

## ► CLINIC DESCRIPTION

Aloha.

I'd like to personally invite you to our 5th annual University of Hawaii Strength Clinic. By attending this clinic, you will dramatically increase the opportunities for the state of Hawaii's student-athletes and their future athletic goals. We seek to create awareness and educate coaches on new concepts, and have excellent speakers presenting on 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	HGEA
UH Student Services	Riddell
Hawaii National Guard	Jason R. Keifer, MD
Oahu Interscholastic Association (OIA)	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

**PAT IVEY/**  
UNIVERSITY OF MISSOURI  
Missouri Football

**KYLE SPEER/**  
SAM HOUSTON STATE UNIVERSITY  
Football: 52 week training template

**ROBERT DOS REMEDIOS/**  
COLLEGE OF THE CANYONS  
Non-traditional training tools  
Chaos sports speed training

**HENRY RUGGEIRO/**  
UNIVERSITY OF WASHINGTON  
Training the collegiate volleyball athlete

**BRIAN NEAL/**  
MISSISSIPPI STATE UNIVERSITY  
Training the rotational athlete (Baseball/Softball)

**MIKE SKOGG/**  
THE SKOGG SYSTEM, PORTLAND, OR  
The three dimensions of kettlebell training

**KARI WOODALL/**  
WOODALL TRAINING  
Mobility training for aquatic sports

**DR. ELIZABETH IGNACIO**  
IMUA ORTHOPEDICS  
Injury Prevention

**DR. NICOLE GESIK**  
IMUA ORTHOPEDICS  
Optimizing Performance With Nutrition

**JUDGE THOMAS KAULUKUKUI JR./**  
HAWAIIAN CULTURE  
Hawaiian values and leadership

## ► 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

## ► TRAVEL: SPORTS TRAVEL HAWAII

CONTACT: LINELLE HANAWAHINE

P: 808.395.9541

E: LINELLE@SPORTSTRAVELHAWAII.COM

## ► CLINIC PROGRAM

### JANUARY 24

5:00-6:00 pm Registration  
6:30-7:30 Keynote Speaker - Kyle Speer  
7:30-8:30 Breakout Session - 2 Speakers  
8:30-10:00 Networking/Social

### JANUARY 25

7:00-8:00 am Registration  
8:00-8:30 Introductions  
8:30-9:30 Keynote Speaker  
- Robert Dos Remedios  
9:40-10:40 Breakout Session  
10:50-11:50 Breakout Session  
12:00pm-1:00 Keynote Speaker  
- Judge Thomas Kaulukukui Jr.  
1:00-2:00 LUNCH  
2:00-3:00 Breakout Session  
3:10-4:10 Breakout Session  
4:20-5:20 Keynote Speaker - Pat Ivey  
5:30-8:00 pm Social



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## HAWAI'I STRENGTH COACHES CLINIC 2014

► **DATE /**  
January 24-25, 2014-Pro Bowl Weekend

► **PLACE /**  
University of Hawai'i Athletic Complex  
Alexander Waterhouse Training Facility  
(athletic weightroom)

► **TIME /**  
January 24: 6-9pm  
January 25: 8am-5pm

► **COST /** Includes clinic shirt, lunch, and socials  
\$100 - Professionals  
\$75 - HHSAA Coaches  
\$50 - GA's/College Students With  
Valid ID's

\$20 Late Registration Fee After January 14th  
Please make checks payable to:

University of Hawai'i  
Attn: Athletics Business Office  
1337 Lower Campus Rd.  
Honolulu, HI 96822

Online registration/payments can be made  
at [hawaiiathletics.com](http://hawaiiathletics.com) under  
"sports camps".



JANUARY 24-25 // 2014 // PRO BOWL WEEKEND  
UNIVERSITY OF HAWAI'I ATHLETIC COMPLEX  
ALEXANDER WATERHOUSE TRAINING FACILITY

► SUPPORTED BY



Jason R. Keifer, MD  
Promoting Peak Performance

**Riddell**



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