Girls Volleyball Summer Workouts Begin Thursday, June 13, 2024
Schedule Dates for all grades 7-12
June 13, 20, 27
July 2, 9, 11, 16, 18, 23, 25
Times for all days: Meet at Koaiʻa Weight Room
3:00pm Strength & Conditioning
4:00pm Court/Gym/Skill @ Kekūhaupiʻo Gym
5:45pm Pau
Players should come to summer workouts dressed in athletic clothing (any KS shirt preferred, does not have to be volleyball), *athletic shoes for outdoor running*, weight lifting, and playing volleyball, socks, and water bottle. Knee pads are optional but preferred.
Attendance at summer workouts is not mandatory and no experience is needed; however, it is highly encouraged. We understand families travel over summer. The expectation is players will attend as many days as possible when on island in order to prepare for the tryouts.
1. Sign-up on the KSK Athletics Website, All-Sport Sign-up page. 1. *Must be completed from player's KS account*
2. Select the appropriate grade level – high school or intermediate.

2. Updated physical exam (KSK form) uploaded via online parent portal. Must be cleared with Hale Ola prior to attending. 808-842-8075 or kskmalamaola@ksbe.edu

NOTE: You do not need to contact coaches to verify clearance as we are provided a list from KSK Athletic Department.
Other Important Information
• • Please drop-off and pick-up to prevent congregating. ʻOhana are asked to **remain in their vehicles** and not walk their players in. Coaches will be available to direct girls who are new to campus and new to the program. If parking, please park in a marked stall, not in the Kekū turn around area.
• • In previous years, the number of players trying out for the high school teams was about 70+ for high school and 70+ for Intermediate. We anticipate the same numbers this fall.
• The Kamehameha Girls Volleyball program will be fielding 6 teams in total – ○ (9-12) Varsity, JV White, JV Blue,
○ (7-8) Intermediate White, Intermediate Blue, Intermediate Division 2

Fall Season Tryouts (High School)
Grades 9-12: Monday, August 5 @ Kekūhaupiʻo
3:15pm Check In at Kekū
4-6pm Tryout
Fall Season Tryouts (Middle School)
Grades 7 & 8: Wednesday, August 7 @ Kekūhaupiʻo
3:15pm Check In at Kekū

4-6pm Tryout
NOTES about the tryout process:

- • It is continuous, meaning that players are expected to report DAILY from 3:15pm-615pm. Saturday time and schedule is TBD.
- • ILH season (intermediate and high school) is 6 days a week with practices and/or games scheduled Monday through Saturday. Players and ‘ohana should plan accordingly from August 5 through October.
- • Players should come to tryouts dressed in athletic clothing (any KS shirt preferred, does not have to be volleyball), *athletic shoes for outdoor running*, weight lifting, and playing volleyball, socks, and reusable water bottle.
- • Knee pads are optional but preferred.
- • Coaches evaluate players every day for the first 1-10 days until final teams are formed
- • Game and practice schedules will not be released until final teams are formed
- • Program Parent Meeting to be held on Tuesday, August 13, 6pm - Auditorium
- • Due to gym space no spectators allowed for tryouts. Parents/‘ohana – please remain in cars and refrain from gathering outside the gym or lobby area. If parking, please park in a marked stall, not in the Kekū turn around area.

You can find up-to-date information on our social media accounts –
Facebook: Kamehameha Girls Volleyball
Instagram: @kamehamehagirlsvolleyball