

ULS Fall Sports Update

The following information is for student-athletes that intend to try out for Fall 2022 Sports. Here are the start dates and information that we have at this time. Subject to change.

Girls Volleyball

Grades 9-12- Beach conditioning workouts starting July 18th and 20th from 7:00-9:00am at Queens Beach Courts.

Grades 7-12, all levels INT, JV, and Varsity conditioning and skills workout start dates Thursday and Friday July 28 & 29 4-6pm at Klum gym on the University of Hawaii lower campus.

Practice and tryouts will be the first week of August.

Most practices for all levels will be at Klum gym 4-6pm Monday - Friday.

Varsity will also have practices on Monday and Thursdays at Volley Hawaii, when the varsity has matches we may send the lower levels to Volley Hawaii on those days.

Other practice locations may be Manoa and Booth park gyms and the ULS outside courts.

Any questions about practice schedule or girls volleyball please contact coach Brad Miller

Contact: Varsity coach and program head Brad Miller - bmills2015@gmail.com

INT Coach Chirp Miner- minerbird@gmail.com

For practices at Klum gym there is a \$7 charge if parents plan to stay. You can drop off and pick up without paying the fee but they do ticket unattended vehicles that don't have a pass. During school days all players will have to walk down to Klum, please use the crosswalks and obey all traffic and school rules.

All ULS students are only allowed at Klum for practice and not any other areas of the UH campus. UH does have athletic equipment in Klum and all ULS students are not allowed to touch or use any of the equipment.

Pac 5 Sporter Air Rifery (Grades 9-12 only)

Start date and mandatory tryouts July 25-28

Please contact coach Robyn Hata for more details and practice schedule

Contact: coach Robyn Hata- robynn@hata.onmicrosoft.com

Pac 5 Cross Country

Grades 7-12 Monday Aug 1

Please contact coach Douglas Lau for more details and practice schedule

Contact :Coach Douglas Lau- douglaslau458@gmail.com

Pac 5 Varsity and INT Football

Pac 5 is currently having summer workouts

For summer workouts and Fall start dates and practice info please contact

Coach Kena Heffernan- kena.heffernan@pbahi.org

Clearances (mandatory)

All students that plan on participating in sports need to have all their clearances in before starting practice.

Clearances include an up to date athletic physical, baseline testing with online class for athlete and parent, and assumption of risk form.

Please check with our trainers to check on status or if you have any questions about the clearances.

shane_nunokawa@universitylaboratoryschool.org

kumiko_hashida@universitylaboratoryschool.org

Pac 5 Sports

For all Pac 5 sports, athletes will have 7 days of practice to try out and decide if they want to participate. After that the expectation is that all students are committed for the season. If they decide not to participate before or after those seven days they need to inform their coaches and the ULS Athletic Department so they can be taken off the roster. ULS will be charged the full fee for each Pac5 athlete after the seven days. Quitting a sport without due reason may result in not being able to participate in athletics in the future.

Transportation

ULS will be providing bussing to selected practices and games on school days. Due to the number of teams, athletes and available buses not all practices and games can be covered. Pickup from all practices and games need to be arranged by parents. No transportation will be provided on weekends. If bussing can not be provided parents should make arrangements for their own child's transportation to and from practices and games. All school rules and Covid policies will be strictly enforced on the buses.

Early releases

For early games there will be an early release arranged and posted in the school bulletin. Athletes are not allowed to leave any earlier than the posted time. Students are responsible for any work or assignments that are missed.

ILH Games

Admission will be charged to ILH events for all levels (Intermediate, Junior Varsity, and Varsity). For the 2022-23 season, ILH events that charge admission will be made through online ticket vendor Ticket Spicket. Fees for admission may vary.

<https://ticketspicket.com/>

Thank you,

Walt Quitan

Athletic Director

University Laboratory school

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