

The "King of Core" is Coming to Hawaii!

March 21 & 22 – Saturday and Sunday

Who IS Barry Lovelace?

Barry is an internationally recognized fitness professional and owner of **FitQuest Fitness** and **Totally Fit Boot Camp** located in Allentown, PA.

He is the creator of **Body Smart Fit Tips &** several athlete training DVD's including **Training for Volleyball, Volleyball Training to the MAX, Core Power for Baseball, Extreme Power Baseball Training** and workout videos **Exercise 4 Every BODY Series One & Two.**

Training athletes of all ages (including professional softball players) is Barry's passion and he continues to promote his innovative training style to all levels of coaches and athletes.

For more information on **Core Training**, why it's great for softball and to see a sample exercise, watch the videos at www.AllAboutFastpitch.com/corepower.html

Kapolei High School Softball Field

March 21 (Sat): 11:30-1:30

March 22 (Sun): 2:00-4:00

Ages: 9 through college

Cost: \$5 per athlete

Coaches and Parents: FREE

For more information contact **Stacie Mahoe: 864-3346**

Clinic Information

Core/functional training can actually be used by ANY athlete and is wonderful for *anyone* trying to **build lean muscle, boost metabolism, and get fit** (that means you too coaches!).

Because I'll be working with Barry on a special project while he's here, you get to take advantage of a very special deal he's offering. **Barry has agreed do clinics for our local athletes at the unusually low price of just \$5.** That's a significant savings and certainly costs less than flying up to PA to work with him! Learn valuable training techniques live and in person right here in Hawaii at **Kapolei High School.**

Since Barry can work with **up to 100** kids at a time (like he recently did at a Nike sports camp) and have a 1st year 10-year-old right alongside an elite college athlete in the very same station, **PLEASE spread the word to everyone you know.** Volleyball players, baseball players, and softball players will get the most out of the clinic because Barry will be sharing exercises that benefit these particular sports most.

Coaches/parents are also welcome to come and watch for free. Barry will be available to answer questions after the clinic for parents and coaches.

Registration for Barry Lovelace's Core Power Clinic

Athlete Name: _____

Age: _____ Sport(s): _____

Contact Information

Parent/Guardian: _____

Contact Phone #'s: _____

e-mail: _____

Cost: \$5 Make checks payable to *Stacie Mahoe*

RELEASE:

Submit Registration by March 14, 2009

After March 14, Call Stacie directly (864-3346)

I/We, the undersigned, individually and as parent(s) and /or guardian(s) of _____, a minor, ask that she be admitted to participate in the Barry Lovelace clinic. In consideration of such admission, I/we do hereby agree to release, discharge, and hold harmless the Barry Lovelace, Stacie Mahoe, and Kapolei High School, its officers, agents, and employees of and from all causes, liabilities, damages, claims, or demands whatsoever on account of any injury or accident involving the said minor arising out of the minor's attendance at the clinic or in the course of any activities held in connection with the clinic.

Mother/Guardian Signature

Father/Guardian Signature

Mail registration to: Stacie Mahoe, 89-346B Mano Avenue, Nanakuli, HI 96792