



BROCK HUDDLESTON

FIGURE SKATING COACH

COACHING RESUME

Coaching Background and Credentials

Brock began coaching in 2011 and has worked with athletes in Oregon, Washington, Hawai'i, New Mexico, Kansas, and Missouri and has worked as a regular guest coach in California and South Dakota. He coaches skaters of all ages, from beginning to elite-level.

Specialties: skating skills; power skating; jump technique; spin theory and technique.

Other disciplines: Moves in the Field; ice dance; pairs; off-ice instruction; group instruction (Learn to Skate USA and ISI weSkate curriculums).

Member in Good Standing with:

- US Figure Skating (USFSA)
 - CER compliant
- Professional Skaters Association (PSA)
 - Master Group rating (MG);
 - Senior Moves in the Field rating (CM);
 - Registered Free Skate rating (RFS)
 - Registered Ice Dance (RD).
- Ice Skating Institute (ISI)
 - Gold certified judge
- Hawai'i Figure Skating Club

Conferences Attended:

- 2019— PSA National Conference & Tradeshow
Palm Springs, CA
- 2018— PSA National Conference & Tradeshow
Orlando, FL
- 2017— PSA National Conference & Tradeshow
Nashville, TN
- 2014— PSA National Conference & Tradeshow
Palm Springs, CA
- 2009— ISI District 13 Seminar
Tacoma, WA

Seminars/Clinics Hosted:

- Apr 2019— #SkateSD 2019
Mitchell, SD

- Dec 2018—Watertown Winter Camp

- Watertown, SD
- Apr 2018— #SkateSD 2018
Pierre, SD and Mitchell, SD
 - Apr 2017— Spins and Skating Skills Clinic
Independence, MO

Education

- Missouri State University
Master of Professional Studies—Sports Management (in progress)
Master of Arts—History (in progress)
- University of Hawai'i at Mānoa
Hawaiian Language, BA (2014); History, BA (2014); Geology and Geophysics,
minor (2014)

Volunteer Experience

- Professional Skaters Association
Apprentice Program Committee Member, 2018
- Professional Skaters Association
Trial ratings examiner, 2017-present
- Hawai'i Figure Skating Club
*Web Designer, 2012-2014, 2020-2021. Designed, implemented, and
maintained new website for HFSC.*

Additional Information

Brock is CPR/First aid certified. He has additional background in hula and ballet and has a background in coaching gymnastics.

You can contact Brock at huddleston.brock@gmail.com and at (425) 954-3464.
More information online at: <http://www.coachbrockskates.com>.

COACHING ROLES

Head Coach

The head coach is the single most important person in your or your child's success as a skater. Head coaches are responsible for organizing and implementing a skater's training plan, overseeing competitions and test sessions, and being an effective communicator and manager. It is essential that the head coach be able to facilitate open communication between the skater, his/her parent, and all skills coaches who work with the skater. Without an organized and effective head coach, it will become virtually impossible for a skater to reach their goals.

Skills Coach

A skills coach, appointed by the head coach, is one who works with a skater on specific skills. Some areas where skills coaches might be utilized include jumps, spins, choreography, or skating skills. Skills coaches are always hired by the head coach, and the addition of any secondary coach must first be discussed with the head coach. After being hired, it is the responsibility of both coaches to communicate openly with one another to ensure that the skater is receiving efficient and consistent technique.

Off-Ice Coach

Off-ice training is essential to any competitive skater; at a certain point in every skater's career, they have reached a point where it is necessary to continue building physical ability that will allow them to execute their on-ice skills. Off-ice coaches should have experience in figure skating, biomechanics, plyometrics, and sometimes in sports nutrition, physical therapy, or sports psychology. Much like a skills coach, the off-ice coach is hired by the head coach.

COACHING RATES

On-Ice (Head Coach or Skills Coach)

- 15 minutes: USD \$21.00
- 20 minutes: USD \$28.00
- 30 minutes: USD \$42.00
- 60 minutes: USD \$84.00

Off-Ice

- 15 minutes: USD \$15.00
- 20 minutes: USD \$30.00
- 30 minutes: USD \$45.00
- 60 minutes: USD \$60.00

*Different rate structures may apply to semi-private and virtual lessons.

Competition Fee: \$20/day (local competitions only, per skater)

\$200/day (regionals, sectionals, etc; split between competitors, excludes hotel and travel expenses)

PAYMENT POLICY

Please be sure that all rink fees (e.g., ice time, group lesson fees, etc.) have been paid for before each lesson. **Please note: rink fees are not included in your lesson fees.** Skaters who have not paid appropriate rink fees may be asked to leave the ice; no refunds will be given for your lesson time in this circumstance. All lessons with Coach Brock or a skills coach should be paid, in full, before the beginning of the lesson unless a previous payment plan has been made. At this time, I only accept cash, check, or Venmo payments.

I ask that all skaters show up no later than **20 minutes prior** to their lesson. This ensures that they have enough time to stretch and warm up off-ice, put on their skates, and warm up on the ice. If the skater hasn't properly warmed up before their lesson, they become more susceptible to injury and may feel less productive during practice. Showing up late may result in the skater not receiving a full lesson. It is expected that skaters will practice all new material learned during the lesson for a sufficient amount of time before the next lesson.

If you need to cancel a lesson, I ask that you give me at least **24 hours notice**; this allows me to rearrange my schedule and find time for make-up lessons. You can either let me know in person or give me a phone call; if I don't answer, please leave a message with the date and time. I understand that emergencies happen, so I allow each skater two (2) emergency cancellations per year. *After that, skaters will be charged the normal rate for all "No Call, No Show" lessons.*

Skater Etiquette

Proper Skating Attire

Proper skating attire is extremely important for lessons and practice. Skaters should wear fitted athletic attire that will keep them warm and does not restrict body movement. Jeans and baggy clothing can present safety hazards and should not be worn on the ice.

Girls should wear a skating dress or leotard with skating tights, or skating pants with a close-fitted t-shirt. Hair should be pulled back in a bun and bangs should be held back. There should be no big or dangling jewelry.

Boys should wear fitted sports/skating pants and sports tops or close-fitted t-shirts.

All skaters should also bring zip-up jackets (no hoods), gloves, water, tissues, etc. All clothing items can be found in pro shops, dance shops, sports stores, or online. If you're not sure where to look, please ask for assistance.

PLEASE NOTE: There are times when I may need to physically correct a skater's posture or body alignment, which may require that I manipulate their hands, arms, shoulders, hips, knees, ankles, etc. If you or your skater is uncomfortable with this "hands-on" approach, please let me know immediately.

General Conduct

Skaters and their families must always act in a way that positively represents yourself, your coaching team, your rink, and your skating club. Skaters must adhere to rink-posted rules and those outlined by US Figure Skating at all times. Parents must also comply with all rink-posted rules and US Figure Skating's "Parents Code of Conduct." (Parent Information can be found at www.usfigureskating.com under the "Parents" tab.)