

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 2019 – 20 school year and below is information regarding the upcoming **Fall Sports Season**.

All La Pietra students interested in participating in La Pietra's athletic program for the 2019 – 20 school year are required to complete and turn in the following documents:

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

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

- July 30th from 1:00 PM – 3:00 PM on La Pietra's campus
- August 6th after school from 3:15 PM – 5:00 PM on La Pietra's campus
- August 7th after school from 3:15 PM – 5:00 PM on La Pietra's campus

Note: Returning student-athletes entering 7th, 9th, and 11th grades as well as all new students and first time LP athletes must participate in the Concussion Baseline testing.

2019 FALL SPORTS SEASON TRYOUTS & PRACTICE INFORMATION

VOLLEYBALL

Lady Panthers Varsity Volleyball Tryouts:

- Who: Grades 9 – 12
- Dates: Monday, July 29 to Thursday, August 1
- Time: 5:00 PM to 6:45 PM
- Location: La Pietra Gym
- Practices begin on Friday, August 2nd and continue Mondays – Fridays 5:00 PM to 6:45 PM
- Head Coach: Tyler Hodson (Email: tyler.jammersvbchawaii@gmail.com)



Lady Panthers Intermediate Volleyball Team Tryouts:

- Who: Grades 7 – 9
- Dates: Wednesday, August 7 – Friday, August 9
- Time: 3:30 PM – 4:50 PM
- Location: La Pietra Gym
- Practices: Team practices will continue from 3:30 PM – 4:50 PM Mondays, Tuesdays, Thursdays, and Fridays throughout the season.
- Head Coach – Intermediate Blue: Carmen Sharkey (Email: carmensharkey2015@gmail.com)
- Head Coach – Intermediate White: Tiffany Kane (Email: Tiffany@cornerstonehawaii.com)

Lady Panthers 6th Grade Volleyball Practices:

- Who: Grade 6
- Dates: – First practice is on Wednesday, October 9
- Time: 3:30 PM – 5:00 PM
- Information regarding 6th grade volleyball will be provided to students through their 6th grade physical education class at the start of October.
- Head Coach – TBA

SPORTER AIR RIFLERY

Lady Panthers Varsity and Varsity Sporter Air Riflery Tryouts:

- Who: Grades 9 – 12
- Dates: Tuesday, August 6 – Friday, August 9
- Time: 5:00 PM – 6:30 PM
- Location: La Pietra Outdoor Court
- Practices: Team practices will continue Tuesdays & Thursdays 5:00 PM – 6:30 PM
- JV Head Coach: Rachel Taketa (Email: rtaketa@lapietra.edu)

Varsity Coach: Noah Staggs (Email: Noahistaggs@gmail.com)

CROSS COUNTRY

Pac-5 Intermediate, JV, and Varsity Cross Country Tryouts:

- Who: Grades 7-12
- Dates: Monday, August 5
- Times: 4:00 PM – 6:00 PM
- Location: Manoa District Park
- Practices: Team practices will continue Monday – Friday 4:00 PM – 6:00 PM
- Head Coach: Doug Lau (Email: douglaslau458@gmail.com)



Lady Panthers 6th Grade Cross Country Practices:

- Who: Grade 6
- Dates: Begins Monday, September 9
- Time: During Physical Education classes
- Location: La Pietra campus and Kapiolani Park
- Practices: Information regarding 6th grade cross country will be provided through their 6th grade physical education class at the start of September.
- Coach: Ross Kinsler (Email: rkinsler@lapietra.edu)

KAYAKING

Pac-5 Junior Varsity and Varsity Kayaking Tryouts:

- Who: Grades 9-12
- Dates: Monday, August 5
- Times: 4:00 PM – 6:00 PM
- Location: Ala Wai Clubhouse (corner of Kapiolani & McCully)
- Practices: Team practices will continue Monday – Friday 4:00 PM – 6:00 PM
- Head Coach: Michael Adrian (Email: mdmalaos@gmail.com)

TENNIS

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

- Who: Grades 9 – 11
- Dates: Monday, August 5 – Friday, August 9
- Times: 4:00 PM – 6:00 PM
- Location: Keehi Lagoon Tennis Courts
- Practices: Team Practices will continue Monday – Friday 4:00 PM – 6:00 PM
- Head Coach: Cathlene Goya (Email: cgoya1129@hotmail.com)

SWIMMING

6th Grade Swimming Practices:

- Who: Grade 6
- Dates: First Practice on Monday, August 12
- Times: 3:45 PM – 5:00 PM
- Location: La Pietra Campus Pool
- Practices: Team Practices will continue on Mondays & Wednesdays 3:45 PM – 5:00 PM
- Head Coach: Maria Jarell (Email: mariajarrell@gmail.com)

CHEERLEADING

Pac-5 Intermediate, JV, & Varsity Cheerleading Tryouts:

- Who: Grades 7-12
- Dates: Tryouts were held in May but new students with experience enrolling at La Pietra will be allowed to tryout this Fall.
- Location: Our Redeemer Lutheran / University Lab School
- Practices: Monday – Friday 4:00 PM – 6:00 PM
- Head Coach: Coach DaJuan Parker (Email: djparker72@gmail.com)
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Fall Sports Game Schedules for Teams will be posted on the Athletics page of our 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 email rkinsler@lapietra.edu .

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

