

HONOLULU QUARTERBACK CLUB

"The Preeminent Sports Source in Hawai'i, Recognizing All Sports"

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PRESS RELEASE

For Release: Sunday, April 12, 2015

The Honolulu Quarterback Club, celebrating 69 years, is pleased to announce the following Guest Speakers for their luncheon, Monday, April 13th, at the Maple Garden Restaurant, 909 Isenberg St., Honolulu, HI 96826:

+ Chad Ikei – 5-Time National Weightlifting Champion - Owner of Ikei Sports Hawai'i

Chad Ikei – Owner of Ikei Sports Hawai'i - Coach Chad is a 5-time National Weightlifting Champion who holds 21 National Weightlifting Records in 2 weight divisions and is an 8-time World Record Holder in Powerlifting. He also made the record books as the youngest & lightest athlete to ever record a bench press of 303 pounds at the age of 17 years old, while weighing in at 112 lbs bodyweight. He was also the first and only athlete to set a National Record in the Olympic Weightlifting (Snatch) & World Record in Powerlifting (Bench Press) in the same month. Coach Chad spent 6 years training at the U.S. Olympic Training Center in Colorado Springs before retiring and turning to the field of strength & conditioning where he utilizes his experience to help prepare athletes for the next level. During the past 17 years, he has trained over 300 NFL Players including 6-time Pro Bowl Wide Receiver Larry Fitzgerald, 5-time Pro Bowl Safety Adrian Wilson and a host of Hawaii/Polynesian NFL Players like Aaron Francisco, Al Afalava, Stephen Paea and Mana Silva. Coach Chad has established himself as one of the top NFL Combine trainers in the country as he has produced some of the top performances at numerous NFL Pro Day events for the past 9 years. Throughout his professional career, he has also helped hundreds of Collegiate & High School athletes move on to compete at the next level. After a 20 year stint of living in the mainland, Coach Chad returned home to Hawaii in August 2011 and volunteered his time to help develop the strength & conditioning program at his Alma Mater, Kaiser High School and led them to their first State Championship Title in 34 years. His passion, experience and knowledge of athletic performance development is second-to-none and Coach Chad is committed to changing the lives of his athletes one rep at a time. Coach Ikei will bring 1 to 2 surprise guests to the Quarterback luncheon on Monday. The HQC welcomes back Coach Chad with aloha.

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 food is fabulous!

THE GENERAL PUBLIC IS INVITED

Come to our meeting & celebrate this speaker!

There is parking next to the Maple Garden Restaurant and plenty of street Parking.