

**2018 - 2019 LA PIETRA SPRING SPORTS  
OFFERINGS, START DATES, COACHES CONTACT INFO**

**(updated 1/17/2019)**

**PAC-5 INTERMEDIATE, JV, & VARSITY TRACK & FIELD (7th - 12th Grade)**

**1st Day of Practice:** Monday, January 28th 4:00 - 6:00 PM @Kaimuki High School

Practices: Mondays - Fridays 4:00 PM - 6:00 PM @ Kaimuki High School

**Head Coaches:** Brett Adachi Email: jadachi07@gmail.com and Doug Lau Email: douglaslau458@gmail.com

**PAC-5 INTERMEDIATE & VARSITY SOFTBALL (7th - 12th Grade)**

**1st Day of Practice:** Monday, January 28th 4:00 - 6:00 PM @ Ala Wai Neighborhood Park (near the Pavillion)

Practices: Mondays - Fridays 4:00 PM - 6:00 PM @ Ala Wai Neighborhood Park

**Head Coach:** Cara Hasegawa Email: sadako744@gmail.com

**VARSIITY II WATER POLO (w/ Sacred Hearts) (9th - 12th grade)**

**Preseason conditioning begins:** Tuesday, January 22nd 4:00 - 6:00 PM @ La Pietra Pool/Outdoor Court

Continue on Monday - Friday 4:00 - 6:00 PM until practices begin

**1st Day of Practice:** Monday, February 4th 4:00 - 6:0 PM @ La Pietra Pool

Practices: Mondays - Fridays 4:00 PM - 6:00 PM @ La Pietra Pool or Kaimuki HS Pool

**Head Coach:** Maria Jarrell Email: mariajarrell@gmail.com

**PAC-5 INTERMEDIATE, JV, & VARSITY JUDO (7th - 12th Grade)**

**Sign-ups:** Friday January 25th 3:30 PM - 5:00 PM @ Our Redeemer Lutheran Church

**1st Day of Practice:** Monday, February 4th 4:00 - 6:00 PM @ Our Redeemer Lutheran Church

Practices: Mondays - Fridays 4:00 PM - 6:00 PM @ Our Redeemer Lutheran or University Lab School Cafeteria

**Head Coach:** Arnold Wong Email: arnoldwong1@gmail.com

**ARCHERY (6th - 12th Grade)**

**1st Day of Practice:** Tuesday, February 5th 3:30 - 5:00 PM @ La Pietra Gym / Outdoor Court

Practices: Tuesdays & Thursdays from 3:30 - 5:00 pm @ LP Gym

**Head Coach:** Jack Wade Email: jwade@lapietra.edu

**VARSIITY TENNIS (w/ Maryknoll School) (9th - 12th grade)**

**1st Day of Tryouts:** Monday, February 11th 3:45 PM - 5:45 PM at Keehi Lagoon Tennis Courts

Practices will continue Mondays - Fridays 3:45 PM - 5:45 PM @ Keehi Lagoon Tennis Courts

(\*\*Students responsible for finding their own transportation for matches at CORP or Kalaeloa)

**Coaches:** Bobby Samson Email: bobby@maryknollschool.org

**INTERMEDIATE, JV, & VARSITY GOLF (w/ Sacred Hearts) (7th - 12th Grade)**

**1st Day of Practice:** Monday, February 11th 4:00 PM - 6:00 PM @ Olomana Golf Course

Practices schedule: Tentatively scheduled for Monday - Thursday 4:00 PM - 6:00 PM @ Olomana Golf Course

(\*\*Schedule will adjust depending on ILH Competition Schedule)

**Head Coach:** Nathan Lopez Email: naturalhitter10@gmail.com

**6TH GRADE BASKETBALL**

**1st Day of Practice:** Wednesday, February 13th 3:30 - 4:45 PM @ La Pietra Gym / Outdoor Court

Practices: Mondays & Wednesdays from 3:30 - 4:45 PM & Fridays 3:00 - 4:15 PM @ LP Gym / Outdoor Court

\*\* Some days practices will be held during physical education class

**Head Coach:** Tiana Kawaihoa-Marquez Email: kawaihoa@hawaii.edu

**6th GRADE TENNIS**

**1st Day of Practice:** Begins in May. Exact dates **To Be Determined** (TBA) 3:30 - 4:45 PM @ La Pietra Tennis Court

Practices: TBA @ La Pietra Tennis Court

**Head Coach:** TBA (To Be Announced)