



THE SHARK CAGE



July 26, 2019

HIGH SCHOOL SECTION (Grades 9-12)

Upcoming Events:

Fall Athletic Parent Meeting:

Date: Wednesday, July 31, 2019 Time: 6:00 PM Location: Cafeteria

Have a question? Contact Dave Kannewurf at 808-724-4906 email: dkannewurf@kiheicharter.org

Elementary & Middle School Programs:

Information on Middle School and Elementary opportunities will be share soon.

IMPORTANT NEWS:

KCS Sports Physical must be on file prior to being allowed to begin practice. I am sorry, but there are no exceptions to this. Any exception could place the coaching staff as well as KCS at risk. **The doctor who in the past has come to the KCS campus to give physicals will not be available this fall. He is currently off island and will not return until October or later.**

NEED A PHYSICAL FOR FALL SPORTS?

Place: Minit Medical, Kihei

Availability: You need to call and schedule an appointment. Some openings for same day.

Phone: 664-1454

Cost: \$60.00

Need to take: Please print the Physical and Concussion form. Take them with you so the doctor can fill them out. **Forms available at www.milsports.org or on the KCS Sports web page.**

Physical/Concussion Form

Consent, Release, Assumption of Risk Form

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:

KCS Athletic web page is coming soon. 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. In order to access the page, enter the KCS website and select "Sports" under the "School" tab. Then select "High School". Check the KCS site from time to time to see if it is live.

BOWLERS: Calling all 9-12 grade students who wish to be on this year's bowling team. Practice is under way. The team practices every Friday from 3:30 PM – 4:45 PM at the Maui Bowling Center. Contact Coach Jay at Saki_333@hotmail.com for more information.



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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 and/or TENNIS). You can also have a shirt that substitutes "Athletics" with "SCHOOL". I will have the t-shirts delivered to my office and will distribute them from my office. Payment will be due upon t-shirt pick up. The order CUT-OFF DATE is AUG. 2 at 11:00 PM.



THIS T-SHIRT MAY NOT BE USED AS A SUBSTITUTE FOR ANY REQUIRED SHIRTS FOR KCS STUDENTS.

[ORDER LINK](#)

Kihei Charter Fall Sports:

Cross Country:



First Day of Practice: Monday, August 5, 2019

Site of Practice: Kihei Regional Park (near Lokelani School)

Start Time: 3:15 pm **End Time:** 5:15 pm

What to bring: Come ready to run; water

For more information email Coach Cassie at ckepler_kcs@yahoo.com

Bowling:



First Day of Practice: Friday, July 19, 2019 (may join after July 19 also)

Site of Practice: Maui Bowling Center (1976 E Vineyard St, Wailuku)

Start Time: 3:30 pm **End Time:** 4:45 pm

What to bring:

For more information email Coach Jay at Saki_333@hotmail.com

Motivational Moment – by Eric Thomas ([What's Your WHY?](#))

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

The new web address is: www.milsports.org

This site is live and is will be updated daily. I am managing the site, so if you have questions, please direct them to me.





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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:

In order to provide our student athletes a more level playing field, I have started the process of bringing a Weight/Conditioning area to KCS. My goal is that this facility is for student athletes, as well as an area utilized by 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.

First, 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 that their advice/assistance greatly.

Facility: We are looking to secure a 40' container. If anyone knows of one available or knows someone who might be interested in donating one or selling one at a reduced cost, please let me know or have them call me at 808-724-4906.

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 more likely need a generator to power fitness machines.
8. Additional weights once we see what we have stored away now.

COMING SOON:

Weight training/Conditioning area.

Online KCS School Store.

The next Shark Cage will come out either Friday, August 2 or Sunday, August 4. After that, all editions of The Shark Cage will come out by 7:00 PM each Sunday. You can view past issues on the KCS Athletic web page.