



**2018-2019 LA PIETRA WINTER SPORTS OFFERINGS,
START DATES, COACHES CONTACT INFO
(updated 10/12/18)**

6TH GRADE VOLLEYBALL

1st Day of Practice: Wednesday, October 10 3:30 - 4:45 PM @ La PietraGym
Practices will continue Mondays & Wednesdays from 3:30 - 4:45 pm @ LP Gym/Outdoor Court
Coaches: Harry Lovell (Email: hlovell1954@gmail.com) and Carmen Sharkey

INTERMEDIATE BASKETBALL (7th - 9th Grade)

1st Day of Practice: Monday, October 22nd 3:30 - 5:00 PM @ La Pietra Gymnasium
Practices will continue Mondays-Fridays 3:30 PM - 5:00 PM @ LP Gym (* No practices on Wednesdays)
Head Coach: Jeanette Hall (Email: jhall@lapietra.edu)

VARSITY BASKETBALL (9th - 12th grade)

Preseason Conditioning: October 22,23, 25, & 26th 3:45 PM - 4:45 PM @ Fitness Rm/ Outdoor Ct/Great Lawn
1st Day of Tryouts Monday, October 29th 5:00 - 6:45 PM @ La Pietra Gymnasium
Practices will continue Mondays & Fridays 5:00 PM - 6:45 PM @ LP Gym
Tuesdays, Wednesdays, & Thursdays 3:45 PM - 5:15 PM
Head Coach: Yon (Julie) Smith (Email: yonsmith7@gmail.com)

INTERMEDIATE TENNIS (grades 7th-9th)

1st Day of Try-outs Monday, October 22nd 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: Cathlene Goya (Email: cgoya1129@hotmail.com)

PAC-5 INTERMEDIATE, JV, & VARSITY SWIMMING

Preseason Swim Meeting: Thursday, October 25th at Kaimuki HS Library 5:00 PM - 5:30 PM
1st Day of Practice: Monday, November 5th 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 Swim team website: <http://pac5swimminghi.weebly.com/>

PAC-5 CANOE PADDLING (Junior Varsity & Varsity) (grades 9th - 12th)

Preseason Conditioning: Begins October 15th 4:00 - 6:00 PM @ Ala Wai Clubhouse.
Will continue on Mon, Wed, Fri (same location & times) until Practices begin)
1st Day of Practice: Monday, October 29th 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 (grades 7th-9th)

Preseason Conditioning: starts on Tuesday, October 2nd 5:00 PM - 6:00 PM at Kapiolani Park (Near Field 3)
(* will continue on Tuesdays & Wednesdays at same time & location until Tryouts)
1st Day of Tryouts Monday, October 15th 4:00 - 6:00 PM at Kapiolani Park
Practices will continue Mondays - Fridays 4:00 PM - 6:00 PM at Kapiolani Park
Head Coach: Shannon Leong (Email: leong.shannon1946@gmail.com)



PAC-5 JUNIOR VARSITY SOCCER (grades 9th - 11th)

Preseason Conditioning: starts on Tuesday, October 2nd 5:00 PM - 6:00 PM at Kapiolani Park (Near Field 3)

(* will continue on Tuesdays & Wednesdays at same time & location until Tryouts)

1st Day of Tryouts Monday, October 22nd 4:00 - 6:00 PM at Kapiolani Park

Practices will continue Mondays - Fridays 4:00 PM - 6:00 PM at Kapiolani Park

Head Coach: Shannon Leong (Email: leong.shannon1946@gmail.com)

PAC-5 VARSITY SOCCER (grades 9th - 12th)

Preseason Conditioning: starts on Tuesday, October 2nd 5:00 PM - 6:00 PM at Kapiolani Park (Near Field 3)

(* will continue on Tuesdays & Wednesdays at same time & location until Tryouts)

1st Day of Tryouts Monday, October 29th 4:00 - 6:00 PM at Kapiolani Park

Practices will continue Mondays - Fridays 4:00 PM - 6:00 PM at Kapiolani Park

Head Coach: Shannon Leong (Email: leong.shannon1946@gmail.com)

PAC-5 INTERMEDIATE & VARSITY WRESTLING (grades 7th-12th)

Preseason Conditioning: TBA

Will continue on Mondays and Wednesdays until the start of Practices.

1st Day of Practice: Monday, November 5th 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 (grades 9th - 12th)

(Only Open to LP Sporter Air Riflery Team members)**

Preseason Meeting: November 1st 5:00 PM at Lutheran HS Campus

Tryouts: November 13, 14, & 15 3:30 PM - 6:00 PM at Lutheran HS Campus

1st Day of Practice: Monday, November 19th, Location: Lutheran HS campus

JV Practice Time: Mon 3:30 PM - 6:00 PM & Wed 3:30 - 8:00 PM

Varsity Practice Time: Mon 6:00 PM - 8:00 PM & Tues/Thurs 3:30 PM - 6:00 PM

Head Coach: Robynn Hata (Email: hata@hawaii.rr.com)