

Waldorf Waves

September 2017



Aiko gr. 9, competing in her first ILH kayaking race at the Ala Wai.

Athlete Spotlight

Kanani is an 8th grader on the intermediate volleyball team. She thinks the best part of volleyball is knowing her teammates are there to pick her up and push her forward. Sports have taught her that mistakes are okay when learning new skills and that the score of a game doesn't matter when you give it your best effort. Her motivation to play is that she loves the sport and to meet new people.



Sports Links

ilhsports.com

<http://pac5athletics.org>

scoringlive.com

Updates

We have Fall sport athletes in girls volleyball (all levels), kayaking, football and JV boys tennis. Please look for the upcoming schedules in the weekly e-blast. Come out and support our student athletes who are representing our Honolulu Waldorf School Waves!



"It's not about being the best.... it's about being better than you were yesterday!"



Honolulu Waldorf School



Winter Sports

Girls Basketball- Intermediate (Oct. 16th) @ St. Andrew's Priory Gym. Practices 3:30-5:30 M-F, 9-11am Sat. Coach Mark Matsumoto, m2m@hawaii.rr.com. Pre season conditioning starting Sep. 25th M-W-F 3:30-4:30pm @ Priory Gym lanai.

Girls Basketball-Varsity (Oct. 30th) @ St. Andrew's Priory Gym. Practices M-F 4:45-6:45pm, Sat. 10-12pm. Coach Shawn Christiansen, shawnc@hawaiiantel.net. Pre-season conditioning starting Sep. 25th M-W-F 3:30-4:30pm @ Priory Gym lanai.

Boys Basketball- Intermediate (Oct. 16th @ UH Lab) **and Varsity** (Nov. 13th) @ Christian Academy School.

Boys and Girls Swimming and Diving- Intermediate and Varsity (Pac 5) (7th-12th) Nov. 6th @ Kaimuki Pool (pending), 4-6pm. Coach Matt Tanigawa pac5swimminghi@gmail.com.

Precision Riflery -JV and Varsity (Pac 5) (9th-12th): Nov. 6th @ Palama Settlement Gym. Coach Robynn and Yuji Hata. hatas@hawaii.rr.com.

Boys and Girls Wrestling -Intermediate and Varsity (Pac 5) (7th-12th): Nov. 6th @ UH Lab Cafeteria. Coach Aaron Sekulich, asekulich@gmail.com.

Girls Intermediate Tennis (7th-9th): Oct. 23rd @ St. Andrews Priory School.

Boys Intermediate Tennis (7th-9th): Oct. 23rd @ Maryknoll School-(offsite practices).

Girls and Boys Soccer- Intermediate (Oct. 16th) **and JV** (Oct. 23rd) **(Pac 5)** @ Kapiolani Park and Kalani High School. Girls Coach Les Gusman riggersoccer@gmail.com. Boys Coach Robert Smock RobertSmock@lexbrodies.com.

Girls Soccer-Varsity (Pac 5) (9th-12th): Nov. 6th @ Kapiolani Park and Kalani High School. Coach Les Gusman riggersoccer@gmail.com

Boys Soccer-Varsity (Pac 5) (9th-12th): Nov. 13th. Coach Robert Smock, RobertSmock@lexbrodies.com

Boys and Girls Paddling-Waldorf Team (9th-12th): Oct. 30th Practices M-Th 3:30-5:30 @ Hui Nalu Canoe Club. Coach Mindy Clark, amawahine@hotmail.com