

Jan had joined the Tacoma Speedskating Club as a skater in 1999 after moving to the Seattle area from northern Alberta, Canada. She assumed responsibilities as head coach of the Club when former coach, Pete Perron, decided to take a break from ice speedskating to pursue other interests in 2000. After the arrival of Coach Lee, Jan has moved further away from coaching duties and now only fills in as coach on occasions when Coach Lee asks for assistance.

Certification - National Certification Coaching Program of Canada:

- Level 1 (Basic Speedskating Skills) Certified
- Level 2 Technical (Intermediate to Advanced dryland and on-ice skating techniques) and Practical Segments completed
- Level 3 Technical (Season Planning) training completed with Jacques Thibeault, M.Sc. (instructor of Planning of Training at Laval University)

Experience -

- Coach of Grande Prairie Speedskating Club (now Peace Wapiti Speedskating Club) - 1982-1989, 1992-1998
- Coach of Northwest Alberta Speedskating Team at Alberta Winter Games (held every two years) - 1982-1996
- Coach of Northern Alberta Speedskating Team at Arctic Winter Games (international winter sports event held every two years) - 1992, 1994, 1998
- Communications Director of Alberta Amateur Speed Skating Association - editor and writer of coaching articles for the AASSA Newsletter
- Director of Long Track and Short Track Speedskating events for Canada Winter Games, 1995
- Co-editor (along with 3 other Alberta coaches) of the AASSA Coaching Handbook - 1996
- Assistant Coach of Alberta Short Track Team at North American Short Track Championships, 1997
- Coach of Tacoma Speedskating Club - 2000 to present