



2016-2017 LA PIETRA WINTER SPORTS OFFERINGS, START DATES, COACHES CONTACT INFO

6TH GRADE VOLLEYBALL

1st Day of Practice: Monday October 24 3:15 - 4:45 PM @ La Pietra Outdoor Court
Practices will continue Mondays & Thursdays from 3:15 - 4:45 pm @ LP Gym/Outdoor Court
Head Coach: Brandie "Kahea" Pupuhi Email: pupuhib@gmail.com

6TH GRADE TRACK & FIELD

Practices will be Monday through Friday during their D Block P.E. classes
Practices will begin in December and continue through January 19th
The CSAL Track Meet will be held on Friday, January 20, 2017 at Iolani School.
Head Coaches Ross Kinsler Email: rkinsler@lapietra.edu and Karson Kim Email: kkim@lapietra.edu

INTERMEDIATE BASKETBALL (7th - 9th Grade)

1st Day of Practice: Wednesday, October 12th 3:30 - 5:00 PM @ La Pietra Gymnasium
Practices will continue Mondays-Thursdays (3:30 PM - 5:00 PM) & Fridays 3:00 PM - 4:30 PM @ LP Gym
Head Coaches Michael Glenn Email: mglenn@micomech.com and Reggie Gorham Email: gorhamreggie@yahoo.com

VARSITY BASKETBALL (9th - 12th grade)

1st Day of Tryouts Tuesday, November 1st 5:00 - 6:45 PM @ La Pietra Gymnasium
Practices will continue Mondays, Wednesdays, & Fridays 5:00 PM - 6:45 PM Tuesdays & Thursdays 3:30 PM - 5:00 PM
Head Coach Ross Kinsler Email: rkinsler@lapietra.edu

INTERMEDIATE TENNIS

1st Day of Try-outs Monday October 24th 4:00 PM - 5:30 PM at Keehi Lagoon Tennis Courts
Practices will continue Mondays - Fridays 4:00 PM - 5:30 PM at Keehi Lagoon Tennis Courts
Head Coach Bobby Samson Email: bobby@maryknollschool.org

PAC-5 INTERMEDIATE, JV, & VARSITY SWIMMING

1st Day of Practice: Monday, November 7th 4:00 - 6:00 PM at Kaimuki High School Pool
Practices will continue Mondays - Fridays 4:00 PM - 5:30 PM at Kaimuki High School Pool
Head Coach Matt Tanigawa Email: pac5swimminghi@weebly.com

PAC-5 CANOE PADDLING (Junior Varsity & Varsity)

Preseason Conditioning: Begins Monday October 17 from 4:00 pm - 5:30 pm at the Ala Wai, near McCully Bridge
Will continue on Monday, Wednesdays & Fridays until the start of practices
1st Day of Practice: Tuesday, November 1, 4:00 - 6:00 PM at Ala Wai Clubhouse
Practices will continue Mondays - Fridays 4:00 PM - 6:00 PM at Ala Wai Clubhouse
Head Coach: David Ahia Email: dahia919@gmail.com

PAC-5 INTERMEDIATE SOCCER

1st Day of Tryouts Monday, October 10th 4:00 - 6:00 PM at Kapiolani Park
Practices will continue Mondays - Fridays 4:00 PM - 6:00 PM at Kapiolani Park
Head Coach Les Gusman Email: riggerssoccer@gmail.com

PAC-5 JUNIOR VARSITY SOCCER

1st Day of Tryouts Monday, October 17th 4:00 - 6:00 PM at Kapiolani Park
Practices will continue Mondays - Fridays 4:00 PM - 6:00 PM at Kapiolani Park
Head Coach Les Gusman Email: riggerssoccer@gmail.com

PAC-5 VARSITY SOCCER

1st Day of Tryouts Wednesday, November 2 4:00 - 6:00 PM at Kapiolani Park
Practices will continue Mondays - Fridays 4:00 PM - 6:00 PM at Kapiolani Park
Head Coach Les Gusman Email: riggerssoccer@gmail.com

PAC-5 INTERMEDIATE & VARSITY WRESTLING

Preseason Conditioning: Begins Monday, October 10th from 4:30 PM - 6:00 PM in the University Lab School Cafeteria
Will continue on Mondays and Fridays until the start of practices
1st Day of Practice: Monday, October 31st 4:00 - 5:45 PM (Intermediate) & 4:00 - 6:30 PM (Varsity) in the University Lab School Cafeteria
Practices will continue Mondays - Fridays at the same times throughout the season except on competition days.
Head Coach: Jared Ellis Email: jaredmichael.ellis@gmail.com

PAC-5 JV & VARSITY PRECISION AIR RIFLERY

1st Day of Practice: Monday, November 7th, Time: TBA, Location: TBA
Head Coach: Robynn Hata Email: robynn@hata.onmicrosoft.com