

HONOLULU QUARTERBACK CLUB

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

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PRESS RELEASE

For Release: Sunday, June 23, 2013 The Honolulu Quarterback Club, celebrating 67 years, is pleased to announce the following Guest Speakers for their luncheon, Monday, June 24th, at the MGR:

+ Gib Arnold - Head Coach - Men's Basketball - UH

+ Nataliia Kravchuk - Triathlete & Coach - Honolulu

Gib Arnold - Head Coach - Men's Basketball - University of Hawaii - Coach Gib lead the team this season to a 19 -10 overall record with 6 - 4 record on the road. The Rainbow Warriors made it's 14th all-time postseason and entered the CollegeInsider.com Tournament for the 2nd time. Before joining UH, he was an Assistant Coach for 5 years. While there, he was instrumental in making USC achieve a record of 3 consecutive NCAA Tournament appearance, 3 straight 20 win seasons and the winngest 4-year stretch in USC's history. He is a graduate of Punahou where he was a prep-All-American and Hawai'i high school Gatorade Player of the Year. Coach Gib went on to play for Arizona State, followed by playing for Dixie State College in Utah. He completed his college career at San Diego, where he helped the Tritons to a school-record of 17 consecutive wins and and a national ranking of 3rd in the NCAA Division III. Coach Gib will review the season, the players and give us the inside story on Vander Joaquim on Monday.

Nataliia Kravchuk - Triathlete & Coach - Honolulu - Coach Nataliia active and passion for competitive sports started at the age of fourteen when she joined one of the major athletic clubs in her native country, the Ukraine. As a youth she enjoyed a dynamic lifestyle as a runner and swimmer. Her talents were quickly recognized and she was introduced to the endurance sport of triathlon. With specific racing focus and serious training, Coach Nataliia ranked in the top 5 best female tri-athletes in the Ukraine. She was placed in reserve for the Ukrainian National Triathlon Team. With the purpose of obtaining a high quality education, in 2005 Coach Nataliia moved to the U.S. While in college, she competed on the women's swimming team. Her immediate success as a swimmer and excellent grades afforded her the opportunity to be considered for and receive numerous scholarships and awards as a "Student-Athlete". In 2010 after completing her Bachelor's Degree in accounting from New York City Business College, together with her husband and daughter, she moved to Hawai'i. The perfect training conditions year round in Hawai'i has allowed her to enjoy her current successes. This year alone, she has placed 1st overall in the female division of the Great Aloha Run, Hapalua Half Marathon, Hibiscus Half-Marathon and last year, won 1st place in the overall female division Tinman Triathlon and she placed 3rd. in the ITU World Championships/Age Group Sprint Triathlon in New Zealand. Also last year she was presented an award for outstanding achievement by Mayor Peter Carlisle, who proclaimed November 1st. as Nataliia Kravchuk's Day. She has built a career of excellence and achievement through dedicated and disciplined work toward focused athletic goals. Her accomplishments

have become inspirational to a host of people who share with her the love of sport, fitness, and the energized interaction that training can bring. Coach Nataliia will talk about the special running & swimming clinics that she will be giving at the YWCA starting in July. She will entertain questions from luncheon attendees.

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 guest which includes tax and gratuities. The food is fabulous!

THE GENERAL PUBLIC IS INVITED

Come to our meeting & celebrate these speakers!

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