

2018 HAWAII STRENGTH COACHES CLINIC



CLINIC INFORMATION

Date

January 26-27th, 2018

Place

University of Hawaii Training Complex
Alexander Waterhouse Training Facility

Time

January 26, 2018: 6:00pm-9:00pm
January 27, 2018: 8:00am-5:00pm

Cost (Includes shirt, lunch, socials, clinic packets)

\$50- Students & GAs (with valid ID)
\$100- ATC, HHSAA, Youth Coaches, Military, PTs
\$125- General Public
*\$25 Late registration fee after January 15th, 2018
\$35 Cancellation Fee
\$25 Charge for Returned Checks

UNIVERSITY OF HAWAII ATHLETIC COMPLEX JANUARY 26 & 27, 2018

Clinic Speakers

Lee Taft

Athletic Movement Specialist
Owner of Lee Taft Athletic Consulting
Greenwood, Indiana

Bubba Reynolds

Head Strength Coach for Football
University of Hawaii

Dave Ostlund

Professional Strongman
2008 World's Strongest Man - 3rd Place
Edina, Minnesota

David Boyle

Australian S&C Association Board
Owner - David Boyle & Associates
Former NRL Player - 10 years
Sydney, Australia

Ron McKeefrey

PLAE - VP of Performance & Education
Former NFL, MLB, NCAA Strength Coach
Kansas City, Missouri

Dr. Takeshi Suzuki

CEO of R-Body project Co., Ltd
Tokyo, Japan

Donnie Thompson

World Record Powerlifter
Owner - Bodytemperir
Columbia, South Carolina

Bob Wagner

UH Head Coach 1988-1995
UH Assistant & DC 1977-1988
Defensive Coordinator - Arizona & TCU
Kea'au, Hawaii

REGISTRATION / PAYMENT

Online:

Hawaiiathletics.com > Camps

Mail-In:

Please make checks payable to:
University of Hawaii
Athletic Business Office- Camps and Clinics
1337 Lower Campus Rd, Honolulu, HI 96822

CONTACT

Coach Tommy Heffernan
Phone: 808.956.7882
Email: theffern@hawaii.edu

CEU INFORMATION

NSCA (CSCS/CPT)- CEUs pending
CSCCa (SCCC)- CEUs pending
HATA (ATC) - CEUs pending



Objectives of the Hawaii Strength Coaches Clinic

- Promote understanding of select principles of strength & conditioning and effective coaching skill
- Help attendees to utilize learned training modalities with clients and share their knowledge with other members of the sports medicine team through collaboration and discussion
- Promote leadership within and beyond the local athletic community
- Improve coaching skills for working professionals within or related to the field of strength and conditioning.



Lee Taft, CSCS

Lee Taft is the owner and head trainer at Lee Taft Speed Academy in New York and Indiana. Known to most simply as “The Speed Guy”, he is highly respected as one of the top athletic movement specialist in the world. He has devoted the last 25 years to training multi-directional speed with clients of all ages and abilities. He has spent much of this time teaching his methods to performance coaches and fitness professionals all over the world.

Presentation Topic:

- How to assess and implement multi-directional speed techniques
- Discover the art of teaching quickness and change of direction speed



Donnie Thompson

Donnie Thompson currently holds 8-all time World Records in Professional Powerlifting which includes three Bench Press records, two Squat records and three total records. Donnie is the first human to ever total 3000lbs in a powerlifting meet! His 3000lb Powerlifting total is now only shared with David Hoff. This led to his SHW victory at the 2005 WPO Powerlifting Championships at the Arnold Classic. He worked six years for Progressive Sports Physical Therapy in West Columbia, South Carolina. He acted as the Strength and Mobility Director for the ten clinics statewide. He insured the implementation of strength and advanced Rehabilitation techniques to physical therapists and assistants. Donnie now works with athletes abroad teaching and implementing strength performance therapy, specializing in ankles, hips, lower back & shoulders. His own methods are now practiced worldwide.



Presentation Topic:

- Cueing: The Art of Saying Less to Get More

Bubba Reynolds, SCCC, CSCS, FMS, PN

Joseph “Bubba” Reynolds joined the University of Hawai‘i strength and conditioning staff in January 2016 as the primary strength coach under head coach Nick Rolovich. Reynolds came to Manoa from the University of Nevada, where he spent three years on the strength staff, most recently serving one year as the associate director of strength and conditioning, assisting strength director Matt Eck in the design, implementation, execution and assessment of the Wolf Pack football team’s training program. Reynolds was a standout linebacker at Humboldt State, earning second-team all-Great Northwest Athletic Conference (GNAC) honors as a senior team captain, a season in which he set a conference single-game record with 25 tackles against Dixie State. He also played rugby while at HSU. He began his playing career at Orange Coast College.



Presentation Topic:

- Program Design
- Speed Development Outside the Box

Ron McKeefrey, MA, CSCS*D, MSCE

Ron McKeefrey is currently the Vice President of Performance & Education for PLAE Global. He is a graduate of Ottawa University, where he received a B.A. in both Biology and Physical Education and a graduate of the University of South Florida, where he received a M.A. in Adult Education. Prior to his work with PLAE Global he served as the Director of Strength & Conditioning at Eastern Michigan University. He has also worked with organizations such as the Cincinnati Bengals, the University of Tennessee, the University of South Florida, the Berlin Thunder, the Tampa Bay Buccaneers, and the Kansas City Royals. He was selected as the 2016 NSCA Collegiate Strength & Conditioning Coach of the Year as well as the 2008 Collegiate Strength & Conditioning Coach of the Year from the Professional Football Coaches Society. He is a Certified Strength and Conditioning Specialist and member of the National Strength & Conditioning Association (NSCA) as well as a Master Strength and Conditioning Coach from the Collegiate Strength and Conditioning Coaches Association. He is also Club Coach Certified under the US Weightlifting Federation, holds the EXOS certification, and is certified in Functional Movement Systems, Level 1.



Presentation Topic:

- Leadership & Motivation - Its Role in Athletic Preparation

David Boyle, MBA, ASCA Level 3 Master Coach

David Boyle is a seasoned manager with extensive experience within corporate, government and elite sports sectors. He is a successful communicator who is able to build stakeholder engagement through skills development and empowerment. David incorporates collaborative leadership to deliver extraordinary results. He holds strong personal values centered around honesty, integrity, respect and humility. Has a proven track record in both business and the elite sports environment developing positive winning cultures through individual coaching and team mentorship.



Presentation Topic (2):

- Progression from corrective exercise to functional exercise. (2 sessions - lecture & practical)

Takeshi Suzuki, PhD, ATC, CSCS, FAFS, PES

Takeshi is the President & CEO of R-body project Co., Ltd in Tokyo, Japan. Takeshi graduated from Washington State University and became an athletic trainer, which was not a well-known profession at the time in Japan. After returning to Japan in 1998, he joined Japan Ski Federation and worked with a number of renowned athletes at the Winter Olympic Games in Salt Lake City, Turin, Vancouver, and Sochi. At the same time, he pursued his doctorate degree in sports medicine at Tsukuba University. In 2003, he founded R-body project with his strong desire to provide a facility where anyone can access the level of services that have traditionally been provided only for elite athletes. Since then, the company has successfully provided personalized athletic rehabilitation and exercise programs not only for professional athletes but also for non-competitive athletes. A number of hospitals and clinics have also been utilizing the service provided by R-body project. Takeshi has written numerous articles about sports medicine and training theory and actively holds seminars in Japan. He also started "R-body Academy" in 2011 to train and educate future experts in exercise science and training. He has been appointed by Japan Olympic Committee (JOC) as one of its medical staff and recently worked at the 2012 London and the 2016 Rio de Janeiro Olympic games. He is currently serving as the medical advisor to the Organizing Committee of JOC for the 2020 Tokyo Olympic and Paralympic games.



Presentation Topic:

- My Coaching Philosophy and Experiences

Bob Wagner

Bob Wagner was the head coach for the Rainbow Warriors football team at the University of Hawaii from 1988 to 1995. He graduated from Wittenburg University in 1969. He started as an assistant coach at Gallipolis High School in Ohio in 1969. In 1971, he became head coach at River View High School in Warsaw, Ohio and led the team to its then-best season ever at 8–2. In 1975, Wagner became assistant coach at the College of Wooster, then became an assistant at the University of Washington in 1976. He became an assistant coach at Hawaii in 1977 under Larry Price, then was promoted to defensive coordinator under Dick Tomey in 1983. Coach Wagner took over the head coaching position in 1988 and led the Rainbow Warriors to their first WAC title in 1992. After finishing his coaching career, Wagner served as the athletic director for Kamehameha Schools-Hawaii on the Big Island from 2002 to 2012.



Presentation Topic:

- Strongman Training for Sports

Dave Ostlund

Dave has been a World's Strongest Man competitor since 2005. Dave graduated from the University of St. Thomas in St. Paul, Minnesota in 2003. He is a 7x Worlds Strongest Man competitor with 5 top 10 finishes. Dave has been a speaker at a number of NSCA events and last presented at a NSCA regional event at the University of Vermont on June 2017.

Grievance Policy

At the end of the program, participants will be able to document any grievance they encountered on their program evaluations. Each grievance will be handled on a case by case basis.

Non-Discriminatory Policy

The Hawaii Strength Coaches Clinic does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation or age. *The Hawaii Strength Coaches Clinic* is committed to accessibility and non-discrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact program organizers so that all reasonable efforts to accommodate these needs can be made.