

► CLINIC DESCRIPTION

Aloha.

I'd like to personally invite you our 3rd annual University of Hawai'i Strength Clinic. By attending this clinic, you will dramatically increase the opportunities for the state of Hawai'i's student-athletes and their future athletic goals. We seek to create awareness and educate coaches on new concepts, and have excellent speakers talking about how to improve performance, decrease injuries, and gain a greater understanding of the importance of strength and conditioning.

Mahalo,

Tommy Heffernan

► SUPPORTED BY

OHA	Under Armour
Samson Equipment	Pacific Team Sports
Muscle Milk	New City Nissan
Chevron	Riddell
UH Student Services	Jason R. Keifer, MD
Hawaii National Guard	

- NSCA Certification Executive Council approved 0.8 CEU(s) for CSCS and NSCA-CPT certified individuals attending this event.

NSCA CEU
APPROVED

- CSCCa Approved for 3.5 CEU(s) for individuals attending this event

► CLINIC SPEAKERS

JEFF MADDEN/
UNIVERSITY OF TEXAS
Texas explosive power training

KAZ KAZADI/
BAYLOR UNIVERSITY
Baylor football off season training

JAMIE YANCHAR/
SEATTLE SEAHAWKS
Dynamic Warmup

IVAN LEWIS/
UNIVERSITY OF WASHINGTON
Pre-Lift and Pre-Run Warmups

CURTIS TSURUDA/
EAST. ST. JOHN'S H.S.
Incorporating S & C program at the high school level.

TOMMY KONO/
OLYMPIS GOLD MEDALIST
Core power development

ELISA ANGELES/
NOTRE DAME
On field training for soccer

CHRIS FRANKEL/
TRX
suspension Training

SCOTT WONG/ ROBYN AH MOW SANTOS
UNIVERSITY OF HAWAII VOLLEYBALL
Volleyball: outside the box

RENAE SHIGEMURA, ATC/
UNIVERSITY OF HAWAII ATHLETIC TRAINING
Non traditional rehab training

DR. BYRON IZUKA M.D./
overtraining athletes

RICK HAGEDORN/
SPEED BURNERS
The philosophy of speed

NAINOA THOMPSON/
POYNESIAN VOYAGING SOCIETY
Hokule'a : Cultural Pride

► FOR MORE INFORMATION OR TO SIGN UP TO ATTEND THE CLINIC CONTACT /

TOMMY HEFFERNAN

P:808.956.7882

EMAIL:theffern@hawaii.edu

► HOTEL: ASTON WAIKIKI BEACH HOTEL

SPECIAL RATE FOR CLINIC ATTENDEES

P: 808.922.2511

RATES: (INCLUDES DAILY BREAKFAST)

PARTIAL OCEAN - \$139 +TAX

OCEAN VIEW - \$149 + TAX

*REFERENCE CODE: 3176-02

► CLINIC PROGRAM

JANUARY 27

5:00-6:00 pm	Registration
6:30-7:30	Keynote Speaker - Kaz Kazadi
7:30-8:30	Breakout Session
8:30	Networking/Social

JANUARY 28

7:00-8:00 am	Registration
8:00-8:30	Introductions
8:30-9:30	Keynote Speaker - Curtis Tsuruda
9:40-10:40	Breakout Session
10:50-11:50	Breakout Session
12:00pm-1:00	Keynote Speaker - Nainoa Thompson
1:00-2:00	LUNCH
2:00-3:00	Breakout Session
3:10-4:10	Breakout Session
4:20-5:20	Keynote Speaker - Jeff Madden
5:30 pm	Social



PHONE: 808.956.7882 / EMAIL:theffern@hawaii.edu



HAWAI'I STRENGTH COACHES CLINIC 2012

► DATE /

January 27-28, 2012-Pro Bowl Weekend

► PLACE /

University of Hawai'i Athletic Complex
Alexander Waterhouse Training Facility
(athletic weightroom)

► TIME /

January 27: 6-9pm

January 28: 8am-5pm

► COST / Includes clinic shirt, lunch, and socials

\$100 - Professionals

\$75 - HHSAA Coaches

\$60 - GA's/Students With Valid ID's

\$20 Late Registration Fee After January 7th

Please make checks payable to:

University of Hawai'i Athletics

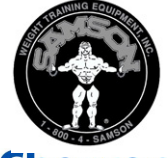
Attn: Hawai'i Strength & Conditioning

1337 Lower Campus Rd.

Honolulu, HI

96822

► SUPPORTED BY



Jason R. Keifer, MD
Promoting Peak Performance



JANUARY 27-28 // 2012// PRO BOWL WEEKEND
UNIVERSITY OF HAWAI'I ATHLETIC COMPLEX

ALEXANDER WATERHOUSE TRAINING FACILITY



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