



CASTLE HIGH

ATHLETICS DEPARTMENT



SY23-24

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 SCHOOL WEBSITE:

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 (SCAN QR CODE)



ATHLETIC TEAMS & COACH CONTACTS

FALL

- **Air Riflery-Coach Kana Naipo**
 - naipok@knights.k12.hi.us
- **Bowling-Coach Marie Hedrick & Coach Len Ogata**
 - hedrickm@knights.k12.hi.us
 - ogatal@knights.k12.hi.us
- **Cheerleading-Coach Sid Hoapili**
 - hoapilis@knights.k12.hi.us
- **Cross Country-Coach Derek LeVault**
 - levaultd@knights.k12.hi.us
- **Football-Coach Junior Pale & Coach Kyle Pupuhi**
 - palej@knights.k12.hi.us
 - pupuhik@knights.k12.hi.us
- **JV Softball-Coach Jon Berinobis**
 - berinobisj@knights.k12.hi.us
- **Soft Tennis-Coach Irwin Kahakui**
 - kahakuii@knights.k12.hi.us
- **Volleyball (girls)-Coach Sarah Veloz**
 - velozs@knights.k12.hi.us

WINTER

- **JV Baseball-Coach Brede Kochi**
 - kochib@knights.k12.hi.us
- **Boys Basketball- TBD**
- **Girls Basketball-Coach Wendell Domingo**
 - domingow@knights.k12.hi.us
- **Paddling-Coach Stan Dickson**
 - dicksons@knights.k12.hi.us
- **Boys Soccer-Coach Jordyn Yahata**
 - yahataj@knights.k12.hi.us
- **Girls Soccer-Coach Travis MacDonald**
 - macdonalddt@knights.k12.hi.us
- **Swimming-Coach Iris Ubando**
 - ubandoi@knights.k12.hi.us
- **Girls JV Tennis-Coach Irwin Kahakui**
 - kahakuii@knights.k12.hi.us
- **Wrestling-Coach Kalani Rios & Coach Harvey Fung**
 - riosk@knights.k12.hi.us
 - fungh@knights.k12.hi.us

SPRING

- **Baseball-Coach Brede Kochi**
 - kochib@knights.k12.hi.us
- **Golf-Coach Robert Grey**
 - greyr@knights.k12.hi.us
- **Judo-Sensei Jason Kanekuni**
 - kanekunij@knights.k12.hi.us
- **Softball-Coach Jon Berinobis**
 - berinobisj@knights.k12.hi.us
- **Tennis (boys & girls)-Coach Irwin Kahakui**
 - kahakuii@knights.k12.hi.us
- **Track and Field-Coach Jordan Oue & Coach James Esaki**
 - ouej@knights.k12.hi.us
 - esakij@knights.k12.hi.us
- **Volleyball (boys)-Coach George Ehia**
 - ehiaj@knights.k12.hi.us
- **Waterpolo-TBD**

Approximate Season Dates:

July 2023-November 2023

Summer workouts TBD by each team

Approximate Season Dates:

October 2023-February 2024

Off Season training TBD by each team

Approximate Season Dates:

January 2024-May 2024

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)