



**2025 - 2026 LA PIETRA FALL SPORTS OFFERINGS,
START DATES, COACHES CONTACT INFO**

(8/13/25)

INTERMEDIATE VOLLEYBALL (7th - 8th grade)

Pre-Tryout Volleyball Clinic Sessions: Mon. July 28th & Tues. July 29th 4:45:00 PM - 6:30 PM @ La Pietra Gym

Tryout Dates: Thursday Aug. 7th, & Friday, Aug. 8th 3:00 PM - 4:30 PM @ La Pietra Gym

Practices will continue through September Mon/Tues/Thu/Fri 3:00 PM - 4:30 PM @ La Pietra Gym

Head Coach: Makenna Kinsler (Email: makenna.kinsler@gmail.com)

JUNIOR VARSITY VOLLEYBALL (9th -11th grade)

Pre-Tryout Volleyball Clinic: Mon. July 28th - Thurs. July 31st 5:00 PM - 6:45 PM @ La Pietra Gym

1st Day for JV/Varsity Tryouts: Monday, August 4th 4:45 PM - 6:30 PM through Friday, August 8th @ La Pietra Gym

Practices will continue through September Mon/Wed/Thu/Fri 3:00 PM - 4:30 PM @ La Pietra Gym

Head Coach: TBA (Email: rkinsler@lapietra.edu)

VARSITY VOLLEYBALL (9th - 12th grade)

Pre-Tryout Volleyball Clinic: Mon. July 28th - Thurs. July 31st 4:45 PM - 6:30 PM @ La Pietra Gym

1st Day for JV/Varsity Tryouts: Monday, August 4th 4:45 PM - 6:30 PM through Friday, August 8th @ La Pietra Gym

Practices will continue through October Monday - Friday 4:45 PM - 6:30 PM @ La Pietra Gym

Head Coach: Donovan Delgado (Email: ddelgado@lapietra.edu)

PAC-5 CROSS COUNTRY RUNNING (grades 7th - 12th)

Parent and student Meeting: Friday, August 8th 4:00 PM @ Kapiolani Park (across from Pake Hale)

1st Day of Practice: Monday August 11th 4:00 - 6:00 PM @ Kapiolani Park (across from Pake Hale)

Practices will continue Mon - Fri 4:00 PM - 5:30 PM @ Kapiolani Park (across from Pake Hale)

Head Coach: Richard Wentling (Email: rich96792@hotmail.com)

JV TENNIS (w/ SHA) (9th - 11th grade)

1st Day of Tryouts : Monday, August 4th 4:00 PM - 5:30 PM @ Chaminade University Tennis Courts

Practices will continue through October Monday - Friday 4:00 - 5:30 PM @ Chaminade University Tennis Courts

Head Coach: Steve Ando (Email: steveando27@gmail.com)

Tennis Program Director: Chris Ma (Email: machriswh@gmail.com)

PAC-5 JV & VARSITY SPORTER AIR RIFLERY (9th - 12th grade)

Rifle Orientation : July 21st - July 31 @ Our Redeemer Lutheran (1404 University Avenue)

Attire: Jeans; Flat, closed toe shoes; sweatshirt; water bottle

Mondays (7/21 & 7/28) and Wednesdays (7/23 & 7/30)

4:30 PM – 6:30 PM (Returnees); 6:30 PM – 8:30 PM (New Shooters)

Tuesdays (7/22 & 7/29) and Thursdays (7/24 & 7/31)

4:30 PM – 6:30 PM (New Shooters); 6:30 PM – 8:30 PM: (Returnees)

Tryout Date : August 4th 4:30 - 6:30 PM for (R) / 6:30-8:30 for (NS) @ Our Redeemer Lutheran
Practices will continue through October Monday - Friday 4:30 PM - 6:30 PM or 6:30 PM - 8:30 PM @ Our Redeemer Lutheran
Head Coaches: Robynn & Yuji Hata (Email: hataas@hawaii.rr.com)

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

Summer workouts: Mon, Wed, Thurs 4:00 PM - 6:00 PM @ University Lab School Cafeteria
Tryout Start Date: Monday, August 4th 4:00 - 6:30 PM @ University Lab School Cafeteria
Practices will continue through October Monday - Friday 4:00 PM - 6:00 PM @ University Lab School Cafeteria
Head Coach: DeJuan Parker (Email: djparker72@gmail.com)

6th GRADE SWIMMING (6th grade only)

1st Day of Practice: Wednesday, August 13th 3:15 PM - 4:30 PM @ La Pietra Pool
Practices will continue Wednesdays & Fridays through September 12th
Head Coach: Emma Rolland (Email: erolland808@gmail.com)

**** If you have additional questions regarding the Fall Sports Season, please contact
Athletic Director Ross Kinsler Email: rkinsler@lapietra.edu Tel. (808) 922-2744**



