



## 2023 - 2024 LA PIETRA WINTER SPORTS OFFERINGS, START DATES, COACHES CONTACT INFO

(updated 10/3/23)

### **INTERMEDIATE BASKETBALL (7th - 9th grade)**

Tryout Dates: Thursday, October 12th & 13th 3:00 PM - 4:30 PM @ La Pietra Gym

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

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

### **VARSITY BASKETBALL (9th - 12th grade)**

1st Day for Varsity Tryouts: Monday, November 6th, 4:45 PM - 6:30 PM @ La Pietra Gym

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

Head Coach: Keith Sugiura (Email: sugiurak035@gmail.com)

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

Tryout Start Date: Monday, November 27th 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 (7th - 9th grade)**

1st Day of Tryouts: Monday, October 23rd 4:00 - 6:00 PM @ Chaminade University Tennis Courts

Practices will continue through December Mon - Fri 4:00 - 6:00 PM @ Chaminade Tennis Courts

Head Coach: Keawe Ayau (Email: keawenuiaumi@gmail.com )

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

### **6th GRADE VOLLEYBALL (6th grade only)**

1st Day of Practice: Monday, September 25th 3:15 PM - 4:30 PM at La Pietra Gym/Outdoor Court/Great Lawn

Practices will continue through the start of December Mon & Wed 3:15 PM - 4:30 PM at La Pietra Gym/Outdoor Court

Head Coach: Miya Huang (Email: mhuang@lapietra.edu )

Student Assistant: Hannah Hirata

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

1st Day of JV/Varsity Practice: November 6th 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 23rd 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 30th 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, November 6th 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 Practice: Monday, November 6th 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: William Brady (Email: williambrady86@gmail.com )

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

1st Day of Intermediate Practice Monday October 16th 4:00 - 5:30 PM @ TBA

1st Day of JV/Varsity Practice Monday, November 13th 4:00 - 6:30 PM @ TBA

Practices will continue Mondays - Fridays 4:00 PM - 6:30 PM at same practice site

Head Coach: Jared Ellis (Email: [jaredmichael.ellis@gmail.com](mailto:jaredmichael.ellis@gmail.com) )

Associate Head Coach: Sarah Aoki (Email: [maheaoki@gmail.com](mailto:maheaoki@gmail.com) )

Pac-5 Wrestling Website: <https://pac5athletics.org/fall/winter/wrestling/>

**\*\* If you have additional questions regarding the Winter Sports Season, please contact**

**Athletic Director Ross Kinsler Email: [rkinsler@lapetra.edu](mailto:rkinsler@lapetra.edu) Tel. (808) 922-2744**