

2015 HAWAII STRENGTH CLINIC



UNIVERSITY OF HAWAII ATHLETIC COMPLEX

APRIL 24 & 25, 2015

► Clinic Information

Date

April 24-25, 2015

Place

University of Hawai'i Training Complex
Alexander Waterhouse Training Facility

Time

April 24, 2015: 6:00pm-9:00pm
April 25, 2015: 8:00am-5:00pm

Cost (Includes shirt, lunch, socials, clinic packets)
\$50- Students & GAs (with valid ID)

\$100- ATC, HHSSA & Youth Coaches

\$120- General Public

*\$20 Late registration fee after April 14th, 2015

► Mail-In Registration

Please make checks payable to: University of Hawaii
Send to:

Athletic Business Office- Camps and Clinics
1337 Lower Campus Road
Honolulu, HI 96822

► On-line Registration

Visit: Hawaiiathletics.com>Fans>Sports Camps

► For More Information

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

► CEU Information

NSCA (CSCS/CPT)- 0.8 CEUs

for certified attendees

CSCCa (SCCC)- 3.5 CEUs

for certified attendees

► Clinic Speakers

Leo Totten

Totten Training Systems
Power Development via Olympic Weightlifting

*Level 5 Senior International Coach
USA Weightlifting
*20+ Years as Olympic Weightlifting Coach

Dr. E. Ignacio & Dr. R. Coel
IMUA & Queen's Center For Sports Medicine

Common Sports Injuries: Is it Safe to Play?

*Orthopedic Consultant & Volunteer Physician for UH Manoa Athletics Dept.
*Pediatrics Sports Medicine Specialist

Brian Norwood

University of Tulsa
My Path Through Coaching
*Co-Defensive Coordinator & Safeties Coach

*Penn St., Navy & Baylor

*UH Alum-1987

Charlie Weingroff

Drive495 & Fit For Life
Cracking the Stretching Code: Understanding Mobility Training

*Former Head Strength & Conditioning Coach & Assistant Athletic Trainer for Philadelphia 76ers

*Former Director of Physical Performance and Resiliency & Lead Physical Therapist for the US Marine Corps SOC

Steve Englehart

University of Colorado
Speed & Agility Training for all Sports
*Assistant Director of Sports Performance
*Football, Womens Soccer, Womens Golf & Mens/Womens Golf

Scott Swanson

US Military Academy- West Point
Army Strength: Training The Warrior Athlete
*Director of Strength & Conditioning
*20+ Years of Collegiate Experience
*Master Strength & Conditioning Coach

Charlie Melton

Baylor University
Training the Basketball Athlete
*Director of Men's Basketball Performance
*15+ Years of Collegiate Experience
*Master Strength & Conditioning Coach

Bronson & Dane Sardinha

Pacesetters Baseball Academy
Skills Development for Baseball
*Former Outfielder for the New York Yankees
*Former Catcher for the Cincinnati Red, Detroit Tigers & Philadelphia Phillies

Hank McDonald & James Chassin
University of Hawai'i

Warm-ups for Optimal Performance

*Assistant Strength & Conditioning Coach for W. Basketball, Baseball (Pitchers) & Water Polo
*Assistant Strength & Conditioning Coach for Softball, Sand Volleyball & W. Tennis

► Supported By

