior Pairs Bronze Medalist; International Medalist; First Alternate to the 1994 Lillehammer Olympic Team in Pairs; three-time U.S. National competitor in Junior Men's Singles.

Education: Bachelors of Arts in Fine Arts and Graphic Design (UNC Greensboro)

Specialties: Freestyle • Jumps • Spins • Pair Skating • Competitive Athlete Development

Contact:

tralsk8@hotmail.com

Laura Grieme-Meinecke

Laura Grieme-Meinecke brings nearly three decades of coaching experience and a passion for helping skaters achieve their individual goals. She works with athletes of all ages and skill levels, focusing on strong skating fundamentals, technical development, and power generation to support long-term success in the sport.

Coaching Credentials: U.S. Figure Skating Coach I.C.E. Compliant; U.S. Figure Skating Coach Core Certification.

Coaching Experience & Achievements: coach of U.S. Figure Skating Pre-Silver Medalists in Skating Skills; Juvenile/Bronze Singles

Skating Background: has passed U.S. Figure Skating tests in Skating Skills, Singles, Figures, and Ice Dance; 1987 ISI World Recreational Figure Skating Team Championships silver medalist (Freestyle 5); ISI Silver Judge; Title IX Certified; Central Carolina Skating Club Board of Directors (2012-2023)

Education & Professional Background: Master of Business Administration (Pace University); Director of Systems, CRMs & Integrations, Enrollment Mgt.; Stevens Institute of Technology (22 years)

Specialties: Singles • Skating Skills • Power Development

Contact:

isk8nyc@yahoo.com

Mary Catherine McKee

Mary Catherine began skating in the Learn to Skate program at the Orange County Sportsplex shortly after the facility opened. She competed in Singles skating and was a member of the first synchronized skating team in Hillsborough. Mary Catherine began coaching while still in high school and has continued to share her passion for skating with athletes of all ages and abilities. She enjoys helping each skater find an individualized path to success, whether through testing, competition, personal achievement, or recreational skating.

Coaching Credentials: U.S. Figure Skating Coach I.C.E. Compliant; U.S. Figure Skating Coach Core Certification.

Coaching Experience & Achievements: coach of U.S. Figure Skating Gold Medalists in Skating Skills

Coaching Philosophy: Mary Catherine's coaching centers on safety, fun, and goal progression. She fosters safe athlete development, promotes joy in the sport, and sets individualized goals for long-term growth. Her proudest achievement is helping skaters build confidence, resilience, and a strong work ethic to overcome challenges both on and off the ice.

Education and Professional Background: BS in Interior Design (Meridith College); Events and Operations Specialist at Duke University, Fuqua School of Business

Specialties: Skating Skills • Singles • Choreography • Recreational Skating • Test Preparation

Contact:

mcmckee261@gmail.com

Mary Jo Bullin

Mary Jo Bullin has more than 46 years of coaching experience and a lifelong passion for figure skating. She works with skaters of all ages, including adults, and is dedicated to helping athletes achieve their goals while developing a lasting love for the sport. Her coaching philosophy emphasizes teamwork, strong fundamentals, and enjoying the journey as much as the accomplishments. Her motto is: *"Work Hard and Have Fun."*

Coaching Credentials: PSA Master Rated Coach in Skating Skills; PSA Certified Coach in Singles; U.S. Figure Skating Coach I.C.E. Compliant; U.S. Figure Skating Coach Core Certification

Coaching Experience & Achievements: coach of U.S. Figure Skating Gold Medalists in Skating Skills, Ice Dance and Singles; U.S. Figure Skating Qualifying Coach for Singles; extensive experience coaching skaters in testing, choreography, Ice Dance, and Solo Free Dance.

Skating Background: U.S. Figure Skating Gold Medalist in Figures, Freestyle, Ice Dance, Free Dance, and Skating Skills; U.S. Figure Skating Silver Pairs Test; passed several International Dances; competed at Regional and Sectional Championships in Senior Ladies and Silver Pairs; performed professionally with *Holiday on Ice*.

Specialties: Skating Skills • Ice Dance • Solo Free Dance • Freestyle • Choreography • Adult Skating

Contact:

mjskate@hotmail.com

Mia Potter

Coaching Credentials: U.S. Figure Skating Coach I.C.E. Compliant; U.S. Figure Skating Coach Core Certification.

Skating Background: U.S. Figure Skating Gold Medalist in Skating Skills and Singles

Education: Exercise and Sport Science (UNC Chapel Hill; rising senior)

Specialties: Singles • Skating Skills Development • Choreography • Off-Ice Conditioning • Off-Ice Dance

Contact: luv2skate108@gmail.com

Michelle Krzyzanowski (coming soon)

Experience & Credentials: U.S. Figure Skating Coach I.C.E. Compliant; U.S. Figure Skating Coach Core Certification; President, Central Carolina Skating Club;

Coaching Philosophy:

Skating Background: U.S. Figure Skating Gold Medalist in Skating Skills, Dance and Solo Dance

Education & Professional Background:

Specialties:

Contact:

Mira Polishook

Mira has been skating for 17 years and brings both competitive and coaching experience to her students. She began her career as a solo ice dancer before transitioning to partnered ice dance, competing internationally at events including the ISU Junior Grand Prix series and Junior World Championships. Mira has been coaching for two years and is passionate about helping skaters develop confidence, strong fundamentals, and a lifelong love of the sport. As someone who has dealt with serious injuries and chronic health issues, she believes in prioritizing skaters' mental and physical health. She is experienced in working with skaters of all ages and backgrounds, including adults and neurodivergent athletes.

Coaching Credentials: U.S. Figure Skating Coach I.C.E. Compliant; U.S. Figure Skating Coach Core Certification.

Skating Background: U.S. Figure Skating Gold Medalist in Skating Skills and Dance; Former international ice dancer who competed in solo and partnered ice dance; represented the United States at international competitions, including Junior Grand Prix events and the ISU Junior World Championships.

Education: BS in Biology (Duke University)

Specialties: Solo Pattern Dance • Partnered Ice Dance • Solo Free Dance • Skating Skills • Performance & Artistry • Introductory Freestyle

Contact:

mirapolishook@gmail.com

Paula McKinley

Paula McKinley began her skating career in Canada and has been coaching at the Orange County Sportsplex for more than 30 years. She enjoys working with skaters of all ages and abilities and is committed to helping each athlete develop strong skating fundamentals while achieving their personal skating goals. Although she specializes in Skating Skills and Ice Dance, Paula has extensive experience coaching all figure skating disciplines.

Coaching Credentials: U.S. Figure Skating Coach I.C.E. Compliant; U.S. Figure Skating Coach Core Certification

Coaching Experience & Achievements: coach of U.S. Figure Skating Gold Medalists in Skating Skills, Dance and Singles; coached Intermediate and Novice teams to U.S. Synchronized Skating National Championships

Education and Professional Background: BA in Geography (UNC Greensboro); Co-Founder and former Co-Director of Carolina Ice Synchro; Instructor and Manager at Monarch Movement Company; Certified Yoga Instructor

Specialties: Skating Skills • Ice Dance • Solo Free Dance • Freestyle • Recreational & Competitive Skating

Contact:

paulamck3@gmail.com

Renee Di Gangi

Renee grew up skating at the Orange County Sportsplex and has been coaching for more than 10 years. She enjoys working with skaters of all ages, from toddlers to adults, and specializes in helping athletes develop strong technical skills in Skating Skills, Ice Dance, and Freestyle. Renee is committed to creating a positive learning environment that helps skaters build confidence while achieving their individual goals.

Coaching Credentials: U.S. Figure Skating Coach I.C.E. Compliant; U.S. Figure Skating Coach Core Certification.

Coaching Experience & Achievements: coach of U.S. Figure Skating Gold Medalists in Skating Skills, Dance and International Ice Dance.

Skating Background: U.S. Figure Skating Gold Medalist in Skating Skills and Dance; Silver Singles test; University of Delaware Collegiate Synchronized Skating Team Eastern Sectional Championships Gold Medalist (2010, 2011, 2012); U.S. Synchronized Skating National Championships Medalist (Silver, 2012, 2013), (Bronze, 2010).

Education: BS in Wildlife Conservation (University of Delaware); Master of Environmental Management (Duke University)

Specialties: Skating Skills • Ice Dance • Freestyle • Synchronized Skating

Contact:

renee.k.digangi@gmail.com

Junior Coaches

Abilene Loter

Skating Background: U.S. Figure Skating Gold Medalist in Skating Skills

Competitive Background: US Synchronized Skating National Champion Qualifier (Novice)

Contact: abilene.loter@gmail.com

Adelaide (Addie) Murray

I have been skating for over 10 years and have had the opportunity to be mentored by wonderful coaches who continue to inspire me to become the skater and coach that I am today. Being able to share the feeling of strength and beauty that skating provides to my students, and to encourage them to being proud of their progress and achievements, is why I love being a coach! I strive to bring joy to every lesson to share my true love of skating!

Skating Background: U.S. Figure Skating Gold Medalist in Skating Skills and Singles

Competitive Background: National Qualifying Series competitor (Novice)

Contact: amsunshine1573@gmail.com

Alexis (Lexi) Vander Poppen

Skating Background: U.S. Figure Skating Gold Medalist in Skating Skills, Dance, and Solo Free Dance; U.S. Figure Skating Pre-Silver Singles

Competitive Background: 4-time US Synchronized Skating National Champion Qualifier (Novice)

Contact: avanderpoppen@gmail.com

Anna O'Connor

I have been coaching for 2.5 years and enjoy working with young students to help develop their skating skills.

Skating Background: U.S. Figure Skating Gold Medalist in Skating Skills and Solo Free Dance; U.S. Figure Skating Pre-Silver Singles

Competitive Background: 3-time Synchronized Skating USFSA National Competitor (Novice); 2-time Excel Nationals Qualifier (Preliminary and Juvenile)

Contact: annaskates22@gmail.com

Chloe Anders

Hi! My name is Chloe Anders, and I am currently a Junior in high school. I originally started skating in Learn to Skate around the age of 8. I had originally attended a birthday party at Sportsplex and fell in love with it! I have been skating ever since, competing in Freestyle and focusing in synchronized skating since I began at 11 years old. I started coaching group lessons two years ago and have been giving private lessons for 1 year. I enjoy coaching all ages and helping skaters reach their goals! (currently coaching ages 6-12)

Skating Background: U.S. Figure Skating Gold Medalist in Skating Skills and Solo Free Dance; U.S. Figure Skating Pre-Silver Singles

Competitive Background: 4-time US Synchronized Skating National Champion Qualifier (Novice)

Contact: chloeanders@icloud.com

Tessa Roupe

Skating Background: U.S. Figure Skating Gold Medalist in Skating Skills

Competitive Background: 4-time US Synchronized Skating National Champion Qualifier (Novice)

Contact: tessaroseroupe@gmail.com