

2017 HAWAII STRENGTH CLINIC



HAWAII
PACIFIC
HEALTH

STRAUB
BONE & JOINT CENTER

► Clinic Information

Date

January 27-28th, 2017

Place

University of Hawaii Training Complex
Alexander Waterhouse Training Facility

Time

January 27, 2017: 6:00pm-9:00pm
January 28, 2017: 8:00am-5:00pm

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

\$50- Students & GAs (with valid ID)

\$100- ATC, HHSSA, Youth Coaches, Military, PT,
& PT Assistants

\$125- General Public

*\$25 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)- 0.8 CEUs
for certified attendees

CSCCa (SCCC)- 4.5 CEUs
for certified attendees

HATA (ATC)- 8.5 CEUs

UNIVERSITY OF HAWAII ATHLETIC COMPLEX

JANUARY 27 & 28, 2017

► Clinic Speakers

Megan Young

Assistant Strength Coach
Auburn University
"Achieving Through Connection"

Adam Fiet

Director of Sports Performance
Reach Your Potential Training
Tinton Falls, NJ
"Coaches Guide to Jump Training"

Chris Kidawski

Influential Health Solutions, Florida
"Mobility techniques for decreasing
injury, and improving for performance"

Wade Yamasaki

Assistant Athletic Trainer
University of Hawaii
*San Diego Padres ATC 15 years
"Building Bulletproof Shoulders,
Prehab/Rehab"

Carl Kochan

Head Strength and Conditioning Coach
San Francisco Giants MLB
"Keeping Overhead Athletes Healthy"

Anthony Glass

Director of Strength & Conditioning Olympic Sports
Ohio State University, MSCC
"Training the Collegiate Olympic Sport Athlete"

Todd Hamer

Head Strength & Conditioning Coach
Robbert Morris University
"Strength Training on a Budget"

Dr. Keanu Sai

University of Hawaii, WCC/ The Hawaiian Kingdom
"Hawaii's Story - An Inconvenient Truth"
Lecturer / Agent

Michael Kenji Yamazaki MD,

Physical Medicine/ Rehab
Straub Clinic & Hospital
Honolulu, HI
"Sport Ultrasound"

Lee Clark

Level 3 ASCA Strength and Conditioning Coach
*11 years Newcastle Knights National Rugby
"Dynamic Warm Up / Speed, Power, Agility
Drills for Team Sports"

► Supported By

