

HONOLULU QUARTERBACK CLUB

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

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PRESS RELEASE

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The Honolulu Quarterback Club, celebrating 69 years, is pleased to announce the following Guest Speakers for their luncheon, Monday, June 29, 2015 at the Maple Garden Restaurant, 909 Isenberg St., Honolulu, HI 96826:

+ Roz Hamby - Retired - Vice President of Membership & Programs - YMCA of the USA

+ John Flanagan - Co-Head Coach - Kamehameha Swim Club & Multiple Hawaii State Champion & Record Holder

Roz Hamby - Retired - Vice President of Membership & Programs - YMCA of the USA - Roz recently retired after serving 40 years with the YMCA. Her job, along with her husband who also works for the YMCA, has taken her from Dallas to Hawaii, San Francisco, Palo Alto, Los Angeles (twice) and Chicago and finally back to Honolulu. During her tenure with the YMCA, she has developed many staff, board members, volunteers and acquired many new friends, especially in Honolulu. She, along with a competent staff developed and implemented numerous programs, including child care, membership, housing for single moms, fitness programs and much more. Roz is most proud of her work at the National Office where she had the opportunity to influence YMCAs all over the United States and Puerto Rico developing new program models and setting new trends. She is also known for her ability to coach and mentor others. Roz continues to volunteer for the National Office coaching YMCA CEOs and volunteering for other projects. She and her husband both worked at the Nuuanu and Central branches, respectively. Roz will be available for questions from Honolulu Quarterback Club members and other luncheon attendees.

John Flanagan - Co-Head Coach - Kamehameha Swim Club & Multiple Hawaii State Champion & Record Holder - In addition to being a coach at Kamehameha, Coach John is a Senior National Championship medalist, a multiple Olympic Trials competitor, a Pan Pacific Championship medalist, an Oceania Championship medalist, and a World Championship medalist. A distance freestyle specialist, Coach John attended Auburn University and was a member of the NCAA National Championship Swim Team in 1997. After college, his swimming career continued to excel. Coach John went on to become a 4-year National Open Water Team member competing in multiple World Cup, Pan Pacific Championship and World Championship events. In 2001, he won the 10K National Open Water Championship. His international fame includes a gold medal in the 1998 World Championships and the 1999 Pan Pacific Championships. In 2005, John was inducted into Hawaii's Swimming Hall of Fame. In 2008, Coach John entered the sport of triathlon and quickly rose through the ranks to become a professional again specializing in distance events. He holds an 8:49 Ironman time. Coach John was first out of the water at the 2009 Ironman World Championships and holds numerous 70.3 (Half-Ironman) and Ironman Swim records. He is known in the triathlon world as the "King of Swim." Coach John serves as Co-Head Coach of Kamehameha Swim Club which trains at two sites, Kamehameha Schools and the Oahu Club located in Hawaii Kai. Since joining KSC, the team has grown exponentially from a dozen kids to nearly 350 Swimmers, with 25 straight Hawaii State Championships now to their name, KSC has become Hawaii's resident powerhouse for the age-group swimming. KSC swimmers have included a USA National Title Winner, a 2008 Olympic Games competitor, multiple Olympic Trials competitors, Senior Nationals and Junior Nationals swimmers, a National High School record holder and Sectional and Zone champions. During this time, KSC swimmers have broken over 350 Hawaii State Records. Coach John is an ASCA Level 5 Coach and holds a MA in Exercise Physiology from the University of Hawaii. He will be available for 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 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.