

January 27th, 2015

Aloha,

Below is information regarding the Elementary (Kula Ha'aha'a) Track and Field program offered this Spring. Attached to the back will be the registration for the Parks and Recreation Track meet which will be hosted here at our stadium. Events offered at the P&R meets are as follows: standing long jump, standing triple jump, softball throw, 50M dash, 70M dash, 4x25M relay, and 4x50M relay. Practice will NOT be mandatory to participate in the meet, however, those who do not attend practice will not be allowed to participate in the standing triple jump or the relays. All forms are due no later than Wednesday, February 4th to Kumu Marcie in the elementary administration building. I will be submitting names and events to the County Parks and Recreation Division by Friday, February 6th.

Mahalo,

Kaimiola Ho (KSH Senior Legacy Project, Coach for Kula Ha'aha'a)

Sport: <i>Elementary Track</i>
Grade(s): 1-5
Gender(s): Male and Female
Names of coaching staff: <i>Kaimiola Ho</i> <i>Middle School Head coach: Ryan Cabalse (KSH)</i>
Contact Information for elementary head coach: E-mail : kaimiola.ho@imua.ksbe.edu Phone (cell): (808)- 989-4692 Contact information for Ryan Cabalse: E-mail: rycabals@ksbe.edu Phone: 982-0652
<u>Practice days/times:</u> <i>Monday-Friday; 3:45-5:15 pm.</i> Note: Parents will need to pick drop off and pick up their child at the stadium at the times stated above. <u>First day of practice:</u> <i>Monday, Feb. 2, 2015</i> <u>Last day of practice:</u> <i>February 20th, 2015</i> <u>Track & Field Meet:</u> <i>February 21st, 2015 at Kamehameha Schools Pai'ea Stadium (8:00 – 4:30 pm)</i>
Practice location: <i>Pai'ea Stadium (High school track) at the storage house</i>
What the student-athlete needs to bring: (water will be provided) <i>Proper running shoes; proper clothes to train in; all athletic papers need to be up to date (student's school physical).</i> <i>A positive attitude and the mindset to have fun, play hard, and run like the wind!</i>