



# 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.**

Athletic Physical Exam Form

Student Participation and Parent/Legal Guardian Consent, Release, and Assumption of Risk Form

**FOR MORE INFORMATION, VISIT THE CASTLE ATHLETICS WEBPAGE**



## 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**
  - levaultd@knights.k12.hi.us
  - pettyc@knights.k12.hi.us
- **Football-Coach Junior Pale & Coach Kyle Pupuhi**
  - pales@knights.k12.hi.us
  - pupuhik@knights.k12.hi.us
- **JV Softball-Coach Brittany Ulangca**
  - ulangcab@knights.k12.hi.us
- **Volleyball (girls)-Coach George Ehia**
  - ehiag@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**
  - dicksons@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- TBD**
- **Golf-Coach Robert Grey & Chester Grey**
  - greyr@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**
  - pettyc@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)