



## ILH Coaches Contact and Sports Info 2016-2017

Subject to change  
Updated October 5th, 2016

**Porter air riflery** (9th-12th graders) - August 1 at Ala Moana McCoy Pavilion and Palama Settlement Coaches Robynn & Yuji Hata at [hatas@hawaii.rr.com](mailto:hatas@hawaii.rr.com). Practices are 5 days a week @ Palama Settlement, 3-6pm. This is a Pac 5 sport.

**Bowling** (9th-12th graders) Please contact Athletic Director Jana Fraser at [jfraser@honoluluwaldorf.org](mailto:jfraser@honoluluwaldorf.org) for more information. Start date is August 1st.

**Cross Country** (7th-12th graders)-Starts August 1st at Manoa District Park from 4:00 to 6:00 p.m. Coach Alton Motobu [channelsswim4@hotmail.com](mailto:channelsswim4@hotmail.com) , and Coach Douglas Lau [douglau@gmail.com](mailto:douglau@gmail.com). Practices are 5 days a week. This is a Pac 5 sport.

**Kayaking** (grades 9-12th graders) is a Pac 5 sport. Starts August 1st, 4-6pm at Ala Wai Clubhouse, near McCully Street Bridge. Coach Butch Ukishima [katnatuki2@yahoo.com](mailto:katnatuki2@yahoo.com) and Coach Michael Adrian [michael@greatspaceshonolulu.com](mailto:michael@greatspaceshonolulu.com). Practices are 5 days a week.

**Boys Water Polo** (7-12th graders) Please contact athletic director Jana Fraser, [jfraser@honoluluwaldorf.org](mailto:jfraser@honoluluwaldorf.org). Start date is August 1st, practices are 5 days a week.

**Cheerleading** (7th-12th graders) Tryouts were in May and June for practices during the summer. This is a co-ed and Pac 5 sport. Starts August 1st, tentative at ULS on Tuesdays-Wednesdays-Thursdays from 3:30 to 6:00 p.m. and Saturdays from 10:00 a.m. to 12:00 p.m. Coach Ipo Chang [pac5cheer@hotmail.com](mailto:pac5cheer@hotmail.com). Practices will be 5 days a week.

**Football** (varsity, 9-12<sup>th</sup> graders) Starts July 18 at MPI, Monday through Friday from 4:00 to 6:00 p.m. Intermediate start date is August 1st. Practices are 5 days a week. This is a Pac 5 sport.

**Volleyball** (7-12<sup>th</sup> graders) co-op team with La Pietra School. Program coach Kent Kim [kkimjsupply@gmail.com](mailto:kkimjsupply@gmail.com). Varsity try-outs are August 1st-5th from 5pm-7pm at La Pietra Gym.

- JV try-outs are Aug. 4th and 5th from 5-7pm at La Pietra Gym.
- Intermediate try-outs are Aug. 8th, 3:15-5pm at La Pietra Gym.
- Practices are 5 days a week.

**JV Tennis** (9-11<sup>th</sup> graders). Please contact Athletic Director Jana Fraser at [jfraser@honoluluwaldorf.org](mailto:jfraser@honoluluwaldorf.org) for more information. Start date is August 8th.

### **Basketball** (7<sup>th</sup>-12<sup>th</sup> graders)

- Boys Intermediate (7<sup>th</sup>-9<sup>th</sup> graders)-Co-op team with University Lab School. Starts Oct. 10th
- Boys Varsity (9<sup>th</sup>-12 graders)- Coach Wayne Matsukawa, [kfb808hawaii@gmail.com](mailto:kfb808hawaii@gmail.com). Practices are at Holy Trinity Gym and Aina Haina outdoor courts. Practices are 5 days a week beginning November 14<sup>th</sup>.
- Girls Intermediate (7<sup>th</sup>-9<sup>th</sup> graders)- Co-op team with La Pietra. Practices are 5 days a week beginning October 10<sup>th</sup>.
- Girls Varsity (9th-12<sup>th</sup> graders)- Co-op team with La Pietra. Practices are 5 days a week starting October 31<sup>st</sup>.

**Paddling** (9<sup>th</sup>-12 graders). We have our own varsity Waldorf mixed crew, but if you are interested another level or single gender than there are other Pac 5 opportunities.

- Waldorf coach is Mindy Clark, [amawahine@hotmail.com](mailto:amawahine@hotmail.com). Practices are 4 days a week, Mon-Thur. from 3:30-5:30 at Maunaloa Bay where Hui Nalu keeps their canoes. Practices start Oct. 31<sup>st</sup>. Athletes should bring their own paddles.

### **Boys Soccer**

- Intermediate (7<sup>th</sup>-9<sup>th</sup>) start date Oct. 10<sup>th</sup>
- JV (9<sup>th</sup>-11<sup>th</sup>) start date Oct. 17<sup>th</sup>.
- Varsity (9<sup>th</sup>-12<sup>th</sup>) start date Nov. 7<sup>th</sup>
- Practices are 4-6pm at Kapiolani Park near Paki St, across from the City and County building. Coach Les Gusman [riggersoccer@gmail.com](mailto:riggersoccer@gmail.com). Please go prepared to tryouts with water bottle, shin guards, soccer socks and cleats. Practices 5 days a week.

### **Girls Soccer**

- Intermediate (7<sup>th</sup>-9<sup>th</sup> graders) starts Oct. 10<sup>th</sup>.
- JV (7<sup>th</sup>-11<sup>th</sup>) Starts Oct. 17<sup>th</sup>.
- Varsity (9<sup>th</sup>-12<sup>th</sup> graders) starts Oct. 31<sup>st</sup>.
- Practices are 4-6pm at Kapiolani Park near Paki St, across from the City and County building. Coach Les Gusman [riggersoccer@gmail.com](mailto:riggersoccer@gmail.com). Please go prepared to tryouts with water bottle, shin guards, soccer socks and cleats. Practices 5 days a week.

**Swimming** (7<sup>th</sup>-12<sup>th</sup> graders) start date Nov. 7<sup>th</sup>. Head Coach: Matthew Tanigawa (808-389-9310) [pac5swimminghi@gmail.com](mailto:pac5swimminghi@gmail.com). Assistant Coaches: Ryan Ching, Tim Loo, Christopher Ma, Tara Miyashiro, Steph Suda. Website: <http://pac5swimminghi.weebly.com/> Check weekly for updates and meet info. Practice times and location: Kaimuki High School pool 2705 Kaimuki Ave. (enter from Date St. and park behind the gym).

**Wrestling** (7<sup>th</sup>-12 graders) Start date Nov. 7<sup>th</sup>. Coach Aaron Sekulich, [asekulich@gmail.com](mailto:asekulich@gmail.com). Practices are at University Lab Cafeteria (based on availability). Practices are 5 days a week.

### **Intermediate Tennis**

- Boys (7<sup>th</sup>-9<sup>th</sup> graders) Start date Oct. 24<sup>th</sup>. Co-op with Maryknoll School. Practice at Keehi Lagoon and other venues, based on court availability. Practices are 5 days a week.
- Girls (7<sup>th</sup>-9<sup>th</sup> graders) Start date Oct. 24<sup>th</sup>. Co-op with St. Andrew's Priory School. Practices are 5 days a week at the Priory and Keehi Lagoon. Practices from 3:30-5:30 at the Priory Courts (also called the Governor courts at back of campus). Saturday practices as needed at Keehi Lagoon courts. Head coach Cynthia Arnold, [ctgoya@gmail.com](mailto:ctgoya@gmail.com).

**Precision Riflery** (9<sup>th</sup>-12<sup>th</sup> graders) co-ed. Start date Nov. 7<sup>th</sup>. Practices are at Palama Settlement. Coach Robynn and Yuji Hata. [hatas@hawaii.rr.com](mailto:hatas@hawaii.rr.com). This is a Pac 5 sport. No experience necessary.

### **Baseball**

- Intermediate (7<sup>th</sup>-9<sup>th</sup> graders) start date Jan. 30<sup>th</sup> (not confirmed).
- Coach Paul Ah Yat, 674-7794. Practices are 5 days a week. This is a Pac-5 sport.

## Softball

- Intermediate (7<sup>th</sup>-9<sup>th</sup> graders) start date February 6<sup>th</sup> (not confirmed).
- Varsity (9<sup>th</sup>-12<sup>th</sup> graders) start date February 6<sup>th</sup> (not confirmed).
- Practices are at Ala Wai neighborhood park, 5 days a week from 4-6pm. Come dressed to practice. Softball coach Cecil Hasegawa, [hasegawac001@hawaii.rr.com](mailto:hasegawac001@hawaii.rr.com). This is a Pac 5 sport.

## Golf

- Intermediate (7<sup>th</sup>-12<sup>th</sup>) start date February 6<sup>th</sup> (not confirmed) Co-op with Le Jardin Academy.
- Varsity (9<sup>th</sup>-12<sup>th</sup> graders start date February 6<sup>th</sup> (not confirmed) Co-op with Le Jardin Academy.

**Judo** (7<sup>th</sup>-12<sup>th</sup> graders) start date February 6<sup>th</sup> (not confirmed), 4-6pm at UH Lab School cafeteria. Practices are 5 days a week. Coach Miles Tsubota, [miles\\_24@msn.com](mailto:miles_24@msn.com).

## Track and Field

- Intermediate (7<sup>th</sup>-9<sup>th</sup> graders) start date February 6<sup>th</sup> (not confirmed).
- Varsity (9<sup>th</sup>-12<sup>th</sup> graders) start date February 6<sup>th</sup> (not confirmed).
- Practices from 4-6pm @ Kapiolani Park. MWF practices at Kapiolani Park from 4-6pm and T/Th @ Kalani high school track, 4:30-6:30pm. Coach Brett Acachi, [brett.adachi@navy.mil](mailto:brett.adachi@navy.mil) or [jadachi07@gmail.com](mailto:jadachi07@gmail.com) and Douglas Lau, [douglaslau458@gmail.com](mailto:douglaslau458@gmail.com).

**Boys Volleyball** (7<sup>th</sup>-12<sup>th</sup> graders) start date February 6<sup>th</sup> (not confirmed), intermediate, JV and varsity in collaboration with UH lab school. Conditioning starts in December at UH Lab school and Klum Gym. Varsity Coach Jay Inouye, [inouyejay@yahoo.com](mailto:inouyejay@yahoo.com).

**Girls Water Polo** (7<sup>th</sup>-12 graders) start date February 6<sup>th</sup> (not confirmed), please contact athletic director Jana Fraser for details.

**Sailing** (all ages). HWS has a partnership with Hawaii Kai Boat Club and receives specials and discounts for their sessions. Please check in the office for specific flyers. This is not an ILH sport.

**Boys Varsity Tennis** (9<sup>th</sup>-12<sup>th</sup> graders) start date February 6<sup>th</sup> (not confirmed), co-op with Maryknoll school.

- Girls Varsity Tennis (9<sup>th</sup>-12<sup>th</sup> graders) start date February 6<sup>th</sup> (not confirmed), co-op with St. Andrews Priory School.

If you have additional questions please contact:

Jana Fraser  
*Athletic Director*  
Honolulu Waldorf School

Email: [athleticdirector@honoluluwaldorf.org](mailto:athleticdirector@honoluluwaldorf.org)

Email: [jfraser@honoluluwaldorf.org](mailto:jfraser@honoluluwaldorf.org)