

## COACH BIOS

**Tom Zakrajsek** (pronounced Za cry sheck) has been coaching figure skating in the United States since 1990. He has coached many regional, sectional, national and international champions, including US Champions Max Aaron-2013, Rachael Flatt-2010 (for 11 years), Ryan Bradley-2011 (for 22 years) and Jeremy Abbott-2009 (for 10 years). In all, his 20 national champions have won 24 titles. Most recently, his skaters include 2018 Olympians Mirai Nagasu and Vincent Zhou and 2019 Korean Ladies Champion, Young You.

His primary emphasis in coaching is jump technique and training his athletes for competition performance. He takes a great deal of pride in having developed skaters from the learn-to-skate to the national and international level. His coaching philosophy emphasizes goal setting, hard work, discipline and the acquisition of life skills. In 2018 in conjunction with the other coaches and management of the Broadmoor World Arena, Tom created the World Arena Skating Academy. He currently serves as its President.

Tom graduated from the University of Denver with a degree in Journalism and English. In 2001, he received his master's degree in exercise science from the University of Colorado-CS. In 1999, Tom was named United States Figure Skating Developmental Coach of the Year. In 2009, Tom was named PSA Coach of the Year. In 2018, Tom was awarded the Order of Ikko from the United States Olympic Committee for his coaching excellence with Mirai Nagasu at the Winter Olympic Games in Pyeong Chang, South Korea. Tom has published four e-workbooks: *Basic Training 101: Periodization Principles for Figure Skaters*, *Go For The Goal!*, *Come Skate With Us: How To Practice Figure Skating* and *Perfect Your Process: How To Practice Figure Skating Vol. 2* and are available on his website CoachTomZ.com.

**Grant Huang** is the 2011 Adult National Junior/Senior Masters Champion, holding a PSA Master Rating in Free Skate, Moves in the Field, Group instruction, and Choreography. He is also a double gold medalist in Moves in the Field and Free Skating, and has coached skaters in earning medals at the Regional, Sectional, and National level. Grant has his Masters in Architecture from the University of Kansas, and is also a Lego collector. He's a registered coach with USFS and is a PSA CER Category A Compliant coach, and loves to work with beginners to adults, either recreationally or competitively!

**Tatum Nachtrab** has been coaching professionally for eight years and specialize in the disciplines of Freestyle/Singles, Moves in the Field, Off-Ice Conditioning, Jumps, and IJS Spins. She trains skaters off ice through basic fitness instruction, flexibility training, and jump/spin conditioning.

She works with both recreational and competitive level skaters, and has experience coaching all levels of Moves in the Field. Tatum holds the following PSA Ratings: Senior Group, Registered Moves in the Field, and Senior Sport Science and Medicine.

In her own skating, Tatum is a US Figure Skating Gold Medalist in Moves in the Field. She competed in Adult Sectionals and Nationals, placing in the top ten. Tatum is a USFS registered coach and PSA member.

Tatum graduated from the University of Missouri-Kansas City with a Bachelor of Arts in Criminal Justice and a Bachelor of Arts in Sociology and is currently pursuing my Master's in Public Management at KU.