

## ► CLINIC DESCRIPTION

Aloha.

I'd like to personally invite you to the 1st annual University of Hawai'i Strength Coaches Clinic. By attending this clinic, you will dramatically increase the opportunities for the state of Hawai'i's student-athletes and their future athletic goals. We seek to create awareness and educate coaches on new training concepts. We have excellent speakers talking about how to improve performance, decrease injuries, and gain a greater understanding of the importance of strength and conditioning.

Mahalo,

Tommy Heffernan

## ► CLINIC SPONSORED BY

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## ► CLINIC SPEAKERS

**DONNIE MAIB /**  
UNIVERSITY OF TEXAS  
• Texas Football Training

**BRENDON ZIEGLER /**  
OREGON STATE UNIVERSITY  
• Football Offseason Conditioning

**JAMIE YANCHAR /**  
UNIVERSITY OF SOUTHERN CALIFORNIA  
• Speed & Agility

**DOUG ELISAIA /**  
UNIVERSITY OF UTAH  
• Team Accountability

**TOMMY HEFFERNAN /**  
UNIVERSITY OF HAWAI'I  
• Volleyball Offseason Training

**DR. CHARLES MORGAN /**  
UNIVERSITY OF HAWAI'I  
• Coaching Effectiveness

**ALLEN TITCHENAL /**  
UNIVERSITY OF HAWAI'I  
• Sports Nutrition

**CHAD IKEI /**  
IKEI PERFORMANCE  
• Posterior Chain Development

## ► FOR MORE INFORMATION CONTACT /

TOMMY HEFFERNAN

• Director of Strength & Conditioning

P: 808.956.7882

EMAIL:theffern@hawaii.edu

## ► CLINIC PROGRAM

8:00-9:00 am	Registration
9:00-9:45	Session 1
10:00-10:45	Session 2
11:00-11:45	Session 3
12:00-1:00 pm	Lunch
1:00-1:45	Session 4
2:00-2:45	Session 5
3:00-3:45	Session 6
4:00-5:30	Networking/Social
5:30 pm	End



PHONE: 808.956.7882 / EMAIL:theffern@hawaii.edu



# HAWAI'I STRENGTH COACHES CLINIC 2010

## ► DATE /

Saturday, January 30, 2010

## ► PLACE /

University of Hawai'i Athletic Complex  
Alexander Waterhouse Training Facility  
(athletic weightroom)

## ► TIME /

Registration: 8:00-9:00 am

Clinic: 9:00 am - 4:00 pm

Networking: 4:00 - 5:30 pm

## ► COST /

\$60 (includes clinic shirt & lunch)

Early Registration before Jan.10.

\$75 Late Registration

\$35 Cancellation Fee

Please make checks payable to:  
University of Hawai'i Athletics

Send payment to:

UH Athletics

Attn: Hawai'i Strength & Conditioning

1337 Lower Campus Rd.

Honolulu, HI

96822

## CLINIC SPONSORS



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**STRENGTH COACHES CLINIC  
2010**

**SATURDAY // JANUARY 30 // 2010  
UNIVERSITY OF HAWAI'I ATHLETIC COMPLEX  
ALEXANDER WATERHOUSE TRAINING FACILITY**