

2016 HAWAI'I STRENGTH CLINIC



UNIVERSITY OF HAWAI'I ATHLETIC COMPLEX

JANUARY 29 & 30, 2016

► Clinic Information

Date

January 29-30th, 2016

Place

University of Hawai'i Training Complex
Alexander Waterhouse Training Facility

Time

January 29, 2016: 6:00pm-9:00pm
January 30, 2016: 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 January 15th, 2016

► 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)

for certified attendees
CSCCa (SCCC)

for certified attendees
HATA (ATC)

► Clinic Speakers

Ivan Lewis

University of Southern California
Football Off-Season Training

*Head of Strength & Conditioning

*University of Washington and San Diego
Chargers

Mike Vorkapich

Michigan State University

Spartan Training: Program Overview

*Associate Head of Strength & Conditioning

*Director of Sports Science

*Master Strength & Conditioning Coach

Wolfgang Unsold- Germany

Your Personal Strength Institute

Strength Training For Grappling Athletes

*Has worked 100+ high level athletes

*Coached 13 athletes in the 2014 Winter
Olympic Games (Sotchi)

Augusta Hathaway

U.S. Special Operations Forces

5 Phase Progression to Improve Speed &

Agility/ Developing a Physical Training

Program for the Tactical Athlete

*Master Fitness Trainer (Ft. Bragg, NC)

*University of Hawaii-Manoa Alumni 2009

*MMA Competitor

TBA

Queen's Medical Center

TBA

Mike Blasquez

University of California- Berkley

Proper Program Structure and Workflow

*Director of Strength & Conditioning

*20+ years in strength and conditioning

TBA

Polynesian Voyaging Society

Malama Honua: World Wide Voyage

*Founded in 1973

*Traditional Polynesian voyaging methods

Tanna Burge

Texas A&M University

Building a Culture of Excellence

*Director of Sports Performance

*Baylor, Northwestern, Clemson, USMA

Steve Watterson

Tennessee Titans

Integration of Vintage Training Tools Into

Standard Power Training Programs

*30th season as Titans' strength &

conditioning coach

*1992 Professional Strength &

Conditioning Coach of the Year

Ed Coan

World Champion Power Lifter

Teaching the Squat, Bench Press & Deadlift

*Set Over 71 World Powerlifting Records

► Supported By

