



THE SHARK CAGE



August 11, 2019

HIGH SCHOOL SECTION (Grades 9-12)

Upcoming Events:

High School Contests:

Saturday, August 16 - Cross Country – Maui High Relays at KCC (8:00 AM)

Saturday, August 16 - Bowling vs Baldwin at Maui Bowling Center (10:00 AM)

Motivational Moment – by Eric Thomas ([Dominate You Lane](#))

Elementary School Programs: Information coming soon.

MIDDLE SCHOOL SPORTS: (You can get information about Middle School Sports by going to the High School Athletic Website. Please follow these directions. Go to the KCS website; click on “Sports”; click on “More+”; click on “Middle School”.) This page will be updated as information becomes available.

Middle School Cross Country: Practices will start on Tuesday, August 13. Everyone should meet at KCS in the courtyard. Practice will begin at 6:30 AM and will end at 7:30 AM. There is a link below that will take you to a permission form and practice information. If you have any questions, please contact Mrs. Provance at ipro Vance@kiheicharter.org. LINK: [PERMISSION FORM & SCHEDULE](#)

The monthly HAWAIIAN VALUE: LAULIMA

Laulima literally means “many hands working together,” but more importantly, it represents a pillar principle within the Hawaiian culture.

To achieve our goals, working together is imperative. Teamwork is stressed. Individual achievement is encouraged, but success is found in the contributions of many hands working together. *Laulima* embodies the essence of what it means to live aloha.

There was a story in old Hawai`i, where Hawaiians would take a long cord or rope and tie ti leaves to it. Then the entire group (many hands) would hold it and form a line in the ocean, holding this rope with the leaves in the water would “herd” the fish towards the shore. The group would slowly form a circle, to trap the fish. If one person was out of sync, the fish could escape through that gap in the line. Success or failure caused by one person would mean success or failure for the entire group. It was important for people to help each other in order to be successful.

As it applies today, regardless of what your job entails, we are all a vital part of our collective success... *Laulima* transcends into our work, family, social, and economic behaviors. Emphasizing *Laulima* in any situation will yield great benefits.

A`ohe hana nui ke alu`ia – No work is too big when shared by all.

Laulima in any situation will yield success.



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WEIGHT TRAINING/CONDITIONING PROJECT:

See [page 3](#) about our Weight Room project!! Please contact me if you or someone you know might be able to help or support this project. Mahalo.

KCS ATHLETIC WEBSITE:

The KCS Athletic web page is now live. This site provides the entire KCS Ohana a “1 stop” location to access athletic schedules, informational videos for athletes as well as parents, school/team documents, and team pages. To access the page, enter the KCS website and click on “Sports” under the “School” tab. This site will also have Middle School & Elementary School Sports information as it becomes available.

T-SHIRT SALE



Would you like to order this t-shirt? It is possible. I will be ordering a number of these t-shirts soon. You can place your order on the google doc below. The cost of these shirts will be \$15.00 each. You will be able to substitute the word “ATHLETICS” for your specific sport (CROSS COUNTRY, PADDLING, BOWLING, TRACK & FIELD or TENNIS). You can also have a shirt that substitutes “Athletics” with “SCHOOL.” I will distribute the ordered shirts from my office. Payment will be due upon t-shirt pick up. The order CUT-OFF DATE is **FRIDAY, AUG. 16 at 11:00 PM.**

THIS T-SHIRT MAY BE WORN AS A SUBSTITUTE FOR ANY REQUIRED SHIRTS FOR KCS STUDENTS.

[ORDER LINK](#)

Kihei Charter Fall Sports:

Cross Country:



The 2019 Cross Country team will open their season on Saturday, August 17 at the Maui Relays. Kahului Community College Park is the site for this first meet and the first race will begin at 8:00 AM



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Bowling:



The 2019 Bowling Team will open their season on Saturday, August 17 at the Maui Bowling Center. Our bowlers will be competing against Baldwin High School. Currently, the match is set to begin at 10:00 AM, but there could be a change due to a few lanes not functioning correctly.



MIL Website: Visit the NEW MIL website. The site will have information, scores, forms, and videos for students and parents.

The new web address is <http://milsports.org/home>.

Winter & Spring Start Dates:

Paddling: Monday, November 4, 2019 – Contact Coach Ellen for information at efederoff@kiheicharter.org.

Tennis: Monday, February 10, 2020 – Contact Coach Ian at sportteamcolor@yahoo.com.

Outdoor Track & Field: Monday, February 10, 2020 – Contact Coach Nainoa at nkane@kiheicharter.org

Weight Room Project:

To provide our student-athletes with a more level playing field, I have started the process of bringing a Weight/Conditioning area to KCS. My goal is that this facility will be utilized by our student-athletes, our Physical Education classes, and by our staff for wellness. I am sure there are many questions about this, so let me share a little more about the project below.

To start off with, if there is anyone with experience in modifying containers or knows of someone who might have the time to provide guidance and advice, I would appreciate their advice/assistance greatly.

Facility: We are looking to secure a 40' container. If you know of one available or someone who might be interested in donating/selling a container at a reduced cost, please let me know or have them call me at 724-4906.

Location: In the "Ranch Area" by the Boy Scouts' container.

Work to be done: Once we have the container, we will need:

1. An area cleared so that we have an area for the container and some room for conditioning & lifting.
2. Base footings to place the container on.
3. A roll-up door cut-out in the middle, a single door cut-out on the far end, a cut-out or two for windows and a few cut-outs for skylights.
4. The actual doors, windows, and skylights.
5. A walkway to the weightlifting area.
6. Poles and screening to provide shade in the area.
7. While I would love power, we will most likely need a generator to power fitness machines.
8. Additional weights once we see what we have in storage.



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COMING SOON:

Weight training/Conditioning area.

Online KCS School Store.

The next Shark Cage will come out on Sunday, August 18 by 7:00 PM. All past issues of The Shark Cage will be posted on the "Sports" web page.

