

Subject: [EXTERNAL] 2019-2020 Fall Sports Start Dates
Date: Thursday, July 11, 2019 at 2:10:04 PM Hawaii-Aleutian Standard Time
From: Parents & Alumni Relations
To: Rachelle Saffery
Attachments: ATT00001.jpg

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Aloha Parents of KS Kapālama ‘Ohana,

Start dates and tryouts for the Fall season are fast-approaching, and the upcoming start date information can be found below. The following requirements must be met in order to participate in tryouts or practices:

- Complete the online sign-up form*: <https://kamehameha-kapalamawarriors.org/main/otherad/contentID/47427543>
- Ensure all medical requirements have been met for Mālama Ola.
- Turn in an up-to-date (within the past 13 months) physical exam form to Mālama Ola.
- Sign and complete the Athletics Agreement and Release on KS Connect.

* **NOTE:** Students who have already signed up for summer conditioning do not need to complete a separate sign-up form for the Fall season.

All dates and locations are subject to change. The most updated sign-ups information can be found on the Athletics website: <https://kamehameha-kapalamawarriors.org/main/adnews/ID/49500080>. For questions regarding athletic forms or eligibility, please contact the Athletics Office by calling (808) 842-8842.

<p>CHEERLEADING (ALL LEVELS) Open to Grades 7-12 -- Coach Melissa Wennihan will contact to schedule tryouts Location: Kekūhaupi'o Dance Studio Contact: Coach Melissa Wennihan at imuacheer@yahoo.com</p>	<p>JV/VARSITY FOOTBALL Open to Grades 9-12 <i>Currently conditioning</i> Mandatory Tryouts Start Date: Monday, July 15, 2019 -- 1:30 PM: JV Strength and Conditioning -- 2:30 PM: Varsity Strength and Conditioning -- 4:15 PM: JV Practice at Maluna Field -- 4:15 PM: Varsity Practice at Kūniūiākea Stadium Contact: Coach Abu Ma'afala at almaafal@ksbe.edu</p>
<p>INTERMEDIATE FOOTBALL Open to Grades 7-9 <i>Currently conditioning</i> Mandatory Tryouts Start Date: Monday, July 29, 2019 at 3:45 PM Location: Intermediate Field Contact: Coach Abu Ma'afala at almaafal@ksbe.edu</p>	<p>GIRLS VOLLEYBALL (ALL LEVELS) Open to Grades 7-12 <i>Currently conditioning</i> Start Date: Monday, July 29, 2019 at 3:45 PM Location: Kekūhaupi'o Gym Contact: Coach Chris Blake at chblake@ksbe.edu</p>
<p>CROSS COUNTRY (ALL LEVELS) Open to Grades 7-12 Summer Conditioning: Monday, Wednesday, Friday at 3:45 PM through July Start Date: Monday, August 5, 2019 at 3:45 PM Location: Meet at Kekūhaupi'o Gym Boys Contact: Coach Steve Jenness: sjenness@hawaii.rr.com Girls Contact: Coach Dave Friedemann at chrsdann@gmail.com</p>	<p>JV TENNIS Open to Grades 9-11 Start Date: Monday, August 5, 2019 at 3:45 PM Location: Kamehameha Tennis Courts Boys Contact: Coach Christopher Parish at christopher.parish@imua.ksbe.edu Girls Contact: Coach Randy Shin at kekoalaka@imua.ksbe.edu</p>
<p>BOYS WATER POLO (ALL LEVELS) Open to Grades 7-12 Start Date: Monday, August 5, 2019 at 3:45 PM Location: Kalani'ōpu'u Pool Contact: Coach Curt Ai at cuai@ksbe.edu</p>	<p>JV/VARSITY BOWLING Open to Grades 9-12 Girls' Tryouts: Friday, August 9 and Tuesday, August 13, 2019 (bowlers only) Boys' Tryouts: Monday, August 12 and Wednesday, August 14, 2019 Returning Bowlers' Tryouts: See Daily Bulletin for details Bus Info: Depart from Pāki/Kōnia at 3:15 PM Location: Fort Shafter Bowling Center</p>

	Boys Contact: Coach Micahel Yamamoto at michael.yamamoto@heco.com Girls Contact: Coach Mickie Ceberano at micebe@heco.com
JV/VARSITY SPORTER AIR RIFLERY Open to Grades 9-12 Informational Meeting: August 12, 2019 at 3:30 PM in Koai'a 302-303 Tryout Start Date: Tuesday, Aug 13, 2019 at 3:45 PM Location: Kekūhaupi'o Gym Wrestling Room Contact: Coach Nate Urabe at coachn8@hawaiiantel.net	JV/VARSITY KAYAKING Open to Grades 9-12 Mandatory Meeting/Swim Test: Thursday, August 15, 2019 at 4:00 PM at Kalani'opu'u Pool Start Date: Monday, August 12, 2019 at 4:00 PM Bus Info: Depart from Pākī Circle at 3:45 PM Location: Ala Wai Canal Contact: Coach Tate Keliioomalulu at tatek@hawaiiantel.net

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