

Meet the Coaches!



Tory and Emily bring a wealth of knowledge, experience, and passion to their roles as coaches. Collectively, they have over 25 years of combined experience in dance and coaching and proudly represented Team Canada Pom at the 2024 ICU World Championships.

Tory has been involved in dance for over 15 years, with six years specializing in Pom. She has served as a tumbling coach for nine years and is currently pursuing post-secondary studies in policing. Tory is known for her strong technical foundation, discipline, and ability to motivate athletes to achieve their full potential.

Emily has over 10 years of dance experience, including three years in Pom, and has been coaching for six years. She also works professionally in marketing and promotions, bringing creativity, organization, and communication skills to her coaching role. Emily is dedicated to creating a positive, structured, and supportive environment that encourages growth both on and off the floor. Her approach emphasizes teamwork, confidence, and continuous improvement.

Together, Tory and Emily strive to cultivate an atmosphere of excellence, sportsmanship, and dedication while ensuring that every athlete feels valued and inspired to succeed.