



INTRODUCING

MICHELLE LONG

CLASSROOM   
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Michelle Long is Canadian figure skater and 6-time National competitor. She has represented Team Canada at many International events over the past five years with her most notable performance at the 2018 ISU Four Continent Championships in Taipei City.

Michelle is not only a competitor, but has been giving back to the skating community by coaching beginners for over 12 years as well! More recently, she has become a provincial level coach and also teaches fitness to skaters from all over.

Michelle is passionate about a holistic approach to sport and credits much of her success to finding balance between training, school, work, and a social life. Michelle is entering her final year as an undergraduate student at York University, studying Psychology. Her goal is to pursue a Master's degree in Sports Psychology.

# Performance Stats:

- 6-time Canadian National Competitor
- 2018 ISU Four Continent Competitor
- Olympic alternate for Team Canada



## FUN FACTS!

*She went on her first airplane at the age of 19, to Regina, Saskatchewan for a National Qualifying event! She has worked as a stunt double, skating in the Netflix series "Spinning Out" and in the Hallmark movie "Love on Ice".*