

Waldorf Waves

Summer 2017

Determination



Sportsmanship



Teamwork



Relationships



Grit

If you are interested in playing sports for the Waves, there are many opportunities that include three seasons.... fall winter and spring. The requirements to play an ILH sport are that you submit three forms: a sports physical (which must be completed by a doctor), the sports release and the participation form. There are some additional 'contact' sports that require a concussion test that is done with the athletic director. Most teams at all levels practice 5 days a week, with games on Saturdays. If you would like to try out for a team, please contact the athletic director Jana Fraser, jfraser@honoluluwaldorf.org for more information.

Fall Sports Tryout Information

Football- Start date is 7/17/17 but summer conditioning has been happening since early June. This is a PAC 5 sport for 7th-12th graders. Practices at Mid Pacific Institute MWF 4-6pm during summer and 5 days a week during the regular season. Coach Kip Botelho 223-7101 or pac5football@hotmail.com

Cheer- Start date is July 31st. They have also been practicing all summer long. This is a Pac 5 sport for 7th-12th graders. Head coach Ipo Chang at pac5cheer@hotmail.com.

Bowling- Start date is July 31st. Practice locations vary depending on co-op (usually on military bases). This is a sport for 7th-12th graders. Please contact the athletic director if you're interested.

Cross Country- Start date is July 31st. This is a Pac 5 sport for 7th-12th graders. They practice at Manoa District Park. Head coach Alton Motobu (channelsswim4@hotmail.com) and coach Doug Lau (douglau@gmail.com).

Spoter Air Riflery- Start date is . This is a Pac 5 sport that practices at Palama Settlement for 9th-12th graders. Head Coach Yuji and Robynn Hata (hatas@hawaii.rr.com).

Girls Volleyball- Start date is July 31st but summer conditioning has been happening since June. This is a co-op sport with St. Andrew's Priory School for 7th-12th grade girls. Head coach Trina Cassabar, coachtcas@gmail.com. Practices are in their campus gym.

Kayaking- Start date is August 1st. 4-6pm at Ala Wai clubhouse (corner of McCully and Kapiolani). Practices are 5 days a week for 9th-12th graders. Head coach Michael Adrian (michael@greatspaceshonolulu.com) and coach Butch Ukishima (katnatuki2@yahoo.com).

JV Tennis- Start date is August 14th, 4-5:30pm at Keehi Lagoon, FRONT COURTS. This is a co-op sport with Maryknoll school for 9th-11th graders. Contact the athletic director Jana Fraser jfraser@honoluluwaldorf.org for more information.

Boys Water Polo. Start date is July 31st. Please contact the athletic director Jana Fraser, jfraser@honoluluwaldorf.org for more information.