

2018 HAWAI'I STRENGTH COACHES CLINIC



CLINIC INFORMATION	
Date	January 26-27th, 2018
Place	University of Hawai'i Training Complex Alexander Waterhouse Training Facility
Time	January 26, 2018: 6:00pm-9:00pm January 27, 2018: 8:00am-5:00pm
Cost (Includes shirt, lunch, socials, clinic packets)	\$50- Students & GAs (with valid ID) \$100- ATC, HHSAA, Youth Coaches, Military, PTs \$125- General Public *\$25 Late registration fee after January 15th, 2018 \$35 Cancellation Fee \$25 Charge for Returned Checks

UNIVERSITY OF HAWAI'I ATHLETIC COMPLEX JANUARY 26 & 27, 2018

Clinic Speakers

Lee Taft

Athletic Movement Specialist
Owner of Lee Taft Athletic Consulting
Greenwood, Indiana

Bubba Reynolds

Head Strength Coach for Football
University of Hawaii

Dave Ostlund

Professional Strongman
2008 World's Strongest Man - 3rd Place
Edina, Minnesota

David Boyle

Australian S&C Association Board
Owner - David Boyle & Associates
Former NRL Player - 10 years
Sydney, Australia

Ron McKeefrey

PLAE - VP of Performance & Education
Former NFL, MLB, NCAA Strength Coach
Kansas City, Missouri

Dr. Takeshi Suzuki

CEO of R-Body project Co., Ltd
Tokyo, Japan

Donnie Thompson

World Record Powerlifter
Owner - Bodytemperir
Columbia, South Carolina

Bob Wagner

UH Head Coach 1988-1995
UH Assistant & DC 1977-1988
Defensive Coordinator - Arizona & TCU
Kea'au, Hawaii

REGISTRATION / PAYMENT	
Online:	Hawaiiathletics.com > Camps
Mail-In:	Please make checks payable to: University of Hawaii Athletic Business Office- Camps and Clinics 1337 Lower Campus Rd, Honolulu, HI 96822

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

CEU INFORMATION	
NSCA (CSCS/CPT)- CEUs pending	
CSCCa (SCCC)- CEUs pending	
HATA (ATC) - CEUs pending	

MUSCLE MILK
BRAND



MATRIX

Riddell



JMSPORTSMD



Course Objectives for the Hawaii Strength Clinic

At the conclusion of this course, participants will be able to:

- Understand the principle of athletic training and improve patient outcomes
- Understand the principle of strength & conditioning and effective coaching skill
- Provide methods for ATs and other members of sport medicine team to share their knowledge through collaboration and discussion
- Promote leadership within and beyond the local athletic community
- Enhance ability to see the “big picture” and take a broader perspective on day to day business in athletic training
- Improve leadership skills to keep skill set properly aligned with the constantly changing profession



Lee Taft, CSCS

Lee Taft is the owner and head trainer at Lee Taft Speed Academy in both New York and Indiana. Known to most simply as “The Speed Guy”, he is highly respected as one of the top athletic movement specialist in the world. The last 25 years he has devoted the majority of his time training multi-directional speed to all ages and ability. He has spent much of this time teaching his multi-directional speed methods to top performance coaches and fitness professionals all over the world.



Takeshi Suzuki, PhD, ATC, CSCS, FAFS, PES

Dr. Suzuki is the owner and founder of R-body project in Tokyo, Japan. He is a manager at the High Performance Unit of the Japan Sport Council since 2016 and support member of the Japanese Olympic Committee since 2011. He has served on the medical staff for numerous Japanese Olympic teams and committees.



Presentation Topic:

- Cueing: The Art of Saying Less to Get More

Bubba Reynolds, SCCC, CSCS, FMS, PN

Joseph “Bubba” Reynolds joined the University of Hawai‘i strength and conditioning staff in January 2016 as the primary strength coach on first-year head coach Nick Rolovich’s UH football coaching staff. Reynolds came to Manoa from the University of Nevada, where he spent three years on the strength staff, most recently serving one year as the associate director of strength and conditioning, assisting strength director Matt Eck in the design, implementation, execution and assessment of the Wolf Pack football team’s training program. Reynolds was a standout linebacker at Humboldt State, earning second-team all-Great Northwest Athletic Conference (GNAC) honors as a senior team captain, a season in which he set a conference single-game record with 25 tackles against Dixie State. He also played rugby while at HSU. He began his playing career at Orange Coast College.



Presentation Topic:

- Program Design
- Speed Development Outside the Box

Ron McKeefrey, MA, CSCS*D, MSCC

Ron McKeefrey is currently the Vice President of Performance & Education for PLAE Global. He is a graduate of Ottawa University, where he received a B.A. in both Biology and Physical Education and a graduate of the University of South Florida, where he received a M.A. in Adult Education. Prior to his work with PLAE Global he served as the Director of Strength & Conditioning at Eastern Michigan University. He has also worked with organizations such as the Cincinnati Bengals, the University of Tennessee, the University of South Florida, the Berlin Thunder, the Tampa Bay Buccaneers, and the Kansas City Royals. He was selected as the 2016 NSCA Collegiate Strength & Conditioning Coach of the Year as well as the 2008 Collegiate Strength & Conditioning Coach of the Year from the Professional Football Coaches Society. He is a Certified Strength and Conditioning Specialist and member of the National Strength & Conditioning Association (NSCA), as well as a Master Strength and Conditioning Coach from the Collegiate Strength and Conditioning Coaches Association. He is also Club Coach Certified under the US Weightlifting Federation, holds the EXOS certification, and is Functional Movement Systems, Level 1 certified.



Presentation Topic:

- Leadership & Motivation - Its Role in Athletic Preparation

David Boyle, MBA, ASCA Level 3 Master Coach

David Boyle is a seasoned manager with extensive experience within Corporate, Government and Elite Sports sectors. He is equally at home in the Boardroom or at coal face - a successful communicator able to build stakeholder engagement through skills development and empowerment. David incorporates collaborative leadership to deliver extraordinary results, has strongly held personal values centered through Honesty, Integrity, Respect and Humility. Has a proven track record, in both business and the elite sport environment, developing positive and winning cultures through individual coaching and team mentorship.



Presentation Topics (3):

- Ankles/feet! Train them for domination
- Strength Preparation
- Getting away from blanket programming for athletes

Donnie Thompson

Donnie Thompson currently holds 8-all time World Records in Professional Powerlifting which includes 3 Bench Press records, 2 Squat records and 3 Total records! Donnie is the first human to ever total 3000lbs in a powerlifting meet!! His 3000lb Powerlifting total is now only shared with David Hoff. This led to his SHW victory at the 2005 WPO Powerlifting Championships at the Arnold Classic. He worked 6 years for Progressive Sports Physical Therapy in West Columbia, South Carolina. He acted as the Strength and Mobility Director for the 10 clinics statewide. He insured the implementation of strength and advanced Rehabilitation techniques to physical therapists and assistants. Donnie now works with athletes abroad teaching and implementing Strength Performance Therapy. Specializing in ankles, hips/lower back & shoulders. His own methods are now protocols worldwide.



Presentation Topic:

- My Coaching Philosophy and Experiences

Bob Wagner

Bob Wagner was the head coach for the Rainbow Warriors football team at the University of Hawaii from 1988 to 1995. He graduated from Wittenburg University in 1969. He started as an assistant coach at Gallipolis High School in Ohio in 1969. In 1971, he became head coach at River View High School in Warsaw, Ohio and led the team to its then-best season ever at 8–2. In 1975, Wagner became assistant coach at the College of Wooster, then became an assistant at the University of Washington in 1976. He became an assistant coach at Hawaii in 1977 under Larry Price, then was promoted to defensive coordinator under Dick Tomey in 1983. Coach Wagner took over the head coaching position in 1988 and led the Rainbow Warriors to their first WAC title in 1992. After finishing his coaching career, Wagner served as the athletic director for Kamehameha Schools-Hawaii on the Big Island from 2002 to 2012.



Presentation Topic:

- Strongman Training

Dave Ostlund

Professional Strongman since 2001. 7x Worlds Strongest Man competitor with 5 top 10 finishes. Have spoken at a couple of Minnesota NSCA events. Last presented at NSCA regional event at University of Vermont, June 2017

Grievance Policy

At the end of the program, participants will be able to document any grievance they encountered on their program evaluations. Each grievance will be handled on a case by case basis.

Non-Discriminatory Policy

The Hawaii Strength Clinic does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation or age. *The Hawaii Strength Clinic* is committed to accessibility and non-discrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact program organizers so that all reasonable efforts to accommodate these needs can be made.