

Dear Parents and Students,

Aloha! We hope that all of you in our La Pietra family are enjoying the summer months. We are looking forward to the start of the 2018-19 school year and below is information regarding the upcoming **Fall Sports Season** and a few opportunities happening in July.

All La Pietra students interested in participating in La Pietra's athletic program for the 2018-19 school year are required to complete and turn in the following documents:

- Athletic Physical Exam Form
- Athletic Participation Form
- Consent for Concussion Testing Form (Grades 7 – 12 only)
- Pre-ImPACT Concussion Worksheet (Grades 7 – 12 only)
- And must take part in the Concussion Baseline Testing (ImPACT) portion of our Concussion Management Program.

All forms and the ImPACT Concussion Testing must be completed prior to taking part in any try-outs and/or practices for La Pietra or Pac-5 teams during the school year. ImPACT Concussion Baseline Testing will be offered on:

- July 19 from 10:00 AM – 2:00 PM on La Pietra's Campus
- July 20 from 10:00 AM – 2:00 PM on La Pietra's Campus
- August 6 after school from 3:15 PM – 5:00 PM on La Pietra's Campus
- August 7 after school from 3:15 PM – 5:00 PM on La Pietra's Campus

Note: Returning student-athletes entering grades 7, 9, and 11, and new students are required to complete the Concussion Baseline testing.

**NEW! Summer Open Gym Basketball and Clinic:** La Pietra is offering open gym basketball practice and clinic sessions on:

- Who: All La Pietra students
- Dates: July 16, 18, 23, & 25
- Times: 4:30 PM – 6:30 PM
- Location: La Pietra Gymnasium
- Note: A specific clinic for students will be held on July 23 and 25, led by Coach Kawika Villa and the Hawaii Women's National Team comprised of Hawaii born collegiate / professional players.

**NEW! Summer Open Gym Volleyball:** Prior to fall tryouts, La Pietra will host open gym practices and scrimmages led by Intermediate Volleyball Coach Harry Lovell. Practice and/or scrimmage sessions will take place on:

- Who: All La Pietra students
- Dates: July 17, 19, 24, and 26
- Time: 4:30 PM – 6:30 PM
- Location: La Pietra Gym
- Two courts will be set up, one for Middle School level students (entering 6-8 grade and the other for High School level students (entering 9-12 grade).

## **VOLLEYBALL**

### Varsity Volleyball Tryouts:

- Who: Grades 9 – 12
- Dates: Monday, July 30 to Thursday, August 2
- Time: 5:00 PM – 6:45 PM
- Location: La Pietra Gym
- Head Coach: Tyler Hodson (Email: [tyler.jammersvbchawaii@gmail.com](mailto:tyler.jammersvbchawaii@gmail.com))



### Intermediate Volleyball Tryouts:

- Who: Grades 7 – 9
- Dates: Tuesday, August 7 – Friday, August 10
- Time: 3:30 PM – 5:00 PM
- Location: La Pietra Gymnasium & Outdoor Court
- Practices: Team practices will continue from 3:30 PM – 5:00 PM on Mondays, Tuesdays, Thursdays, and Fridays throughout the season.
- Head Coach – Intermediate Blue: Harry Lovell (Email: [hlovell1954@gmail.com](mailto:hlovell1954@gmail.com))
- Head Coach – Intermediate White: Tiffany Kane (Email: [tiffany@cornerstonehawaii.com](mailto:tiffany@cornerstonehawaii.com))

### 6<sup>th</sup> Grade Volleyball Practice:

- Who: 6<sup>th</sup> Grade
- Practices: First practice is on Wednesday, October 10. Future practice dates and times is to be determined.
- Information regarding 6<sup>th</sup> grade volleyball will be provided to students during their 6<sup>th</sup> grade physical education class at the start of October.
- Head Coach: TBA

## **AIR RIFLERY**

### Junior Varsity & Varsity Air Riflery Tryouts

- Who: Grades 9 – 12
- Dates: Monday, July 30 – Friday, August 3
- Time: 5:00 PM – 6:30 PM
- Location: La Pietra Gymnasium & Outdoor Court  
Practices: Practices will continue after tryouts from 5:00 PM – 6:30 PM on Tuesdays and Thursdays during the season.
- Head Coach: Noah Staggs (Email: [noahistaggs@gmail.com](mailto:noahistaggs@gmail.com))

## **CROSS COUNTRY**

### Pac-5 Intermediate, JV, & Varsity Cross Country Practices (No Tryouts)

- Who: Grades 7 - 12
- Practices: Begin Monday, July 30 and continue Monday through Friday
- Time: 4:00 PM – 6:00 PM
- Location: Manoa District Park
- Head Coach: Coach Doug Lau (Email: [douglaslau458@gmail.com](mailto:douglaslau458@gmail.com))



## **KAYAKING**

### Pac-5 Junior Varsity & Varsity Kayaking Practices (No Tryouts)

- Who: Grades 9 – 12
- Practices: Begin ~~Monday, July 30~~ Wednesday, August 1 and continue Monday through Friday
- Time: 4:00 PM – 6:00 PM
- Location: Ala Wai Clubhouse (corner of McCully & Kapiolani Blvd)
- Head Coach: Michael Adrian (Email: [mdmalaos@gmail.com](mailto:mdmalaos@gmail.com))

## **TENNIS**

### Junior Varsity Tennis (with St. Andrew's Priory) Tryouts

- Who: Grades 9 – 11
- Dates: Monday, August 6 – Friday, August 10
- Time: 4:00 PM – 6:00 PM
- Location: Keehi Lagoon Tennis Courts
- Head Coach: Cathlene Goya (Email: [cgoya1129@hotmail.com](mailto:cgoya1129@hotmail.com))

## **SWIMMING**

### 6<sup>th</sup> Grade Swimming Practices

- Who: 6<sup>th</sup> Grade
- Practices: Begin Monday, August 13 and continue on Mondays and Wednesdays
- Time: 3:45 PM – 5:00 PM
- Location: La Pietra Swimming Pool
- Head Coach: Maria Jarrell (Email: [mariajarrell@gmail.com](mailto:mariajarrell@gmail.com))

## **CHEERLEADING**

### Pac-5 Intermediate & Varsity Cheerleading

- Who: Grades 7 – 12
- Info: Tryouts were held this past May, but new students with experience may be able to tryout during the Fall. Team practices have been going on throughout the summer.
- Head Coach: DaJuan Parker (Email: [djparker72@gmail.com](mailto:djparker72@gmail.com))

Fall Athletic Game Schedules for teams will be posted on La Pietra Athletics page as they become available. If you have questions, please contact the respective head coach above or La Pietra's Athletic Director, Ross Kinsler at 808-282-8300 or e-mail [rkinsler@lapietra.edu](mailto:rkinsler@lapietra.edu).

MAHALO for your continued support of **LA PIETRA LADY PANTHERS ATHLETICS!**

