

2009-2010
HBA Athletic Handbook
(Revisions/Additions – not including dates – in italics)

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HBA Athletic Handbook for Parents and Athletes

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Hawaii Baptist Academy is a private, co-educational, college prep, Christian school. HBA is governed by a board of directors elected by the executive board of the Hawaii Pacific Baptist Convention, an association of Southern Baptist churches in Hawaii. It is the philosophy of Hawaii Baptist Academy to provide academic excellence in a Christian context. We believe: that the most effective citizen needs a well-trained mind; that the best education includes spiritual and moral values as well as intellectual and physical development; that the best spiritual and moral teachings are those of Jesus Christ.

Hawaii Baptist Academy Administration, faculty and staff pertinent to athletics:

President:	Richard T. Bento
Vice President:	Dr. Timothy Morita
High School Principal:	Marsha Hirae
Vice Principal:	Nolan Namba
Middle School Principal:	Claudia Atta
Athletic Director:	Deren Oshiro
Assistant Athletic Director:	Keith Sugiura
Athletic Trainer:	Jason Ishikawa

School Colors: Black, Gold, White

School Mascot: The Eagle: "Endurance"

School Motto: "Christ for every nation."

Alma Mater: They that wait upon the Lord
Shall renew their strength;
They shall mount up with wings as eagles;
They shall run and not be weary;
They shall walk and not faint.
Teach us, Lord; Teach us, Lord to wait. – Isaiah 40:31

SECTION 1 – Athletic Department Philosophy, History of ILH & Pac-5

HBA Athletic Department Philosophy, Goals and Objectives

It is the philosophy of HBA Athletics to provide a quality sports program in a Christian context. We seek to develop the young person physically, mentally, emotionally and spiritually. We believe that our abilities are a gift of God and that we are obligated to use them to the best of our abilities. We value athletics as an integral part of a child's overall development and education.

We DO want to win, but we understand that winning is an outcome that is not completely under our control. We believe that athletics can teach positive values, build self-confidence and promote a respect for others. We stress the value of effort and teamwork and that good sportsmanship and individual and team development supersede winning. We also believe that winning without honor or integrity is not truly winning.

We celebrate our alumni who participate in collegiate athletics either as walk-ons or scholarship players. However, we believe that this is a by-product of our program...it is not the focus or emphasis. The individual goals of an athlete or will never take precedence over the goals of a team. Nor will the goals of a team or specific sport program take precedence of the goals of the overall athletic program.

Our goals and objectives are:

- To glorify God in all that we do (Colossians 3:23)
- To promote and build character, integrity and sportsmanship in our students
- To provide as many opportunities as possible for our students to participate in athletics.
- To provide and maintain safe facilities.
- To provide qualified coaches who exhibit Christian morals.
- To develop responsibility to oneself and to others.
- To provide quality equipment and uniforms.
- To recognize students' participation and achievement in athletics.
- To foster positive relations with the community.
- To develop school pride among the student body, our parents and alumni.

Interscholastic League of Honolulu (ILH)

The Interscholastic League of Honolulu was formulated in 1909 with Punahou, Kamehameha and McKinley High School. More public and private schools joined the league and a wide variety of interscholastic sports were offered to the students, which eventually came to include sports for girls.

In 1970, the public schools of Honolulu withdrew from the ILH and became part of the Oahu Interscholastic Association. Today, the ILH is comprised of 25 private schools with over 7500 students participating in 22 different sports including canoe paddling, kayaking, air riflery, water polo, judo, cheerleading, gymnastics, and sailing. The Board of Athletic Directors (BADILH) and Principals (BOPILH) of the ILH maintain an excellent program with the well-being of the student-athlete as an emphasis. Hawaii Baptist Academy, which joined the ILH in 1962 as its eighth member school, is proud to be a part of this organization.

PAC – 5

Pac-5 was organized and began competition in the ILH in 1973. Its purpose was to give more students from the smaller member schools a chance to participate in a wider variety of sports such as football, baseball, soccer, softball, wrestling, swimming, water polo, and track. This concept of combining students from smaller schools in order to compete in interscholastic athletics was the first of its kind in the nation.

The original members of Pac-5 were Mid-Pacific Institute, University High School, Hawaii Baptist Academy, Maryknoll School and Our Redeemer Lutheran School (now called Lutheran High School). In 1982, Academy of the Pacific and Varsity International joined in. Today, in various sports, Pac-5 may include schools like St. Francis School, Sacred Hearts Academy, Damien Memorial High School, Lanakila Baptist School, ASSETS School, Honolulu Waldorf School, Word of Life Academy, Hanalani School, Le Jardin Academy, Island Pacific Academy, Pacific Buddhist Academy, Hoala School and Christian Academy.

SECTION 2 – Organization, Coaching Staff

Organization

The athletic director is responsible for the HBA athletic program. The athletic director falls under the supervision of vice principal, Nolan Namba. Coaches fall under the supervision of the athletic director. All coaches are hired on a one-year agreement and are evaluated at the end of each year by the athletic director.

HBA Team

Basketball, Boys Intermediate Black
Basketball, Boys Intermediate Gold
Basketball, Boys JV
Basketball, Boys Varsity
Basketball, Girls Intermediate
Basketball, Girls JV
Basketball, Girls Varsity
Bowling, Girls Varsity & JV
Bowling, Boys Varsity & JV
Cheerleading, Varsity
Cross Country, Boys Int., JV, Vars
Cross Country, Girls Int., JV, Vars
Golf, Boys/Girls Varsity, JV
Golf, Boys JV
Golf, Boys/Girls Intermediate
Tennis, Boys Int., JV, Varsity
Tennis, Girls Int., JV, Varsity
Volleyball, Boys Intermediate
Volleyball, Boys JV
Volleyball, Boys Varsity
Volleyball, Girls Intermediate I
Volleyball, Girls Intermediate II
Volleyball, Girls JV I
Volleyball, Girls JV II
Volleyball, Girls Varsity

Head Coach (Assistants) – As of June 2009

Jared Gandia
Brandon Arquero
Don Matsuyama (Darren Obayashi)
George Weeks (Kurt Johnson, Robin Yamaguchi)
Darren Wada, Rhona Halmos
Arjay Gruspe (Tara Gruspe)
Keith Sugiura (Arjay Gruspe, Robin Yamaguchi)
Lynne Hayashi (Greg Hayashi)
Greg Hayashi (Rich Kodama)
Dayna Hasegawa (Jaymie Yamamoto)
Ross Mukai (Derek Coryell, Aaron Kondo,
Christian Nakanishi, Cindy Lee, Matt Stevens)
Randy Collins, Jim Utsugi, Robert Collins
Jim Utsugi
Mikah Obrero, Ken Silva
TBA
Wayne Sasaki (Tammy Yamauchi)
Serafin David, Jr. (Andrew Shiira)
Alan Cabanting (Danford Chang)
Teoni Obrey (Kent Kim, Andrew Shiira)
Jared Gandia (Tricia Yoshimura)
Andrew Shiira (Kathy Mock)
Alan Cabanting (Danford Chang)
Dean Tamura (Courtney Miyashiro)
Myles Shioji (Ryan Scudder, Jared Gandia)

SECTION 3 – Sport Offerings, Start Dates

Sports Offered At HBA for 2009-2010 (Revised as of 6/19/09)

<u>Sport</u>	<u>Levels of Participation</u>	<u>Start Date</u>	<u>Practice Site</u>
<i>FALL SEASON</i>			
HBA/AOP/SF Air Riflery	JV, Varsity; Boys & Girls	July 27	Academy of the Pacific
HBA Bowling	JV and Varsity; Boys & Girls	July 27	Fort Shafter Lanes
HBA Cross Country	Int., JV, Var; Boys & Girls	July 27	HBA & Nuuanu area
HBA Girls Volleyball	JV 1, 2 and Varsity	July 27	HBA
Pac-5 Football	JV and Varsity	July 27	Mid-Pacific Institute
Pac-5 Boys Water Polo	Intermediate, JV, Varsity	July 27	Mid-Pacific Institute
HBA Girls Volleyball	Intermediate	Aug 3	HBA
HBA Cheerleading	Varsity	TBA	HBA
Pac-5 Football	Intermediate	Aug 3	University High
HBA JV Tennis	JV Boys and Girls	Aug 3	Ala Puumalu Park (Salt Lake)
<i>WINTER SEASON</i>			
Pac-5 B/G Soccer	Intermediate & JV	TBA	Kapiolani Park
Pac-5 Girls Soccer	Varsity	Nov 2	Kapiolani Park
HBA B/G Basketball	Intermediate & JV	Oct 26 (tent.)	HBA
Pac-5 Boys Soccer	Varsity	Nov 9	Kapiolani Park
HBA Inter Tennis	Intermediate Boys & Girls	TBA	Ala Puumalu Park (Salt Lake)
HBA Girls Basketball	Varsity	Nov 16	HBA
Pac-5 Swimming/Diving	Int, JV, Var; Boys & Girls	Nov 9	Mid-Pacific Institute
HBA Boys Basketball	Varsity	Nov 30	HBA
Pac-5 Canoe Paddling	JV and Varsity; Boys & Girls	Nov 2	Ala Wai Canal
Pac-5 Wrestling	Int, JV, Var; Boys & Girls	Nov 23	University High
<i>SPRING SEASON</i>			
Pac-5 Softball	Intermediate and Varsity	Feb 1	University High & TBA
HBA B/G Varsity Tennis	Varsity Boys & Girls	Feb 1	Ala Puumalu Park (Salt Lake)
Pac-5 Judo	Intermediate, Varsity	Feb 1	University High
Pac-5 Baseball	Intermediate, JV, Varsity	Feb 1	University High & Moiliili Field
Pac-5 Girls Water Polo	Intermediate, JV, Varsity	Feb 1	Mid-Pacific Institute
HBA Girls Golf	Intermediate	Mid-Feb.	Hawaii Kai GC
HBA Girls Golf	Varsity 1 & 2	Feb 1	Various / Olomana GL
HBA Boys Volleyball	Int, JV & Varsity	Feb 8	HBA
HBA Boys Golf	Intermediate	Mid-Feb.	Hawaii Kai GC
HBA Boys Golf	Varsity 1	Feb 8	Various / Olomana GL
Pac-5 Track	Int, JV, Var; Boys & Girls	Feb 8	UH-Manoa & Kapiolani Park

Levels of Competition (Eligible Grades)

Intermediate: Grades 7 – 9

JV: Grades 9 – 11

Varsity: Grades 9 – 12

SECTION 4 – Participation/Tryout Rules & Requirements

Participation Rules and Requirements

1. All athletes are required to have adequate medical insurance.
2. **All athletes must submit a valid “Hawaii Baptist Academy Student Health Record Form” prior to participation.** This must be completed, signed and dated by a physician. The student must have a physical examination each year in which they are involved in athletics. **This form must be submitted by the first day of practice or tryouts.**
3. **All athletes must submit a “2009-2010 Athletic Handbook Agreement Form” prior to participation.** It must be dated and signed by both athlete and one of his/her parents/guardians. **This form must be in by the first day of practice or tryouts.**
4. **All athletes and parents MUST acknowledge and accept the following statements and policies regarding sport tryouts and participation:**
 - **The team is always more important than the individual.** Participation in the HBA athletic program certainly can help prepare a student for collegiate athletics (See “HBA Athletic Program Highlights”, page 21). However, this is a by-product and not a primary objective. With this philosophy in mind, athletes and teams will be managed accordingly (See “HBA Athletic Department Philosophy, Goals, and Objectives, page 3).
 - **There is no uniform set of criteria for earning a spot on a sports team.** However, roster decisions are generally made based on the number of students trying out, their performance during tryouts, their assessed skill-level and their assessed level of athleticism. The coaches reserve the right to insert additional criteria if they deem it necessary. Additionally, the coaches choose the group of athletes they feel will best complete a cohesive team, i.e. it’s not necessarily true that all of the athletes who earn spots on the varsity are “better players” than all of the athletes on the junior varsity, etc.
 - **Earning a spot on any team does not guarantee a position on the same team for any (or all) subsequent year(s).** Athletes must try out for their respective sport teams each year with exceptions possible on a case by case basis (injuries, etc.).
 - **Participation in off-season sports programs/leagues/clinics - HBA, community, club, or otherwise - is encouraged, but it does not guarantee an athlete a position on any sports team.** Likewise, non-participation does not preclude an athlete from earning a spot on any sports team.
 - **The HBA administration, athletic department, and coaching personnel do not endorse any particular off-season sports program/league/clinic, nor any particular organization that sponsors such activities.**
 - **All 9th–11th graders must tryout for varsity first. Those not selected for the varsity will automatically make the initial roster of the junior varsity.**
 - **Athletes not participating from the first day of a multiple day tryout will NOT be allowed to begin late.** Exceptions are possible on a case by case basis.
 - **Athletes must divulge extra-curricular activity schedules and information to coaches at or prior to tryouts.** This includes but is not limited to: Expected absences due to family vacations, school-related trips or activities, church activities, sport or music lessons, weddings or other school activities (SOL, Mock Trial, etc.).
 - **The duration of tryouts will vary from sport to sport and from team to team.**

5. All athletes must have parental consent.
6. All athletes must be eligible according to the ILH Constitution and By-Laws. Copies are filed in the athletic director's and vice-principal's office.
7. Any student who attends school less than ½ day (4 of 7 complete class periods or less than 50% of complete class periods for that particular day's schedule) shall be ineligible to play or practice that day. At the discretion of the athletic director, an exception may be granted due to extenuating circumstances.
8. No athlete will be allowed to play two sports in the same season unless cleared to do so by the athletic director. These situations of concurrent or dual sport participation will be handled on a case by case basis. Generally, it is virtually impossible for a student to participate in two team sports in the same season. It is more likely that a student can participate in two concurrent sports if at least one of them is an individual sport. Criteria for concurrent or dual sport participation are:
 - A. One sport must be designated as the "primary sport". This sport's coach will have the prerogative to determine which practices and/or games the student will be required to attend. This sport is essentially the "full-time" sport.
 - B. The coach of the "secondary sport" must agree to the "part-time" status of his/her sport and the limited attendance of the student at practices and/or games.
 - C. The student and his/her parents must agree to the requirements and schedule of both sports.
 - D. The athletic director must agree to the requirements and schedule of both sports.

* ALL OF THE AFOREMENTIONED MUST BE IN WRITING AND THE DOCUMENT MUST BE SIGNED AND DATED BY ALL PARTIES.
9. Athletes will be allowed to participate in sports that have seasonal overlap. However, the finishing sport shall take priority over the beginning sport. This means that all meetings, practices, and competitions of concluding sport must be attended unless that respective coach grants a release.

SECTION 5 – ILH Eligibility, Outside Participation, Transfer, Refreshment Rules

ILH Eligibility (2009-10 ILH By-Laws supersede any conflicts listed herein)

1. A student will have no more than four (4) consecutive years of varsity eligibility once he/she enters the 9th grade of any school. (Exception: Any student may participate in senior varsity football only in his/her 2nd, 3rd, and 4th eligibility year, dating from his or her entry into the ninth grade of any school.) A 7th or 8th grade student who is transferring into the ILH, and repeats either the 7th or 8th grade, has the option of participating during his/her repeat year, and being ineligible during his/her senior year or not participating during his/her repeat year and being eligible during his/her senior year. In the event participation takes place during his/her repeat year, only three years of eligibility will prevail upon entering the 9th grade. The four year consecutive ruling will apply should he/she decide not to participate during his/her repeat year.

2. A student will have no more than 3 years of junior varsity eligibility once he/she enters the 9th grade.
3. A student will have no more than 3 years of intermediate eligibility once he/she enters the 7th grade.
4. An ILH school team season starts with the first day of practice as specified by the ILH, and ends with the last State Tournament date in that sport, or with the last ILH scheduled date if there is no State Tournament in that sport. During this “school season” time, the school team may play opponents, school or non-school teams of their choice, provided they abide by rules pertaining to amateur standing and required sanctioning procedures. (ILH By-Laws, Sec. 1.5, B.)
5. **Same Day Outside Participation:** Participants in individual sports may have no outside participation on the same calendar day of a scheduled ILH or HHSAA event in which their team is scheduled to participate. All team members must abide by this rule, whether an individual is scheduled to participate in the ILH or HHSAA event or not. Exception: Individuals not qualifying for post-season ILH (such as championship tournaments) or HHSAA state competition may participate in outside activities. The individual sports are:

1. Air Riflery	8. Riflery
2. Bowling	9. Sailing
3. Cross Country	10. Swimming
4. Golf	11. Tennis
5. Gymnastics	12. Track & Field
6. Judo	13. Wrestling
7. Kayaking	

(ILH By-Laws, Sec. 1.5, C.)
6. **In-Season Outside Participation:** Participants in a team sport are not allowed to participate in bonafide leagues in the same sport during their ILH sport season, beginning with the ILH starting date of that sport. However, they are allowed to participate in skills clinics and receive one-on-one training with same sport coaches during their respective ILH sport season. Individuals may return to full outside participation at the conclusion of their respective ILH season. The team sports are:

1. Baseball	
2. Basketball	
3. Canoe Paddling	
4. Softball	<Exceptions: Participants in football are not allowed outside participation
5. Volleyball	for the entire school year. Participants in national championship or U.S.
6. Soccer	national team events may be allowed on an exemption basis.>
7. Water Polo	

(ILH By-Laws, Sec. 1.5, D.)
7. **Out-of-Season Outside Participation: Athletes are allowed outside participation outside of their season without restriction provided their coach is NOT affiliated with their high school program, i.e. paid or volunteer coach at any level or gender or any school employee or supporter.** (Contact the athletic director for exact ILH By-Law language and specific sport restrictions pertaining to this – or any other – issue.)
8. Any student who has graduated from a four-year high school course program is not eligible to participate in ILH competition.

ILH Transfer Rules

1. A student who has represented an ILH school in Hawaii and who transfers to a member school shall be ineligible to represent the school to which he/she transfers in any sport in which he/she has participated at the former school, for one calendar year from the date of leaving the former school.

If the student has not participated for the previous school in the immediate past school year prior to transfer, he/she will be eligible immediately upon entering the new school providing other eligibility rules are met.

2. If a participant who has represented a combined ILH group, i.e., Pac-5 team, transfers to another school of the same group, he/she may be eligible to participate in that specific group activity immediately.
3. A student who has represented a non-ILH school in Hawaii in regular league play and whose name appears on that school's eligibility and participation lists shall be ineligible to represent the ILH school to which he/she transfers in any sport in which he/she has participated at the former school, for one calendar year from the date of release from the former school. If the student has not participated for the previous school in the immediate past school year prior to transfer, he/she will be eligible provided other requirements are met.

Exception: Any 9th grader from a non-ILH school enrolling at a member school may participate starting at the tenth grade level.

4. When a student transfers from a non-member school to an ILH school, the period of participation shall be reckoned from the beginning of the school year in which he/she first registered as a member of the 7th grade in any school.
5. If a student has participated in a practice session even prior to instruction at a prior school, he/she will be ineligible to participate at the school he/she transferred to for 90 days.
6. A student who has transferred to a member school from an outer island or from outside the State of Hawaii because of a change in family residence shall be eligible.
7. An ineligible transfer student may participate in practice but may not participate in ILH competition, including preseason games.
8. No student 18 years and 9 months of age on August 31 shall be eligible to participate thereafter.

Miscellaneous ILH Refreshment Rule

Visiting teams and their parents, supporters, coaches, and school representatives are prohibited from consuming or distributing any food, snacks or meals on the campuses of other schools. **ONLY DRINKS ARE ALLOWED TO BE DISTRIBUTED.** This rule only applies for school sites and facilities, NOT for public facilities like Kapiolani Park, community baseball fields, Central Oahu Regional Park, etc.

SECTION 6 – Academic Responsibility, Absences From Practices/Games

Academic Responsibility

1. Interim academic reports – Any athlete who receives two or more interim academic reports may be required to attend a lunch study detention for a minimum of one week. Grade checks thereafter will determine whether or not the detention will be extended.
2. Probation – Any athlete who is on academic probation will be ineligible to participate immediately following the official notification of grade point average from the principal and for the following quarter. **7th and 8th graders who raise their GPA to at least 72% in all classes are eligible to regain their eligibility as soon as two weeks after being declared academically ineligible. They may participate in games beginning the Friday afternoon of the end of their two-week probationary period.**
3. After school study hall – For athletes who practice in the gym later in the afternoon, coaches may request study halls. However, they also must supervise these sessions. Students are encouraged to get as much of their homework done as possible before practice begins. For some teams, this study hall may be mandatory.
4. Team trips or athletic events requiring the missing of classroom instruction – Athletes should have a GPA of 72% in each class they wish to be excused from for an athletic event or trip. **However, teachers may grant non-qualifying athletes permission to miss classes if there are extenuating circumstances. Likewise, teachers may withhold a qualifying athlete from athletic participation if there are extenuating circumstances. Teachers must sign and date a grade check/early release form for a student to be officially released from their particular class.**

Due to the drastic changes in inter-island travel procedures and increased expense (fees assessed for name changes, flight changes, or cancellations, etc.), these grade checks must be completed well in advance of the scheduled trip (approximately two weeks in advance). Preseason trips for fall sports may be exempt from this if there is not adequate notification time.

Absences From Practices and Games

1. **For academic reasons** (finishing a test, attending a study group, tutoring, etc.) - Athletes must provide a note to their coach upon their arrival to the athletic event. Each note must be dated, must explain the reason for the absence, must list the in and out times (during which the student-athlete was under the teacher's supervision), and must have the teacher's signature. Absences without such notes will be unexcused and handled on a team by team basis.
2. **For medical reasons** (illness, doctor's appointment, etc.) – Athletes must provide a note to their coach and the athletic trainer upon their arrival to the athletic event. Each note must be dated, must explain the reason for absence, and must have either the parent's signature (when child did not see a physician) or the physician's signature (when a child saw a physician). Absences without such notes will be unexcused and handled on a team by team basis. If medical clearance is required but has not been granted by the physician, the athlete will not be allowed to participate.

3. **For camps** - The athletic department and Christian activities department recognize the value of the class camp program and sports participation as vehicles to reach students for Christ. As such, the following policies regarding athletic practices/games and camps have been mutually agreed upon:
 - a. All in-season athletes **MUST** attend regular or post-season games as scheduled. HBA will coordinate or provide transportation to accommodate athletic commitments.
 - b. All in-season athletes signed up to attend their class camp **MUST** attend camp activities if only practices are scheduled. HBA will coordinate or provide transportation to accommodate camp commitments.
 - c. **All in-season athletes may not miss practices OR games to attend camps (even as counselors) other than Servant Group Camp or their own particular class camp.**

5. **For other trips / vacations** – The athletic department would like for all families to consider each team’s two and a half month season as a **COMMITMENT** and accordingly schedule all trips and vacations around the practice and game schedules. The values athletics are trying to help build in the students - those of teamwork, dedication, commitment, decision-making, time management, and sacrifice, among others – are all diminished when players miss parts of seasons.

SECTION 7 – Athlete/Parent Behavior & Conduct

Athlete Behavior and Conduct

1. All athletes are expected to conform to the HBA rules of conduct as stated in their student handbooks. HBA athletes represent their school at every athletic event whether it is a practice session, team meeting or a game. Any student-athlete whose conduct is deemed unacceptable to the school will be disciplined by the athletic director and/or the vice principal.
2. Tardies and absences from practices and games will be dealt with by individual coaches according to their team rules. (Team rules must be approved by the athletic director)
3. **PARTICIPATION IN ATHLETICS IS A PRIVILEGE.** This privilege will be taken away if players disrespect it by behaving and conducting themselves in a manner not representative of the Hawaii Baptist Academy, her athletic department, and her administration. Parental conduct deemed intrusive or threatening to any team, participant, or employee in or of the athletic program may also warrant their child’s removal from the athletic team/program.
4. Any student receiving an unsatisfactory grade for his/her quarter citizenship grade, will be ineligible to participate in athletics for the period of time as specified by the criteria in the HBA Student Handbook.

Parental Behavior and Conduct

Role of parents is to:

1. Be POSITIVE and be ENCOURAGING!
2. Support, encourage and respect the efforts made by their child, his/her teammates, the coaches, the athletic administration and the school.
3. Promote sportsmanship and the development of good character and discipline in our student-athletes and athletic program.
4. Communicate promptly and thoroughly with coaches and the athletic director. Information that needs to be disclosed includes but is not limited to: Any health and safety issues, academic concerns and potential schedule conflicts pertinent to your child and his/her participation in the athletic program (such as participation in other extra-curricular activities, traveling for family trips, etc.).
5. **Express concerns regarding their child and/or his/her team directly to the coach first.** Roster decisions, playing time, play calling, and team strategy are judgment decisions made by coaches which do not require justification. For occasions when coaches and parents agree to meet to discuss other concerns from either party, conferences may be arranged. **If you have a concern you would like to discuss with a coach, please follow the following protocol:**
 - A. Call the coach to set up an appointment. (Do not attempt to confront coaches immediately before or immediately following games or practices. These are highly emotional times for coaches and parents that are not conducive to rational discussion. Take some time to carefully consider your concerns prior to requesting a conference. Often a day or two of reflection brings a more reasonable perspective.)
 - B. If the conference does not provide satisfactory resolution, call the athletic director. If the athletic director deems it necessary, an appointment may be scheduled to discuss the matter. ***(HBA's upper-administration WILL NOT consider any request for discussion or meeting if this procedure has not been properly followed.)**

Role of parents is NOT to:

1. Complain or be negative.
2. Seek to influence or direct the activities or policies of the coaches, athletic administration or school.
3. Undermine the coaches, athletic administration, or school through petty criticism, disparaging remarks, or any other form of direct or indirect disrespect.
4. **Berate officials, fans, players or coaches...or anyone else at any sporting event.**
5. Promote their child or team to the press or others on behalf the school.

SECTION 8 – Quitting/Being Dropped From a Team, Athletic Awards

Quitting or Being Dropped From a Team

An athlete who has made a team and quits or is dropped for disciplinary reasons shall be ineligible to participate in athletics for up to one calendar year at the discretion of the athletic director and the principal.

It is most important that the athlete understand his/her obligation to his team and carry out that responsibility for the duration of the season once he/she makes the team. It is an honor and privilege to make the team and others are being denied that honor if one player makes the team and then decides to quit.

In cases where the athlete is dropped by mutual consent of the coach, player, and the athletic director, the ineligibility requirement is not in effect. An example of this is when the student is having academic trouble and it is agreed that it would be best for him/her to drop the sport in order to concentrate on studies. However, poor performance in the classroom has various definitions. **Academic struggles have to be significant, detailed, and verified by instructors for dropping from a team to be considered. They do not automatically exempt a player from his/her commitment to the team or sport.** For some students, participation in athletics may result in difficult lessons in accountability, decision making, and time management.

Athletic Awards

Hawaii Baptist Academy appreciates the participation of the student body in the athletic programs. The following awards are given to these participants.

1. Intermediate sports – certificates of participation will be awarded.
2. Junior varsity sports – certificates of participation will be awarded.
2. Varsity sports – certificates of participation, metal inserts, and a varsity letter (one per high school career) will be awarded.
 - a. Most Inspirational/Improved Player Award – presented to the boy or girl in each varsity sport who has been most inspirational/improved throughout the season to his or her teammates and coaches.
 - b. Most Valuable/Outstanding Player Award – presented to the boy or girl in each varsity sport who demonstrates the best combination of skill and sportsmanship. The head coach will choose the recipient and the decision will be based on the entire season's performance.
 - c. Pac-5 Award - presented to a senior Pac-5 athlete who has had an outstanding career in the Pac-5 program and has received league or state recognition. This award may be given for any or all Pac-5 sports, but is not necessarily given each and every year (some years there are no seniors, very few seniors, or even few total participants on a given Pac-5 team).

- d. Male Athlete of the Year – presented to a boy who has lettered and achieved outstanding athletic performance in at least two varsity sports or who has lettered, achieved outstanding athletic performance, and gained league or state recognition in one sport. This athlete - who must have demonstrated leadership and a commitment to his teammates throughout each season - will be chosen by a committee of coaches, administrators and the athletic director.
- e. Female Athlete of the Year – presented to a girl who has lettered and achieved outstanding athletic performance in at least two varsity sports or who has lettered, achieved outstanding athletic performance, and gained league or state recognition in one sport. This athlete - who must have demonstrated leadership and a commitment to her teammates throughout each season - will be chosen by a committee of coaches, administrators and the athletic director.
- f. Rob Fulford Scholar Athlete Award – presented to the senior athlete (girl and boy) who has lettered and achieved outstanding athletic performance in at least one varsity sport. Additionally, this athlete must have demonstrated leadership and a commitment to teammates, while combining scholastic excellence with athletic ability and achievement. These athletes - who must have demonstrated leadership and a commitment to their teammates throughout each season - will be chosen by a committee of coaches, administrators and the athletic director.
- g. Ken and Rosemond Street Sportsmanship Awards - presented to the athlete (girl and boy) who best demonstrates sportsmanship, dependability, honesty, and inspirational leadership. This athlete - who must have demonstrated leadership and a commitment to their teammates throughout each season - will be chosen by a committee of coaches, administrators and the athletic director.

The ILH provides medals for all championship teams and provides a championship plaque for varsity team league champions. For all sports without classification, i.e. division I and division II, HBA is eligible for ILH “Class A” or “Small Schools” championships in addition to the outright ILH titles. These championships are awarded to the highest finishing small school (based on enrollment) if there are a minimum of four such schools participating at that particular level for that particular sport.

The intermediate and jv awards are presented at an athletic assembly during the school day. The HBA Athletic Booster Club provides each of these athletes with a lunch coupon that may be used at either the school snack bar or cafeteria.

The varsity awards are presented during the annual Varsity Athletic Awards Banquet, which is sponsored by the HBA Athletic Booster Club and Mainland Advisory Council member Ken Street. Additionally, the Booster Club purchases varsity jackets for all senior athletes. All varsity athletes must complete their respective senior sport season (be it fall, winter, or spring or combination thereof) in good standing to receive their jacket. All varsity athletes are also required to attend the banquet to claim their awards and letters. Exceptions to this policy can be made on a case by case basis provided the athlete informs the athletic director by the banquet registration deadline.

SECTION 9 – Travel Policy, Fundraising

Travel Policy

Any HBA athletic team traveling on Oahu to spend the night, traveling to an outer island, or traveling to the mainland, must have the approval of the Athletic Director and Vice Principal, and must conform to the travel policies stated in the HBA Student Handbook. **A breach of any team, athletic handbook, or school handbook rule may result in the athlete being sent home. The player or his/her family will be responsible for any and all travel expenses incurred from travel changes made due to disciplinary reasons.** The athlete will also be subject to further disciplinary action at the discretion of the athletic director, vice principal, principal, and president.

A team will be allowed only one preseason trip during its season. State tournament trips are not included in this rule. No team can travel to the mainland in consecutive years.

Priorities for trip approval:

1. Any varsity team qualifying for a State Tournament.
2. Any varsity team receiving an invitation to participate in an organized tournament.
3. Any varsity team scheduling non-tournament games for either pre-season or post-season play.

Trip funding:

1. An individual or team that qualifies for an off island State Tournament shall have its airfare, ground transportation, and hotel accommodations paid for by HBA.
2. **For ALL other trips, the athletes' expenses will be defrayed by the Athletic Booster Club. The athletes will then be given a trip assessment and will be required to support/work at the Athletic Booster Club fundraisers (2).**

Fundraising

Individual program or team fundraising is NOT allowed.

The HBA Athletic Booster Club is the fundraising arm of the athletic department. The funds they raise cover several items annually (See “HBA Athletic Booster Club”, page 19), and also help with “wish list” or capital purchases for the athletic department. Additionally, they help subsidize preseason travel expenses of teams. This previously was the sole responsibility of the teams.

SECTION 10 – Transportation, Uniforms

Transportation

9th-12th grade athletes are required to check the dry erase board (located outside of the athletic office) each day for pertinent and up-to-date transportation information. 7th-8th grade athletes are required to check the board in the middle school snack bar. All athletes are expected to exhibit safe and proper behavior whenever riding buses and vans. If students who misbehave are identified by either transportation or security personnel, they may lose their transportation privileges.

1. Practices

Generally, HBA will provide transportation to weekday HBA and Pac-5 sport practices. However, there may be certain occasions when extenuating circumstances prohibit such service. Transportation will not be provided back to school. Athletes must provide their own transportation home after practice.

Bus service is not provided on in-service days, early-release days, or during fall, winter, or spring breaks.

2. Games

b. **Generally, HBA will provide transportation to weekday games.** However, there may be certain occasions when extenuating circumstances prohibit such service.

c. **Bus service generally is NOT provided on in-service days, early-release days, or during fall, winter, or spring breaks.**

Uniforms

Uniforms are provided for all HBA athletes. In most cases, the uniforms are issued and are expected to be returned at the end of the season in good condition. Once the uniforms are issued, the athlete is liable for the replacement cost for any item that is lost, stolen or damaged.

Uniforms must be returned within one week of the completion of the season. Failure to do so will result in possible forfeiture of any athletic awards and further participation in athletics in addition to assessment of replacement cost of the uniforms. **FOR SENIORS, UNIFORM RETURN IS ALSO A PART OF THE GRADUATION CHECKLIST.**

For some teams, the uniforms (either full or in part) is consumable, i.e. is kept by the athlete. In these cases, HBA will pay \$10.00 toward the cost of a top and \$10 toward the cost of a bottom. The athlete is responsible for any and all differences in cost.

Unless otherwise specified, all uniform tops must be tucked in and look neat. **Uniform tops or bottoms may not be folded, rolled, tucked, or gathered in any way unless there is a verifiable medical reason to do so.** Warm-ups worn before and during games will be issued by the athletic department. Only uniforms or warm-ups approved by the athletic director may be worn during warm-ups and games. **Other apparel items (socks, shoes, wristbands, headbands, hair bands, etc.) must also be in school colors (black or gold or white or combination thereof) and approved by the athletic director prior to being used.**

PREDOMINANT COLOR OF SHOES MUST ALSO BE IN SCHOOL COLORS. This is to promote uniformity throughout the team and consistency in the program. The attention should always be on the team before any individual.

Any team gear, equipment or apparel must have the approval of the athletic director before being ordered, purchased, and used.

SECTION 11 – Medical Care/Treatment of Injuries

Medical Care / Treatment of Injuries

HBA takes every precaution to maintain safe playing conditions. All head coaches are certified in First Aid and CPR.

Since the 2001-2002 school year, HBA has provided athletic training services. There is coverage for nearly all practices and games that occur on the Sagert Campus. When available, there is also coverage for teams when they play games at other school and community sites.

*We strive to provide an excellent athletic health care environment where **communication** between the student athlete, coach, parent, athletic trainer, physician(s), athletic directors, and school administration remains vital towards the success of our “sports medicine team.”*

The athletic training room is a health care facility where your son and/or daughter receive injury evaluation, treatment, rehabilitation, and education. We also address preventative measures student athlete’s can take to minimize the severity of their injury. Athletic trainers are responsible for providing these services within the National Athletic Training Association Board of Certification scope of practice to insure and maintain a consistent level of health care for our student athletes here at Hawaii Baptist Academy.

HBA Athletic Training Room Procedures:

It is the student athlete’s, parents, and/or coach’s responsibility to notify the athletic trainer of ALL injuries and/or illnesses as soon as possible.

Athletic Training Coverage:

- *The athletic trainer will be present at all athletic events occurring on campus. In case of absence, coaches are certified in CPR/First Aid, and will follow injury/emergency protocols and provide immediate care.*
- *The athletic trainer will be available at away games/practices if there is no conflict with games/practices on campus. The athletic trainer will be available via cell phone in such cases.*
- *Priority for coverage:*
 1. *High risk collision sports as determined by athletic department.*
 2. *Varsity sports*
 3. *Junior Varsity sports*
 4. *Intermediate sports*

In case of an emergency:

- *Our athletic department's emergency plan for injuries will be activated.*
- *All coaches are CPR/First Aid certified, and have received instruction on our emergency plan.*
- *If an athletic trainer is present, the student athlete's injury will be assessed. If the student athlete's injury is determined to be limb and/or life threatening, the student athlete will be stabilized and monitored as EMS is activated.*
- *If an athletic trainer is NOT present, Coaches are advised to take all precautions, activate our emergency plan, and notify the athletic trainer as soon as possible.*
- *The coach and/or the athletic trainer will notify student athlete's parent(s) as soon as possible.*

Flowchart of care for our student athletes:

- *If an injury/illness is determined to not be an emergency, the student athlete will be evaluated and an assessment will be made. If further medical care/consultation is needed, a medical referral form will be given to the student athlete and their parent(s). The medical referral form will provide a means of communication between physician, family, coach, and athletic trainer.*
- *If your son and/or daughter have been seen by a physician, a detailed note that states a "plan of care" or "level of participation" from the physician is REQUIRED to determine a student athlete's return to play.*
- *Physician notes may be turned in to the school nurse, athletic trainer, athletic department, or coach.*
- *The athletic trainer will also coordinate with the school nurse any special accommodations the injured student athlete will need to navigate throughout the school day.*
- *ULTIMATELY, decisions regarding an student athlete's return to play will be based on receiving medical clearance, the student athlete's ability to perform sport specific drills at a high level, cardiovascular conditioning, state of mind, and overall health kept in perspective.*

Miscellaneous Information:

- *The "One Week Rule," applies to most injuries seen in the training room. This rule is not intended to discriminate one injury from another, but entails our student athletes being withheld from participating in their respective sport for up to a week. It is a precautionary measure used to give the athletic trainer time to determine a plan of care, and provide an opportunity to re-evaluate their injury.*
- *The "90/10 Rule," incorporates the student athlete's desire and attitude towards their recovery from an injury, and the athletic trainer being compassionate, and working within their scope of practice to help the student athlete return to play.*
- *Full recovery = 90% student athlete + 10% athletic trainer.*

ALL STUDENT ATHLETES ARE EXPECTED TO CONDUCT THEMSELVES IN THE ATHLETIC TRAINING ROOM AS THEY WOULD IN THE CLASSROOM. BE RESPECTFUL AND RESPONSIBLE...AND IN RETURN YOU WILL RECEIVE THE SAME.

Athletic Training Room Hours:

- *Monday thru Friday :*

2:30 pm thru the completion of the last scheduled practice and/or game.

- *Saturdays:*

Dependant upon game and practice schedule of teams

Hours will be adjusted according to vacations, holidays, school breaks, coach's requests, and student athlete's class schedules.

SECTION 12 – Weight Room, Parking, Athletic Booster Club

Weight Room Use

The HBA weight room is available to all HBA students and faculty. However, first priority goes to organized teams and their respective training and conditioning programs. Non-athletes or athletes not participating in team programs may use the facility only when there is no team use and only under the supervision of an HBA teacher or coach.

All weight room users are expected to follow all weight room rules or they will forfeit this privilege. See the weight room supervisor or the athletic director for a complete list of rules for this facility.

Parking on Campus

On school days, students are not allowed to park their cars on campus prior to 4:00 PM. Students who violate this rule may lose their privilege to park on campus. When they do bring their cars on campus, students are allowed to park only in marked stalls. Parking in the lower mall area, courtyard, or any other restricted area is not allowed.

HBA Athletic Booster Club

The Hawaii Baptist Academy Athletic Booster Club was founded in 1975 by parents who were interested in supporting HBA Athletics. Through fundraisers, donations, and countless volunteer hours, the Booster Club has given great support to the athletes. The group's annual contributions include co-sponsoring the varsity athletic awards banquet, sponsoring the "Spike Nite" and the Homecoming events, providing a luncheon for intermediate and junior varsity athletes, paying a portion of the transportation cost for team trips, providing varsity jackets to senior athletes, and covering gym admission discount cards for varsity parents.

In just the past seven years the ABC has funded the following special projects: Flooring, weight equipment, an elliptical machine and mirrors for the expanded weight room/conditioning center, a tennis ball machine and pressure-less tennis balls, golf bags, wind circulators and a sportsmanship banner for the gym, travel bags for the swimmers, an electronic scoreboard for the elementary sports program, and new flooring and elevated "wet area" for the renovated athletic training room.

The Booster Club accepts members at any time of the school year although they have a membership drive every August. If you are interested in helping as an active member, or through some sort of donation, please call the HBA athletic office at 564-0327.

HBA Athletic Program Highlights

- **HMSA Kaimana Award Winner** for school excellence in athletics, sportsmanship, academics and community service (1st place in 2006, 2008, 2009...2nd place in 2007)
- **Interscholastic League of Honolulu member since 1962** (8th member of the ILH, which now has 25 total member schools)
- **Over 77% of high school student body participated in ILH sports last year** (Total 7th-12th grade enrollment of 665 in 2008-2009)
- **Team State Champions** (varsity only)
 - Girls Bowling, 1974
 - Boys Bowling, 1996, 2004, 2006, 2007
 - Girls Volleyball, 2007, 2008
 - Boys Volleyball, 2008, 2009
- **Individual State Champions** (varsity only)
 - Cross Country (Matt Stevens), 1994, 1995, 1996
 - Cross Country (Lauren Ho), 2003, 2004, 2005
 - Cross Country (Matt Nakamoto), 2007, 2008
 - Track, 800m (Lauren Ho), 2005
 - Track, 1600m (Matt Stevens), 1995, 1996, 1997
 - Track, 3200m (Matt Stevens), 1995, 1997
 - Track, 1500m (Lauren Ho), 2003, 2005
 - Track, 3000m (Lauren Ho), 2005
 - Golf (Norman-Ganin Asao), 1997
 - Wrestling (Danelle Miyamoto), 2000
 - Wrestling (Chaneal Meletia), 2004
 - Wrestling (Risha Mishima), 2008
 - Bowling (Rich Kodama), 2006
 - Judo (Risha Mishima), 2007, 2008, 2009
 - Cross Country (Matt Stevens), 1994, 1995, 1996
 - Cross Country (Lauren Ho), 2003, 2004, 2005
 - Cross Country (Matt Nakamoto), 2007, 2008
 - Track, 800m (Lauren Ho), 2005
 - Track, 1600m (Matt Stevens), 1995, 1996, 1997
 - Track, 3200m (Matt Stevens), 1995, 1996, 1997
 - Track, 4x400m (Matt Stevens), 1995, 1997
 - Track, 4x400m (Sean Nakamura), 1995
 - Track, 4x400m (Tim Stevens), 1995
 - Track, 4x400m Sprint Medley Relay
 - Track, 1500m (Lauren Ho), 2003, 2005
 - Track, 3000m (Lauren Ho), 2005
 - Track, 3000m (Matt Nakamoto), 2009
 - Golf (Kendall Fukumoto), 1994
 - Golf (Jason Hattori), 1995, 1996
 - Golf (Whitney-Reigh Asao), 2000
 - Tennis (Chad Shibuya), 1995
 - Wrestling (Joseph Aoki), 1996
 - Wrestling (Danelle Miyamoto), 1999, 2000
 - Wrestling (Azure Skellington), 2001
 - Wrestling (Chaneal Meletia), 2003, 2004
 - Wrestling (Shannon Lee), 2002
 - Wrestling (Kelli Furutomo), 2004
 - Wrestling (Kaety Enos), 2008, 2009
 - Wrestling (Risha Mishima), 2009
 - Judo (Ethan Lum), 2002, 2003
 - Judo (Jared Higashi), 2003, 2004
 - Judo (Chaneal Meletia), 2004
 - Judo (Risha Mishima), 2006, 2007, 2008, 2009
- **Team ILH Champions since 1994** (varsity only)... * denotes Class A/Division II title
 - Girls Bowling, 1998*, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008
 - Boys Bowling, 1995, 1996, 1997*, 1999, 2000*, 2001*, 2002, 2004, 2005, 2006, 2007, 2008
 - Boys Golf, 1998, 2000*, 2008*
 - Girls Tennis, 1999*, 2001*, 2003*, 2006*, 2008*, 2009*
 - Girls Basketball, 1994*, 1995*, 1997*
 - Boys Basketball, 1995*, 1996*, 2009*
 - Girls Volleyball, 1995*, 2003*, 2004*, 2007*, 2008*
 - Boys Volleyball, 2000*, 2001*, 2005*, 2008*, 2009*
- **Individual ILH Champions since 1994** (varsity only)

- **HBA Athletic Alumni Who Went On To Collegiate Athletics (1999-2008 only)**

- Class of '99 Rachel Lee, Volleyball – Taft College
Andrea Monden, Basketball – California Lutheran University
Carmalia Wyman, Basketball – California Baptist University
- Class of '00 Whitney Reigh-Asao, Golf – Pacific University
Kellen Kaneshiro, Basketball – Pacific University
Jarrett Walters, Volleyball – Princeton University
Wendi Young, Soccer – University of Hawaii
- Class of '01 Kellen Floyd-Asao, Golf – University of Hawaii
Brent Monden, Volleyball – Pepperdine Univ., Sacred Heart Univ.
Jerrie Ann Obrero, Softball – Park University
- Class of '02 Matthew Bninski, Volleyball – Vassar College
Michael Hom, Football – Occidental College
Rachel Yoshizu, Softball – Azusa Pacific University
- Class of '03 Tiffany Butac, Volleyball – Seattle Pacific University
Andrew Kurata, Rugby – Point Loma Nazarene University
Chad Uyehara, Bowling – Fresno State University
- Class of '04 Luther Beck, Football – University of Redlands
Ryan Ching, Swimming – Purdue University
Suzi Pratt, Cross Country – University of Puget Sound
Chaneal Meletia, Wrestling – Missouri Valley College
- Class of '05 Brandi Higa, Volleyball – Fairfield University
Rayna Kitaguchi, Volleyball – University of Hawaii
Jayme Lee, Volleyball – University of Hawaii
Andrew Shiira, Volleyball – San Diego Mesa College
Micah Tokuda, Volleyball – California Baptist University
- Class of '06 Lauren Ho, Track & Cross Country – University of Washington
Tricia Yoshimura, Volleyball – Oregon State University, Hawaii Pacific University
Cameron Holm, Soccer – Southern Methodist University
Dana Yoshizu, Soccer – Azusa Pacific University
Jessalyn Lau, Tennis – Azusa Pacific University
Christine Nakamura, Swimming – Linfield University
Stacie Sueda, Softball – Siena College
Matthew Tanigawa, Swimming – Willamette University
- Class of '07 Rachelle Shoji, Tennis – Creighton University
Hannah Hiraе, Bowling – Missouri Baptist University
- Class of '08 Sky Uyehara, Bowling – Fresno State University
Keisha Miura, Volleyball – Graceland University
Stacey Bracerос, Volleyball – Westmont College
Janelle Higashida, Swimming – Willamette University

HBA Varsity Athletics / 2008-2009 ILH, State & Community Recognition

2009 HMSA Kaimana Award Winner – ILH Division II

Athletics * Academics * Sportsmanship * Community Service

Boys Basketball

Team ILH Champions
 Kyle Barretta ILH 1st Team All-Star
 Christian Morimoto ILH Honorable Mention

Girls Basketball

Narissa Fujii ILH 1st Team All-Star
 Keline Yoshimura ILH 2nd Team All-Star
 Jordin Ramos ILH Honorable Mention

Boys Bowling

Varsity Team ILH Champions / 3rd at State
 Jaron Goto ILH Bowler of Year / 5th at State
 Tyler Hodson ILH 1st Team All-Star
 Jordan Urabe ILH 2nd Team All-Star
 Derek Leong ILH 2nd Team All-Star
 Brock Wong 8th at State

Girls Bowling

Varsity Team ILH Champions / 8th at State
 Elisabeth Seamon ILH Bowler of Year
 Erin Fukushima ILH 1st Team All-Star
 Kolleen Lee ILH 2nd Team All-Star

Wrestling

Risha Mishima ILH Champion – 130 lb.
 State Runner-up / ILH 1st Team All-Star
 Kaety Enos ILH Champion – 108 lb.
 ILH 1st Team All-Star
 Kayla Mishima ILH 2nd Team All-Star 140 lb.
 Micah Nakamura State Qualifier

Baseball

Reid Morihara ILH Honorable Mention

Judo

HBA Team Score 4th in State
 Risha Mishima ILH Player of the Year
 ILH Champion / State Champion – 129 lb.
 Kaety Enos ILH 1st Team All-Star
 ILH Champion / 3rd in State – 109 lb.
 Kayla Mishima 4th in State – 139 lb.
 Ryan Leonardo State Qualifier

Swimming

Bryce Tanaka State Qualifier
 Jonathan Magota State Qualifier
 Rachel Wong State Qualifier
 Catherine Nakamura ILH 2nd Team All-Star
 4th in State – 100 Fly / 3rd in State – 100 Back
 Tyra Ippongi ILH 2nd Team All-Star
 State Qualifier
 Chelsie Matsuoka State Qualifier
 Chelsea Chan ILH 2nd Team All-Star
 State Qualifier
 Christopher Ma State Qualifier
 Jaryn Lau State Qualifier

Roshan Suehiro State Qualifier
 Sara Tanigawa State Qualifier

Track & Field

Matthew Nakamoto ILH 1st Team All-Star
 ILH Champion / 3rd at State – 3000m
 ILH 2nd Team / ILH Runner-up – 1500m
 HBA Girls 4x400m Team State Qualifier
 HBA Boys 4x400m Team State Qualifier
 Tiare Nakashima State Qualifier
 Stacie Lee State Qualifier
 Nina Cheong State Qualifier
 Heidi Nicholls State Qualifier
 Samantha Smithson ILH 1st Team All-Star
 ILH Champion – 100m Hurdles
 Jon Kim State Qualifier
 John Hanson State Qualifier
 Erik Hudson State Qualifier
 Keri Ogoshi State Qualifier
 Carly Thomas State Qualifier

Cross Country

Boys Team 4th in ILH / 9th at State
 Girls Team 6th at State
 Matthew Nakamoto ILH Runner of Year
 ILH Champion / State Runner-up
 Darrin Ginoza State Qualifier
 Sean Mickelsen State Qualifier
 Trace Takata State Qualifier
 Wyland Luke State Qualifier
 Chad Nakaoka State Qualifier
 Matthew Ota State Qualifier
 Kelvin Abe State Qualifier
 Chelsea Chan State Qualifier
 Heidi Nicholls State Qualifier
 Tiare Nakashima ILH 2nd Team All-Star
 State Qualifier
 Keri Ogoshi State Qualifier
 Jamie Takushi State Qualifier
 Sarah Chan State Qualifier
 Shelby Tanaka State Qualifier
 Torri Kon State Qualifier
 Carly Thomas State Qualifier

Softball

Chante Tesoro ILH 1st Team All-Star
 Hon. Star-Bulletin State 1st Team All-Star
 Keline Yoshimura ILH 2nd Team All-Star

Soccer

Girls Team ILH & State Champions
 Christine Tamamoto ILH 1st Team All-Star
 State All-Tournament Team
 All-State Honorable Mention
 C'era Oliveira ILH 2nd Team All-Star
 State All-Tournament Team
 Marc Hope ILH 1st Team All-Star

Golf

Ryan Yoshida ILH 2nd Team All-Star
 State Qualifier
 Jade Salvador State Qualifier

Girls Volleyball

Varsity Team ILH & State Champions
 3rd in Final State Rankings
 Sarah Palmer ILH 1st Team All-Star
 State Tournament – Most Outstanding Player
 Hon. Star-Bulletin State Player of the Year
 Gatorade Hawaii State Player of the Year
 C'era Oliveira ILH 1st Team All-Star
 State All-Tournament Team
 Kelly Chang ILH 1st Team All-Star
 State All-Tournament Team
 Kayla Kawamura ILH 2nd Team All-Star
 Leinaala Mussell ILH Honorable Mention

Boys Volleyball

Varsity Team ILH & State Champions
 2nd in Final State Rankings
 6th in Final ESPN Fab-50 National Rankings
 Matthew Lui ILH Player of Year
 State All-Tournament Team
 Ryan Leung ILH 1st Team All-Star
 State Tournament – Most Outstanding Player
 Kyle Barretta ILH 1st Team All-Star
 Christopher Matsui ILH 1st Team All-Star
 Nathan Le ILH 2nd Team All-Star
 Branden Kaneshiro ILH Honor. Mention
 State All-Tournament Team
 West Hatae ILH Honorable Mention

Girls Tennis

Team ILH Champions / 3rd at State
 Mari Tadaki ILH 1st Team All-Star
 ILH Singles Runner-up/State Singles 4th Place
 Karlene Pang ILH 2nd Team All-Star
 ILH Singles 4th Place/State Singles T8th Place

Air Riflery

Ian Hew State Qualifier

Football

Caleb Alipio ILH Honorable Mention
 John Kagehiro ILH Honorable Mention

HBA Varsity Banquet – May 30, 2009

Athletes of the Year

Female – Risha Mishima (Wrestling, Judo)
 Male – Matt Nakamoto (Cross Country,
 Track & Field)

Ken & Rosemond Street Sportsmanship Awards

Keline Yoshimura – (Basketball, Softball)
Robert Mun – (Football, Volleyball)

Robert Fulford Scholar-Athlete Awards
Catherine Nakamura – (Water polo,
Swimming)

Justin Oka – (Tennis, Volleyball)



2009-2010 HBA ATHLETIC HANDBOOK AGREEMENT FORM*

Student's Last Name, First Name (PLEASE PRINT)

Parent's Last Name, First Name (PLEASE PRINT)

Homeroom

Sports Interested In (PLEASE LIST)

Home Phone Number

I have read the 2009-2010 HBA Athletic Handbook in its entirety and I agree to follow the rules, policies and procedures detailed therein. I also understand that by signing and submitting this form I allow my child to be eligible to participate in the HBA Athletic Program (provided all the necessary medical forms are also completed properly and submitted by required deadlines).

Signature of Student

Date

Signature of Parent/Legal Guardian

Date

**2009-2010 HBA Athletic Handbook must be accessed via the school website: www.hba.net (click on "student life"...then scroll down to "athletics") Please contact Athletic Director Deren Oshiro at 564-0327 if you have questions.*