

INTERMEDIATE BASKETBALL (7th - 9th grade)

varsity Basketball Interest Meeting: Friday, October 17th @ lunchtime in Bachman Room 3
Tryout Dates: Tuesday, Oct. 14th - Friday, October 16th 3:00 PM - 4:30 PM @ La Pietra Gym
Practices will continue Monday - Friday 3:00 PM - 4:30 PM in October and Mon/Tues/Thurs/Fri in November 3:00 PM - 4:30 PM @ La Pietra Gym
Coach: Barry Brice (Email: brpmhawaii@gmail.com)

VARSITY BASKETBALL (9th - 12th grade)

1st Day for Varsity Tryouts: Monday, November 3th, 4:45 PM - 6:30 PM @ La Pietra Gym Practices will continue through the start of February Mon - Fri 4:45 PM - 6:30 PM @ La Pietra Gym Head Coach: Ross Kinsler (Email: rkinsler@lapietra.edu)

JV & VARSITY PRECISION AIR RIFLERY (9th - 12th grade)

Tryout Start Date: Monday, November 10th 4:00 - 6:00 PM @ Our Redeemer Lutheran Practices will continue through October Mon - Fri 4:00 PM - 6:00 PM @ Our Redeemer Lutheran Head Coaches: Robynn & Yuji Hata (Email: hatas@hawaii.rr.com)

INTERMEDIATE TENNIS w/ Sacred Hearts (7th - 9th grade)

1st Day of Tryouts: Monday, October 20th 4:00 - 6:00 PM @ Chaminade University Tennis Courts
Practices will continue through December Mon - Fri 4:00 - 6:00 PM @ Chaminade University or Kaimuki HS Tennis Courts
Head Coach: Steve Ando (Email: steveando27@gmail.com)
Tennis Program Director: Chris Ma (Email: machriswh@gmail.com)

6th GRADE VOLLEYBALL (6th grade only)

1st Day of Practice: Wednesday, October 15th 3:00 PM - 4:15 PM at La Pietra Gym/Outdoor Court Practices will continue through the start of December Mon &Wed 3:00 PM - 4:15 PM at La Pietra Gym/Outdoor Court Head Coach: Robin Barros (Email: rbarros@lapietra.edu) Student Assistant: Emma Grace Hirata

PAC-5 JV & VARSITY CANOE PADDLING (9th - 12th grade)

Preseason Conditioning:

4:00 PM - 5:30 PM Mondays, Wednesdays, & Thursdays starting on October, 13th @ Ala Wai Clubhouse **1st Day of JV/Varsity Practice:** Monday, November 3rd 4:00 PM - 6:00 PM @ Ala Wai Clubhouse Practices will continue through February Mon - Fri 4:00 PM - 6:00 PM @ Ala Wai Clubhouse Head Coach: David Ahia (Email: dahia919@gmail.com)

PAC-5 INTERMEDIATE, JV, & VARSITY SOCCER (7th - 12th grade)

1st Day of Intermediate Tryouts: Monday, October 13th 4:00 PM - 6:00 PM @ Kapiolani Park Practices will continue through December Mondays - Fridays 4:00 PM - 6:00 PM @ Kapiolani Park 1st Day of JV Tryouts: Monday, October 20th 4:00 PM - 6:00 PM @ Kapiolani Park Practices will continue through January Mondays - Fridays 4:00 PM - 6:00 PM @ Kapiolani Park 1st Day of Varsity Tryouts: Monday, October 27th 4:00 PM - 6:00 PM @ Kapiolani Park Practices will continue through February Mondays - Fridays 4:00 PM - 6:00 PM @ Kapiolani Park Pac-5 Girls Soccer Coordinators: Ryan Leong (Email: keaheboy@yahoo.com)

& Richard Wentling (Email: rich96792@hotmail.com)

PAC-5 INTERMEDIATE, JV, & VARSITY SWIMMING (7th - 12th grade)

1st Day of Intermediate Practice: Monday October 27th 4:00 PM - 6:00 PM @ La Pietra Pool 1st Day of JV/Varsity Practice: Monday November 10th 4:00 PM - 6:00 PM @ La Pietra Pool Practices will continue through February Mondays - Fridays 4:00 PM - 6:00 PM @ LP Pool Head Coach: Bill Brady (Email: williambrady86@gmail.com)

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

1st Day of Intermediate Practice Monday October 13th 4:00 - 5:30 PM @ 7th Day Adventist Church - Fellowship Hall (2312 Nuuanu Ave, Honolulu HI 96817) JV/Varisty Conditioning begins Monday, October 13th 4:00 - 5:30 PM 1st Day of JV/Varisty Practice Monday, November 17th 4:00 - 6:30 PM @ 7th Day Adventist Church - Fellowship Hall (2312 Nuuanu Ave, Honolulu HI 96817) Practices will continue Mondays - Fridays 4:00 PM - 6:30 PM at same practice site Head Coach: Jaz Cockett (Email: jaz_kaleihua@gmail.com)

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