



CASTLE HIGH

ATHLETICS DEPARTMENT



SY24-25

CHARACTER. COMPETENCE. COMMITMENT.

ATHLETICS DEPARTMENT

Athletic Director: Laynie Sueyasu
(sueyasul@knights.k12.hi.us)

Assistant AD: Elise Miura

Assistant AD: Chris Bisho

Assistant AD: Ven Agullana

ATHLETIC HEALTH CARE TRAINERS (AHCT)

Gretchen Miller

(millerg@knights.k12.hi.us)

Narceliza Fraser

(frasern@knights.k12.hi.us)

COMPLIANCE FORMS

COMPLETE & SUBMIT TO TRAINING ROOM PRIOR TO PARTICIPATION.

FORMS CAN BE DOWNLOADED FROM THE ATHLETICS WEBPAGE.

Athletic Physical Exam Form

Parent/Legal Guardian

Consent, Release, and

Assumption of Risk Form

FOLLOW US ON INSTAGRAM OR VISIT OUR WEBPAGE FOR MORE INFO



@CASTLE.KNIGHTS.ATHLETICS

ATHLETIC TEAMS & COACH CONTACTS

FALL

- **Air Riflery-Coach Kana Naipo & Dillon Takamura**
 - naipok@knights.k12.hi.us
 - takamurad@knights.k12.hi.us
- **Bowling-Coach Marie Hedrick & Coach Sumi Onodera**
 - hedrickm@knights.k12.hi.us
 - onoderas@knights.k12.hi.us
- **Cheerleading-Coach Sid Hoapili**
 - hoapilis@knights.k12.hi.us
- **Cross Country-Coach Derek LeVault & Coach Cedric Petty**
 - pettyc@knights.k12.hi.us
- **Football-Coach Eric Stephens**
 - stephense@knights.k12.hi.us
- **JV Softball-Coach Brittany Ulangca**
 - ulangcab@knights.k12.hi.us
- **Volleyball (girls)-Coach George Ehia and Tihani Ehia**
 - ehiag@knights.k12.hi.us
 - ehiat@knights.k12.hi.us

WINTER

- **JV Baseball-Coach Brede Kochi**
 - kochib@knights.k12.hi.us
- **Boys Basketball-Coach Marlon Rice**
 - ricem@knights.k12.hi.us
- **Girls Basketball-Coach Wendell Domingo**
 - domingow@knights.k12.hi.us
- **Paddling-Coach Stan Dickson & Coach Harlee Jay-Pedro**
 - dicksons@knights.k12.hi.us
 - jay-pedroh@knights.k12.hi.us
- **Boys Soccer-Michael Park**
 - parkm@knights.k12.hi.us
- **Girls Soccer-Coach Travis MacDonald**
 - macdonaltd@knights.k12.hi.us
- **Swimming-Coach Iris Ubando & Coach Allison Yamasaki**
 - ubandoi@knights.k12.hi.us
 - yamasakia22@knights.k12.hi.us
- **Girls JV Tennis-Coach Irwin Kahakui**
 - kahakuii@knights.k12.hi.us
- **Wrestling- Coach Harvey Fung**
 - fungh@knights.k12.hi.us

SPRING

- **Baseball-Coach Brede Kochi**
 - kochib@knights.k12.hi.us
- **Girls Flag Football- Coach Robert Grey & Coach Corey Obungen**
 - greyr@knights.k12.hi.us
 - obungenc@knights.k12.hi.us
- **Golf-Coach Jon Mitchell**
 - mitchelljo@knights.k12.hi.us
- **Judo-Sensei Jason Kanekuni**
 - kanekunij@knights.k12.hi.us
- **Softball-Coach Brittany Ulangca**
 - ulangcab@knights.k12.hi.us
- **Tennis (boys & girls)-Coach Irwin Kahakui**
 - kahakuii@knights.k12.hi.us
- **Track and Field-Coach Cedric Petty & Coach Cameron Yahata**
 - pettyc@knights.k12.hi.us
 - yahatac@knights.k12.hi.us
- **Volleyball (boys)-Coach George Ehia**
 - ehiag@knights.k12.hi.us
- **Waterpolo-TBD**

Approximate Season Dates:

July - November

Summer workouts TBD by each team

Approximate Season Dates:

October - February

Off Season training TBD by each team

Approximate Season Dates:

January - May

Off Season training TBD by each team

FOR MORE INFORMATION:

[HTTPS://WWW.CASTLEHS.K12.HI.US/ATHLETICS-1](https://www.castlehs.k12.hi.us/athletics-1)