



**2025 - 2026 HAWAII SCHOOL FOR GIRLS
SPRING SPORTS OFFERINGS,
START DATES, COACHES CONTACT INFO
(updated 1/16/26)**

6th GRADE TENNIS (grade 6 only)

1st Day of Practice: Wednesday, Jan 21st from 3:00 PM - 4:15 PM on the La Pietra Tennis Court
Practices will continue on Mondays / Wednesdays through Feb. 16th
Coach: Claire Mitchell (Email: cmitchell@lapietra.edu)

Pac-5 INTERMEDIATE & VARSITY SOFTBALL (grades 7 - 12 only)

Intermediate: 1st Day of Tryouts Begins Monday, Jan 12th 4:00 PM - 6:00 PM @ Sand Island Field
Practices will continue Mon - Fri 4:00 PM - 6:00 PM @ Sand Island Field
Varsity: 1st Day of Tryouts Begins Monday, Feb. 2nd 4:00 PM - 6:00 PM Sand Island Field
Practices will continue Mon - Fri 4:00 PM - 6:00 PM @ Sand Island Field
Head Coach: Blake Lau (Email: Blau1961@hotmail.com)

PAC-5 INTERMEDIATE, JV, & VARSITY JUDO (grades 7th - 12th only)

1st Day of Practice: Monday, February 9th 4:00 PM - 6:00 PM
at Assets High School (913 Alewa Dr, Honolulu, HI 96817)
Practices continue Mon-Fri 4:00 PM - 6:00 PM
@ Assets High School **or** Cedar Assemby of God Church (620 Waipa Lane, Honlulu, 96817)
Head Coach: Duane Nakamura (Email: duanenakamura1970@gmail.com)

LA PIETRA INTERMEDIATE, JV, & VARSITY TRACK (w/ SHA) (7th - 12th grade only)

1st Day of Intermediate Practice: Tuesday, Jan 20th 3:30 PM - 5:15 PM @ Sacred Hearts Academy
1st Day of JV/Varsity Practice: Monday, Feb 9th 3:30 PM - 5:15 PM @ Kaimuki HS Track
Practices will continue: Mon - Fri 3:30 PM - 5:30 PM @ SHA or Kaimuki HS Track
Head Coach: Lew Biven (Email: lewbiven@gmail.com)

VARSITY SAILING (w/ Sacred Hearts Academy) (9th - 12th grade only)

1st Day of Tryouts: Wednesday, February 11th from 4:00 PM - 5:30 PM at the Hawaii Yacht Club
Practices will continue on Mondays / Wednesdays through April 1st

once tryouts are completed

Head Coach: Melody Hernandez (Email: fernandez2020melody@gmail.com)

INTERMEDIATE & VARSITY GOLF (w/ Sacred Hearts Academy) (grades 7th - 12 only)

1st Day of Practice: Wed. Jan. 21st 3:00 PM - 5:00 PM at Ala Wai Golf Course Driving Range

Practice Schedule: Mon, Tues, Thurs 3:30 - 5:00 PM & Wed 3:00 - 5:00 PM

Coaches: Ryan Hogue (Email: rhouette@sacredhearts.org)

Nathan Lopez (Email: naturalhitter10@gmail.com)

VARSITY TENNIS (w/ Sacred Hearts) (grades 9-12 only)

1st Day for Tryouts (grades 9-12): Monday, Feb. 9th 4:00 PM - 6:00 PM @ Chamide Tennis Courts

Practices will continue Monday - Friday 4:00 PM - 6:00 PM @ Chaminade or Kaimuki HS Courts

Head Coach: Chris Ma (Email: machriswh@gmail.com)

6th GRADE BASKETBALL (6th grade only)

1st Day of Practice: Tues. Mar 10th from 3:00 PM - 4:30 PM @ La Pietra Gym/Outdoor Court

Practices will continue Tues & Thurs 3:00 PM - 4:30 PM, Fri 2:50 - 4:15 PM @ La Pietra Gym/Outdoor Court

(Season will continue through mid-May)

Head Coach: Barry Brice (Email: brpmhawaii@gmail.com)

MIDDLE & HIGH SCHOOL ARCHERY (open to grades 6-12)

1st Day of Practice: Mon. Mar 9th from 3:15 - 4:45 PM @ La Pietra Gym

Practices will continue on Mon / Wed 3:15 PM - 4:45 PM @ La Pietra Gym

NASP Hawaii State Championships will be in April. Date & Location TBA

Coach: Ross Kinsler (rkinsler@lapietra.edu)

VARSITY FLAG FOOTBALL (w/ Sacred Hearts) (grades 9-12 only)

January Preseason Workouts: Tues @ Crane Park 4-6pm, Wed & Fri @ University Lab School 4-6pm

1st Day of Tryouts: Mon. Feb 9th from 4:00 PM to 6:00 PM @ University Lab School Field

Coach: Koy Omo (Email: komo@faculty.sacredhearts.org)

VARSITY SURFING (w/ Sacred Hearts) (grades 9-12 only)

Required Junior Lifeguard training: Jr. Lifeguard training at Iolani pool on Sunday, February 1st.

1st Day of Tryouts: Monday, Jan 16th

The next practice will be Sunday 1/25 same spot.

Coach: TBA

**** PLEASE MAKE SURE THAT YOU HAVE SIGNED UP ON THE SPRING SIGN-UPS FORM OR HAVE CONTACTED MR. KINSLER
PRIOR TO ATTENDING ANY PRACTICES SO THAT YOUR ATHLETIC PARTICIPATION CLEARANCE CAN BE VERIFIED.
MAHALO!**

