

Honolulu Quarterback Club
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PRESS RELEASE

For Release: Sunday, February 6, 2011

The Honolulu Quarterback Club, celebrating 65 Years, is pleased to announce the following Guest Speakers for their luncheon, Monday, February 7th., at the MGR.:

+ Rich Miano – Associate Head Coach – Secondary – University of Hawai'i Football Warriors

+ Jan Prins – PhD – Associate Professor – University of Hawai'i - Head Swim Coach – U.S. Marines' Wounded Warrior Program

+ Kimberly Pugliese – Recipient – Female Sports Person of the Month - September 2010

Rich Miano - Associate Head Coach - Secondary - University of Hawai'i "Football Warriors" – Coach Rich completed his 13th year at the University of Hawai'i and his 4th season as Associate Head Coach for the team. The last time the HQC had Coach Rich speak was in 2008 and a lot of this have changed. Coach Rich, who was a former safety at UH, was a walk-on at the University and has created his secondary from overachieving walk-ons and continues to monitor that program. He'll talk a little bit about the Sheraton Hawai'i Bowl with Tulsa and the new 2011 recruiting class who made commitments last week. There are 25 high school and junior college prospects for the 2011 upcoming season which was about 80% of all the players that the "Warriors" Football Staff had targeted. Coach Rich will highlight some of the recruit's backgrounds, like defensive back Mike Edwards who played his freshman year at Tennessee, Chris Grant a junior college All-American, Chinedu Promise Amadi who earned postseason high school honors, linebacker Brenden Daley who was rated the 44th best prospect in junior college and Will Gregory who was rated the 46th best running back prospect in the U.S. We all look forward to connecting with Coach Rich who will entertain questions.

Jan Prins – PhD – Associate Professor – Department of Kinesiology and Rehabilitation Science – University of Hawai'i at Manoa – Coach Jan is also the Founder and Director of the Aquatic Research Laboratory at the University & is an Adjunct Associate Professor in the Department of Family Medicine and Community Health, Division of Sports Medicine at the John A. Burns School of Medicine. He is also the Editor-in-Chief of the Journal of Swimming Research. Coach Jan has over 40 years of swimming experience. Over the years, he was involved in many different swimming activities such as being a Head Assistant Coach at Indiana University, Head Swimming Coach at UH, served on the coaching staff for the U.S. Olympic Festival, was Head Olympic Coach for Sir Lanka and the Asian Games in Seoul, served as the U.S. Paralympic Swimming Coach in Barcelona and Malta. In 1989, Coach Jan founded the "Prins Aquatherapy" which is one of the first physical therapy clinics in the U.S. to specialize in aquatic physical therapy. His latest activity is to serve as the Head Swimming Coach for the U.S. Marine Corps, Wounded Warrior Program. Coach Jan will describe the program which provides assistance to wounded, ill and injured Marines and family members to assist them in returning to duty or to civilian life. He will be available for questions at the luncheon.

Also in attendance will be the **2010 September Female Sports Person of the Month, Kimberly Pugliese**, from Mililani High School who was selected the 2010 OIA Western Division girls' cross-country player of the year, winning the 2010 OIA Championship and won and set a record in the OIA Western Division Championship girl's varsity 3000 meters Kimberly was also selected as the winner of the 2010 Wendy's High School Heisman. She will accept her award from the Honolulu Quarterback Club at Monday's luncheon.

The Maple Garden Restaurant is located at 909 Isenberg (near the corner of King and Isenberg directly across from the Old Stadium Park) and there is free parking next to the Restaurant or street parking is available. The entrance to the meeting room is located at the rear of the Maple Garden building through the parking lot. Lunch is at 11:30 am and the program begins at 12 noon. The luncheon cost is \$15.00 per person for members and guests which includes tax and gratuities.

THE GENERAL PUBLIC IS INVITED!

Come to our meeting & celebrate these speakers!

There is very limited parking next to the Maple Garden Restaurant but there is plenty of street Parking.