



Developing Excellence in Academics and Athletics



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Table of Contents

The Big Picture	1
Expectations of Players	2-4
Team Rules	5-6
Responsibilities and Requirements of Student Athletes	7-8
Kalani Alma Mater	9
Program History	10
Living the Dream	11-12
Staff	13
The 6 P's	14



Developing Excellence in Academics and Athletics

The Big Picture

Vision

Develop a program in which individuals achieve athletic and academic excellence and display pride in themselves, their team, and their school.

Mission Statement

The coaches will work in partnership with the players and provide them with the support that will enable them to maximize their potential in all areas of their lives.

Philosophy

Through baseball, teach and reinforce life skills in players and develop characteristics in them such as, a strong work ethic, a positive attitude, responsibility, discipline, commitment, teamwork, and good communication skills.



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Expectations of Players

Academics

- Meet or exceed OIA academic eligibility requirements
- Attend all mandatory team academic support services
- Prepare for post-high school plans

Off-season development:

- Study hall or get help from teachers
- Weight training program
- Core Stability program with Steven Lee
- Summer league
- Skill development with Lenn Sakata

Align with team's style of play

Together we will play aggressively, hard, and intelligently as a team. We will not give up, and we will fight until the last out.



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Expectations of Players cont.

Success

Success is a choice. Success is not lucky breaks. Success comes to those who work hard and who are willing to pay the price. To accomplish something great, you must sacrifice something of great value. The coaching staff expects you to give 100% effort at all times. The coaching staff also demands a positive attitude, especially when things don't go in your favor. (Negative attitudes will absolutely not be tolerated.)

No Excuses!

Commitment

To accomplish anything worthwhile, you need to commit yourself to getting the job done. Without commitment, you will get poor results. It is important that you attend all practices and workouts. Your teammates will be counting on you.



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Expectations of Players cont.

Practice

Good habits are formed in practice. How you practice is a reflection of how you will play the game. We will teach, drill, and give repetitions to you in practice so you can master skills, plays and concepts, and execute them in game conditions. Always practice hard and learn from your mistakes. Never be content! Do things the way we ask! When we stop to explain and correct you, pay attention! Don't be afraid to ask questions. Practices are planned to the exact minute, so always hustle and encourage your teammates to do the same.

Teamwork

All team members must reflect an unselfish attitude at all times. What may be best for you may not be best for the team. Everyone must be willing to accept their roles and be willing to sacrifice individual achievement for team accomplishments. Attitude is an important element for success because it affects you as well as your teammates. Always support your teammates and have a positive attitude. Each player is a valuable component to the team's success, regardless of their playing time. By working hard and encouraging each other every day in practice, we will improve as individuals and, ultimately, as a team.



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Team Rules

Follow all school, athletic department, and team rules. School rules are found in Student Planner. Athletic department rules are found in Parent-Athlete handbook. Team rules are listed below. All penalties will be in accordance with school rules and Parent-Athlete handbook except those listed below. (The way you conduct yourself as an individual on and off the field is a reflection of your team, school, and family.)

Attend all classes, study halls, tutoring sessions, meetings, practices and games, and be on time. Bring a parent/teacher's note if tardy or absent, immediately upon return. If you are excused, you must make up conditioning before the next game or scrimmage. If conditioning is not made up before the next game or scrimmage, you will not dress out. If tardy or absence is not excused you will not dress out or play in next game or scrimmage. You will also have to make up conditioning before next game or scrimmage, and you will not dress out until all conditioning is made up.



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Team Rules cont.

Players must call or talk to a coach if he is going to be late or not attending practice that day. Failure to call a coach will result in unexcused absence and one game or scrimmage suspension. Repeat offender may be dismissed from team.

Demonstrate a positive attitude at all times, especially when things don't go your way. Failure to demonstrate a positive attitude may result in suspension from team or dismissal.

Take care of equipment. Failure to do so will result in replacing equipment if it is broken or damaged. May also result in dismissal from the team.



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Responsibilities and Requirements of Student Athletes

A student-athlete accepts the demands of practices, scrimmages, meetings, and family obligations, as well as the responsibilities of schoolwork. Understanding and accepting these responsibilities will allow you to fulfill your obligations at home, in the classroom, and during athletic events.

Your Family

Your parents/guardians and family are the most important influential factors in your life. It is of paramount importance that you display responsible and appropriate behavior in your interactions with them. Be respectful in your language and action, communicate with them, show them that you are trustworthy and responsible, and most of all, show them that you love and appreciate them. They deserve the very best from you.

Your Academics

Your primary obligation in school is to complete all of your class work to the best of your ability. You are required to attend all classes and keep yourself eligible by maintaining the academic standards as set by Kalani High School. If you have any difficulty in any of your classes, it is your responsibility to meet with your teachers, counselor, or coach as soon as possible for help. Remember, you are a student first, and an athlete second.



Responsibilities and Requirements of Student Athletes cont.

Your Attendance

You are required to attend all of your classes on time. Kalani High School enforces an attendance policy. It is your responsibility to know and abide by it. You are ineligible to participate in all athletic activities on days absent from school, unless notified by the school. All players are required to call and bring a note if they are absent from practice/games.

Your Behavior/Attitude

You are expected to perform to the best of your ability and potential in the classroom and during athletic competition. Do not cut classes, loiter anywhere on campus, exhibit insubordination (mouthing-off, swearing) or commit any other code of conduct violation. As a member of an athletic team, you are a role model not only to your peers, but also to elementary and intermediate students in your community.

Sportsmanship

The goal of Kalani High School's athletic program is to develop young adults who manifest the characteristics of a true sportsperson - pride, courage, honor, sacrifice, loyalty, humility, integrity, and fairness. Any display of unsportsmanlike conduct, including the use of profanity, during practice or games will result in disciplinary action which may lead to suspension or expulsion from the team. Play by the rules, play hard, play fair and aggressively. Accept a loss with dignity, and win with humility.



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Kalani Alma Mater

Where the trade winds from the ocean
Whisper softly through the valley,
Mighty pillars of Kalani
Will forever stand

Where the trade winds from the ocean
Whisper softly through the valley,
Proudly wave Kalani's banner
Over all the land.

Rising for thy glory.
Rising in thy honor,
Our spirits pledged, will e'er be true,
For loyalty and love will leave us never!

Onward 'tis the faith that leads us
Towards the goals that stand before us.
Forward then, Kalani High
All praise to Thee!



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Program History

Team Records & Championships

Varsity

- 2016 OIA East Champions (Shannon Hirai)
- 2005 OIA East Champions (Shannon Hirai)
- 1998 OIA East Co-Champions (Shannon Hirai)
- 1971 OIA Champions (Gary Tanaka)
- 1970 State Champions (Herb Okamura)
- 1970 ILH Champions (Herb Okamura)

Junior Varsity

- 2015 OIA East Champions (Shannon Hirai)
- 2014 OIA East Champions (Shannon Hirai)
- 2002 OIA East Champions (Jared Castro)
- 2001 OIA Runner up (Greg Taguchi)
- 2001 OIA East Champions (Greg Taguchi)



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Living the Dream (College)

- 2016 Connor Zalewski, Palomar College
Justin Wee, Lessen College
- 2014 Dallas Asuncion, College of the Desert
Ian Higa, College of the Desert
Sean Romo, College of the Desert, University of Saint Mary's
Micah Wong, College of the Desert
Brandon Roberts, Northeastern State University (Oklahoma), East Georgia
- 2011 Spencer Shiroma, Fullerton Community College, University of Hawaii, Hilo
- 2010 Devin Lee, Merced College, University of Hawaii, Hilo
Joey Asuncion, Merced College
Sean Nii, Whittier College
Kyle Oda, Pacific University
Gavin Okada, Hartnell JC

See more student athletes "Living the Dream" on thefalconzone.com



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Living the Dream (Professional Baseball)

Drafted

- 2007 Ridge Carpenter, 32nd Round, Boston Red Sox
- 2004 Ty Sarchet, 41st Round, Kansas City Royals
- 2002 Shane Komine, 9th Round, Oakland A's
- 1975 Lenn Sakata, 1st Round, Milwaukee Brewers (10th Overall)
- 1974 Ryan Kurosaki, Free Agent St. Louis Cardinals

Major League Baseball

Shane Komine, Vasilias Oaks (2002), Midland Rockhounds (2003 - 2005),
Sacramento River Cats (2006 - 2009), Oakland A's (MLB), (2006)

Lenn Sakata, Milwaukee Brewers (1977 - 1979), Baltimore Orioles (1980 - 1985),
Oakland A's (1986), New York Yankees (1987).

Ryan Kurosaki, St. Louis Cardinals (1975)

See more former student athletes on thefalconzone.com



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Staff

Varsity Head Coach

Shannon Hirai, w 377-7744, c 371-3105

Assistant Coaches

Matt Galacia

Lenn Sakata

Ross Hiyashi

Tervor Teraoka

Don Omura

Aaron Wong

Darryl Oshiro

Scott Wong

Support Staff

Athletic Trainers: Ben Kuenzil-League, Marisa Sumida

Physical Therapist: Brandie Hirai

Strength Trainer: Steve Lee



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The 6 P's

Passion

Play for the love of the game

Purpose

Play to get better, have fun, & win

Posture

Walk, talk, & act like a champion

Present

Play in the NOW! (Do not time travel)

Positive Attitude

Play with confidence

Positive Focus

Think positive thoughts and believe in yourself

Remember

Control only what you can control. Everything else is wasted energy!

www.positivefocushawaii.net