

# 2018 HAWAI'I STRENGTH 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- HHSAA & Youth Coaches, Military,  
ATs, PTs & PTAs

\$125- General Public

\*\$25 Late registration fee after January 15th, 2018

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

### Clinic Speakers

#### Lee Taft

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

#### Bubba Reynolds

Head Strength & Conditioning Coach for  
Rainbow Warriors Football Team  
University of Hawaii  
Honolulu, Hawaii

#### Dave Ostlund

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

#### David Boyle

Australian Strength & Conditioning  
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 – R-body project Co., Ltd  
Faculty – Information, Medicine & Science  
Commission, Japan Olympic Committee  
Tokyo, Japan

#### Donnie Thompson

World Record Power Lifter  
Owner – Body Tempering  
Columbia, South Carolina

#### Bob Wagner

Former Univ. of Hawaii Football Head Coach  
Former Kamehameha Schools Hawaii  
Athletic Director  
Kea'au, Hawaii

## Registration

### Mail-In:

Please make checks payable to: University of Hawaii  
Send to: Athletic Business Office- Camps and Clinics  
2500 Campus Rd, Honolulu, HI 96822

### Online:

Visit: [Hawaiiathletics.com](http://Hawaiiathletics.com)>Fan Zone>Sports Camps

## Contact

Tommy Heffernan

Phone: 808.956.7882

Email: [theffern@hawaii.edu](mailto:theffern@hawaii.edu)

## CEU Information

NSCA (CSCS/CPT)- 0.7 CEU

CSCCa (SCCC)- 4.5 CEU

BOC (ATC)- 7 CEU or 5 CEU+2EBP (Pending)

**MUSCLE MILK**  
BRAND



**MATRIX**



**Riddell**



**JMSPORTSMD**



**Target Audience:**

Athletic Trainers

CEUs: Maximum 5 CEUs & 2 EBP (Pending)  
or 7 CEUs

The HATA is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program is approved for a maximum of 7 Category A CEUs or 5 CEUs & 2 EBP. BOC Approved Provider ID: P326

**2018 Hawai'i Strength Clinic**Friday, January 26<sup>th</sup> 2018, 6:00pm – 9:00pmSaturday, January 27<sup>th</sup> 2018, 8:00am – 5:20pm**Registration:**

Please register via the following online link:

[2018 Hawai'i Strength Clinic Registration Form](#)**Fees:****Certified Athletic Trainers \$100.00****Physical Therapists/Physical Therapist Assistants \$100.00****Students & Graduate Assistants (with valid ID) \$50.00****Registration Deadline: January 15, 2018.**Please make checks payable to: **University of Hawai'i****Send registration fees to:**

Athletic Business Office- Camps and Clinics

1337 Lower Campus Rd.

Honolulu, HI 96822

Cancellations must be received by January 22, 2018 for a full refund. Registration refunds will not be given after the cancellation deadline. Cancellation requests should be addressed to Tomoki Kanaoka via email at [tkanaoka@ahct.k12.hi.us](mailto:tkanaoka@ahct.k12.hi.us). You will be refunded in the same method of your payment.

**Meeting Location:**

University of Hawai'i Training Complex

Alexander Waterhouse Training Facility

1337 Lower Campus Road

Honolulu, Hawaii 96822

Parking fee is \$6/day

**Level of Difficulty:** Essential and Advanced**Friday, January 26, 2017**

5:00 – 6:00pm	Registration and arrival	
6:20 – 7:20pm	<b>Keynote Presentation #1</b>	
	"My Coaching Philosophy and Experiences"	
	Bob Wagner, Former U of Hawaii Football Head Coach	
7:30 – 8:30pm	<b>Breakout Session #1</b>	<b>1 CEU</b>
	"Cueing: The Art of Saying Less to Get More"	
	Bubba Reynolds, University of Hawaii Athletics	
	"Getting Away From Blanket Programming for Athletes"	
	Donnie Thompson, Body Tempering	
8:45 – 10:00pm	Networking & Social	

**Saturday, January 26, 2017**

7:00 – 8:00am	Registration and arrival	
8:00 – 8:30am	Introduction & Announcements	
8:30 – 9:30am	"Strongman Training for Sports"	<b>1 CEU</b>
	Dave Ostlund, Xtremes Formulations	
9:40 – 10:40am	<b>Breakout Session #2</b>	
	"Progression from Corrective to Functional Exercises" <b>1 EBP</b> (pending EBP Approval)	
	Utilizing Movement Assessments" (Lecture)	
	Dr. Takeshi Suzuki, R-body project,	
	"Outside the Box Speed Development"	<b>1 CEU</b>
	Ron McKeeFrey, PLAE	
10:50 – 11:50am	<b>Breakout Session #3</b>	
	"Progression from Corrective to Functional Exercises" <b>1 EBP</b> (pending EBP Approval)	
	Utilizing Movement Assessments" (Lab)	
	Dr. Takeshi Suzuki, R-body project	
	"Program Design "	<b>1 CEU</b>
	Ron McKeeFrey, PLAE	
12:00 – 1:00pm	<b>Keynote Presentation #2:</b>	
	"Topic: TBA"	
	Speaker: TBA	
1:00 – 2:00pm	Lunch	
2:00 – 3:00pm	<b>Breakout Sessions #4</b>	<b>1 CEU</b>
	"Ankles/Feet: Train Them for Domination"	
	Donnie Thompson, Body Tempering	
	"How to Assess and Implement Multi-Directional Speed Techniques"	
	Lee Taft, Lee Taft Speed Academy	
3:10 – 4:10pm	<b>Breakout Sessions #5</b>	<b>1 CEU</b>
	"Strength Preparation"	
	Donnie Thompson, Body Tempering	
	"Discover the Art of Teaching Quickness and Change of Direction Speed"	
	Lee Taft, Lee Taft Speed Academy	
4:20 – 5:20pm	"Leadership & Motivation: Its Role in Athletic Population"	<b>1 CEU</b>
	David Boyle, ASCA	
5:30 – 8:00pm	Networking & Social	

## Learning Objectives for the Hawaii Strength Clinic

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

- Understand the principles of athletic training and improve patient outcomes
- Understand the principles of strength & conditioning and effective coaching skills
- Provide methods for ATs and other members of the sports medicine team to share their knowledge through collaboration and discussion
- Learn how to address an alternative way to program, monitor, and test physical and mental responses of athlete's on an individualized basis
- Learn how to use effective cueing when introducing new movement patterns or reinforce correct techniques to athletes
- Learn key points, or "landmarks", of postures and positions needed for optimal speed
- Learn key aspects of linear and lateral acceleration, retreating, and change of direction
- Address and implement changes to hit certain landmarks of speed training
- Learn strategies on how and what to look for when assessing the various movements of multi-directional speed for sport
- Understand the importance of core strength and stability for sport performance
- Learn how non-sport specific types of training, such as "strongman training", can increase athletic performance
- Learn the principles of corrective exercise and functional exercise
- Understand how fundamental treatment for chronic injury can produce better patient outcomes than traditional localized treatment
- Promote leadership within and beyond the local athletic community
- Enhance the 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

## Speaker's Biography & Presentation Topic



**Bob Wagner**

Presentation Topic: "My Coaching Philosophy and Experience"

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.



**Lee Taft, CSCS**

Presentation Topics:

1. "How to Assess and Implement Multi-Directional Speed Techniques"
2. "Discover the Art of Teaching Quickness and Change of Direction Speed"

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.



**David Boyle, MBA, ASCA Level 3 Master Coach**

Presentation Topic: "Leadership & Motivation: Its Role in Athletic Preparation"

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.

## Mission of the Hawai'i Strength Clinic

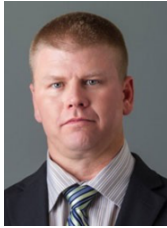
The mission of the Hawai'i Strength Clinic is to give back to the local athletic community by providing learning opportunities for athletic trainers, strength & conditioning specialists, coaches, and other allied healthcare professionals through a variety of educational content.

## 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.



Presentation Topics:

1. "Program Design"
2. "Outside the Box Speed Development"

**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: "Progression from Corrective Exercise to Functional Exercise Utilizing Movement Assessments" (Lecture & Practical)

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

Takeshi is the president & CEO of R-body project Co., Ltd in Tokyo, Japan. Takeshi graduated from Washington State University and became an athletic trainer, which was not a well-known profession at the time in Japan. After returning to Japan in 1998, he joined Japan Ski Federation and worked with a number of renowned athletes at Winter Olympic Games in Salt Lake City, Turin, Vancouver, and Sochi. At the same time, he pursued his doctorate in sports medicine at Tsukuba University. In 2003, he founded R-body project with his strong desire to provide a facility where anyone can access the level of services that have traditionally been provided only for elite athletes. Since then, the company has successfully provided a personalized athletic rehabilitation and exercise programs not only for professional athletes but also for non-competitive athletes. A number of hospitals and clinics have also been utilizing the service provided by R-body project. Takeshi has written numerous articles about sports medicine and training theory and actively holds a number of seminars all over Japan. He also started "R-body Academy" in 2011 to train and educate future experts in exercise science and training. He has been appointed by Japan Olympic Committee (JOC) as one of its medical staff and recently worked at the 2012 London and the 2016 Rio de Janeiro Olympic games. He is currently serving as the medical advisor to the Organizing Committee of JOC for the 2020 Tokyo Olympic and Paralympic games.



Presentation Topic: "Cueing: The Art of Saying Less to Get more"

**Bubba Reynolds**

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.

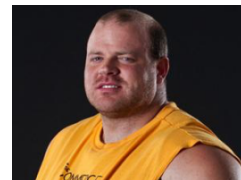


Presentation Topics:

1. "Ankle/Feet: Train them for Domination"
2. "Strength Preparation"
3. "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: "Strongman Training for Sports"

**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