



# BROCK DUNCAN

## Sports Performance Coach

Velocity Sports Performance - Westchester

### EDUCATION & CAREER RECAP

---

#### CREDENTIALS

##### International Sports Sciences Association

- Certified Personal Training (2017)
- Corrective Exercise Specialist (2018)

##### 8WeeksOut

- BioForce Certified Conditioning Coach (2018)

##### Westchester Community College

- A.A.S. Nutrition Sciences (2015)

##### Briarcliff High School

- Varsity Football Coach (current)

Brock Duncan grew up in New York, spending time in Yonkers, Harlem, and eventually finishing high school in White Plains. He attended White Plains High School where he was a three-sport athlete, excelling in football, wrestling, and lacrosse. After high school, Brock attended Westchester Community College and obtained his Associates Degree in Nutritional Science. While pursuing his degree Brock began playing rugby in 2012 for the White Plains Rugby Club. Brock has continued playing rugby all over the United States, Canada, England and most recently was selected for the American National Rugby League Allstar games in 2014 and 2016.

Brock earned credentials as a Certified Personal Trainer in 2017 and has been involved in athletics and fitness his entire life. In 2019, Brock continued to expand his career by becoming a Varsity Football Line Coach for the Briarcliff High School Bears. This experience has allowed him to work with young adults ranging from 10-18 years of age and be a transformative element in assisting graduating seniors to pursue sports in college. This experience, tied together with his personal training and professional rugby career gives Brock a unique insight into developing athletes at all levels.

Brock's continuous dedication to fitness and health can be seen throughout his daily life as he continues to pursue his rugby dreams while coaching individual and group-based performance programming. Brock brings an elite set of skills to every athlete he encounters on and off the field and transfers that knowledge on to every athlete he encounters at Velocity Sports Performance- Westchester.

#### CONTACT

OFFICE:  
914.592.3278

WEBSITE:  
[Velocitywestchester.com](http://Velocitywestchester.com)

EMAIL:  
[info@velocitywestchester.com](mailto:info@velocitywestchester.com)

SOCIAL:  
[@VSPWestchester](https://www.instagram.com/VSPWestchester)