**2018 Winter Sports Information**

All students (Gr. 7-12) are encouraged to participate in Priory sports regardless of skill level or experience. We also encourage students to participate in multiple sports (not in the same season) rather than specializing in a single sport.

* **CONCUSSION TESTING FOR WINTER SPORTS**: Girls playing in basketball, paddling, soccer and wrestling will need to be re-tested this year. The dates are as follows: **Mon 10/15 pm break / Tue 10/16 lunch & after school / Wed. lunch & after school**
* All ILH Schedules are listed on the ILH website: <http://ilhsports.com/>

 Scroll down left side to schedules and click on the sport

Listed below are tryout/practice and coach’s information for the winter season sports.

**PRIORY BASKETBALL** – All levels (grades 7-12)

**Varsity (grades 9-12)** Head Coach: Mr. Shawn Christensen shawnc@hawaiiantel.net

Practice (grades 9-12): Mon. October 29th –Fri. Nov. 2nd at 5:00 – 7:00pm

Season Practices daily 5:00-7:00p and on Saturdays 9-11am

Queen Emma Tournament play will be Nov 21, 23, 24 @ St. Andrew’s (Varsity team expected to help run event & play)

**Intermediate (grades 7-8)** Head Coach: Mr. Mark Matsumoto mark@m2hawaii.com

Tryouts: October 22 – 26th 3:30-5:30pm

Season Practices daily M-F 3:30 – 5:00 and Saturdays 11a-1:00p

**PRIORY JUNIOR VARSITY PADDLING** (grades 9-11) Possible varsity is enough girls

Starting Date: Thursday, November 1st @ Ala Wai (halau on corner of McCully and Kapiolani) 3:30 – 6:00pm

Head Coach: Glenell Choy qtchoy9@gmail.com

Practices: Practices will be Tue/Thur/Fri 3:30 – 6:00p / Sat 8:30am-12:00pm

* PARENT MTG: Saturday, Nov 3rd 11:00-12:00

Students should always bring: water bottle, running shoes, t-shirt & shorts, bathing suit, soap and a towel to wash off after practices.

**PRIORY INTERMEDIATE TENNIS** (grades 7-9)

Starting Date: Monday, October 22nd at St. Andrew’s Governor’s courts 4:00- 6:00pm

Head Coach: Cathlene Goya cgoya1129@hotmail.com

Practices: Some practices will be at St. Andrew’s, others will be at Keehi Lagoon, front courts. Practices are daily from 4:00-6:00pm and Saturdays 8-10a

There will be transportation provided to Keehi on school days, parent must pick-up at Keehi.

**Pac-5 SPORTS: A student may NOT tryout unless Pac-5 clearance has been given. A current physical and parent permission form must be submitted to Mrs. Kilbey in order for her to fill out Pac 5 clearance. Pac 5 clearance will take at least 24 hr. to process.**

* ***Transportation to all PAC 5 sports is based on availability of school vans.***

**Pac-5 PRECISION RIFLERY** (grades 9-12)

Tryout Dates: Tuesday, November 13th - Thursday Nov 15th 3:30 – 6:00pm

Coaches Yuji & Robynn Hata –(808) 384-4602 or < hatas@hawaii.rr.com>

Practices: JV Mon 3:30 – 6pm and Wed. 6-8pm/ Varsity Mon 6-8pm and Tue/Thur. 3:30 – 6p

* Parent - Student Meeting on Thursday, November 1st @ 5:00 Our Redeemer Lutheran Church

**Pac-5 SWIMMING (grades 7-12)**

Pre-season conditioning Mon. Oct 22 – Fri Nov 2 4-5:30 @ Kaimuki Pool (must find own transportation to pre-season)

Tryout Dates: Monday, Nov 5 – Nov 9th 4:00 – 6:00pm @ Kaimuki Pool

Head Coach Matt Tanigawa <mtanigawa7@gmail.com>

PAC-5 Swim Website: <https://pac5swimminghi.weebly.com/>

Practices will be daily M-F @ Kaimuki pool 4-6:00pm

**Pac-5 WRESTLING** (grades 7-12)

Tryout Dates: Monday, November 5th - Friday Nov 9th 4:00 – 6:00pm@ University Lab School – cafeteria

Coaches  Head Coach: Jared Ellis Jaredmichael.ellis@gmail.com

Practices: daily 4:00-6:00 @ University Lab School cafeteria

PAC-5 Wrestling pre-season Conditioning: Mondays, Wednesdays & Fridays from 4:30pm - 6:00pm, beginning Monday October 9th at University Laboratory School

**Pac-5 SOCCER** (grades 7-12)

Tryout Dates: Intermediate Monday, October 15th / JV Monday, October 22nd /

Varsity Monday, October 29th

Coaches: Ryan Leong    keaheboy@yahoo.com / Austin Lorenzo   austin3376@hotmail.com / Richard Wentling  rich96792@hotmail.com

Practices: Daily 4:00 – 6:00pm Kapiolani Park near field #3

Transportation not provided to pre-season conditioning: **PAC-5 Girls Soccer gr. 7-12 Conditioning**

**Tuesdays & Wednesdays beginning October** 2nd @ **5:00pm - 6:00pm at Kapiolani Park near field #3**