

► CLINIC DESCRIPTION

Aloha.

I'd like to personally invite you our 4th 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

Imua Orthopedics	Under Armour
Samson Equipment	TRX
Muscle Milk	New City Nissan
Chevron	Riddell
UH Student Services	Jason R. Keifer, MD
Hawaii National Guard	Sports Travel Hawaii

- 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

- H.A.T.A Approved for 8 CEU(s)

► CLINIC SPEAKERS

EJ "DOC" KREIS/

USA WEIGHTLIFTING HALL OF FAME
Motivating athletes

CAL DIETZ/

UNIVERSITY OF MINNESOTA
Programming for various levels of athletes
Foundational movement considerations

SHANNON TURLEY/

STANFORD UNIVERSITY
In-season training

DAN AUSTIN/

UNIVERSITY OF SOUTH CAROLINA
Off season training for football

JARED KA'AIOHELO/

RICE UNIVERSITY
Training considerations for baseball

LEO TOTTEN/

TOTTEN TRAINING SYSTEMS
Teaching the olympic lifts

CHRIS FRANKEL/

TRX
Functional conditioning

DR. NATHAN MURATA & ROSS OSHIRO

UH KRS & HAWAII OPTIMUM PERFORMANCE
Concussion Awareness

DR. RONALD REYNOLDS

MILILANI VISION SOURCE
Applying vision in sports

THOM KAUMEYER/

UNIVERSITY OF HAWAII FOOTBALL
Hand to hand combat training for football

► 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

► CLINIC PROGRAM

JANUARY 25

5:00-6:00 pm	Registration
6:30-7:30	Keynote Speaker - Cal Dietz
7:30-8:30	Keynote Speaker - Dan Austin
8:30-10:00	Networking/Social

JANUARY 26

7:00-8:00 am	Registration
8:00-8:30	Introductions
8:30-9:30	Keynote Speaker - "Doc" Kreis
9:40-10:40	Breakout Session
10:50-11:50	Breakout Session
12:00pm-1:00	Keynote Speaker - Cal Dietz
1:00-2:00	LUNCH
2:00-3:00	Breakout Session
3:10-4:10	Breakout Session
4:20-5:20	Keynote Speaker - Shannon Turley
5:30-8:00 pm	Social



PHONE: 808.956.7882 / EMAIL:theffern@hawaii.edu



HAWAI'I STRENGTH COACHES CLINIC 2013

► DATE /

January 25-26, 2013-Pro Bowl Weekend

► PLACE /

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

► TIME /

January 25: 6-9pm

January 26: 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: Strength & Conditioning
1337 Lower Campus Rd.
Honolulu, HI
96822



JANUARY 25-26 // 2013// PRO BOWL WEEKEND
UNIVERSITY OF HAWAI'I ATHLETIC COMPLEX

ALEXANDER WATERHOUSE TRAINING FACILITY



Riddell®



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