

Emily Feltes
(On-Ice Power and Strength & Conditioning Client)

I have worked with Garrett for the past six years, and I can honestly say that my skating and my time on the ice have been enriched since I began working with him. Garrett brings so much to the sport of figure skating—he's a great coach, skilled in power skating and strength and conditioning techniques, and is positive and supportive.

Garrett has helped me to become aware of my body and how it works—and what I need to do to be able to successfully skate my programs. I have struggled with endurance since I began competing at a higher level, but Garrett taught me how and when to breathe, how to utilize my muscles to gain strong pushes and obtain my power potential, and mental strategies that have helped me become confident on the ice.

In addition to helping me on the ice, Garrett has made me strong off the ice. He always knows what's going on in the world of strength and conditioning, and he modifies and updates his off-ice training to best meet the needs of each skater. He also works with skaters on jumping technique on the trampoline to improve core control and rotation on the ice.

With Garrett, you get the whole package. He combines on-ice coaching with off-ice technique for optimal training conditions. Approaching each practice with a positive attitude and infectious energy, Garrett is all about helping each skater achieve his or her personal best both on the ice and in life.

I have all the confidence in the world in Garrett because he has given me confidence in myself, and he has had faith in me. Throughout my college years, he met me at my level, helping me transition from a highly competitive skater to a still-competitive collegiate athlete. He continues to give me suggestions about how I can make the most out of my training, no matter where I am, and he always makes time to talk to me and help me. With Garrett, you will receive top-notch coaching from a caring individual who will do whatever he can to help you and teach you in the way you need to be taught. I know my skating would not be where it is today without his influence, and I cannot thank him enough for that.

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