

## **PROFILE: Ian Hasegawa**

Ian Hasegawa serves as Ka Ulukoa's strength and conditioning coach. His philosophy on training is based on using scientific evidence to develop the young athlete. As such, he strongly believes that strength, speed, power, flexibility, and stability can be trained at a young age through the use of proper resistance training.

### **Background and Qualifications**

Ian brings a wealth of experience training youth, collegiate, Olympic and professional athletes to the club. His previous experience includes serving as the Resident Assistant Strength and Conditioning Coach of the National Strength and Conditioning Association's (NSCA) Human Performance Center where he collaborated with the top exercise scientists and strength and conditioning professionals on a frequent basis. Currently, Ian is a part of the University of Hawaii's strength and conditioning staff as well as a course instructor within the university's Kinesiology and Leisure Science Department.

Ian additionally has authored several articles on performance enhancement training. He has presented to coaches and athletes alike on both the state and national level.

Ian is a Certified Strength and Conditioning Specialist through the N.S.C.A.

### **What lead you to coaching?**

I've always had a passion for athletics. As a college athlete it extended beyond the soccer field into the classroom where I studied Exercise Science. During this time I learned about the body and became fascinated with the way proper exercise influences performance. Upon graduating I attended a symposium conducted by Jimmy Radcliffe, Head Strength and Conditioning Coach for the University of Oregon, on the theory behind speed, agility, and plyometrics. From there I was hooked.

### **How do you spend your time outside of coaching?**

When I'm not in the weight room, class room, or playing field, I enjoy spending time with my fiancé, family, and friends. Other than that I try to surf as much as possible.