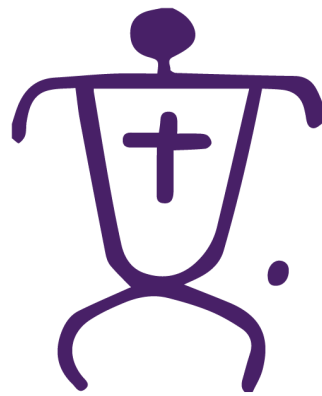


Student-Athlete Handbook 2021-2022



Go Hanalani Royals!

HANALANI SCHOOLS
ATHLETIC DEPARTMENT

hanalani.org/athletics • athletics@hanalani.org • (808) 625-0737 x237



Aloha,

We are excited to partner with you during this school year in the world of athletics. Here at Hanalani, we have had many successes, and it is our hope that we work together to reach new heights.

At Hanalani Schools, our “mascot” is the Royal Strongman, a Hawaiian hieroglyphic symbol of strength, with Christ at its center. It is with this Christ-centered mindset that we proceed in the athletic field - to honor Christ with everything we do, from our practice, competition, to how we treat other athletes, coaches, officials, and ourselves.

Whatever your goal is - to learn a new sport, to use sport to build social skills, become a school record holder, compete for a championship, or compete in college - it is our mission to help you reach those goals. If you do not have a goal, then let us help you find one.

When we look at the life of Jesus, He always invites us to come alongside, and partner together to reach new heights. We will do the same here - let us walk together, train together, and grow together. And the fact that we are pursuing athletic greatness - we can direct it all back to Him.

I look forward to walking with you on this journey!

-Jeremy Honold
Athletic Director

Throughout the Student-Athlete Handbook, “parent” also refers to a legal guardian.

Notice of Nondiscriminatory Policy

Hanalani Schools does not discriminate by race, religion, color, national and ethnic origin, gender identity, or disability in the areas of admission, financial aid, athletics, and other school-administered programs.

Version Updated: 08.03.21



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Hanalani Athletics

School Information

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Colors: Purple and Gold

Mascot: Royal

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Upper School Principal:

Mark Sugimoto
Michael David

Athletic Department

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Mission & Philosophy

Statement

The mission of Hanalani Athletics is to fulfill the mission of Hanalani Schools, which is to love God, love others, and challenge yourself. The athletic department aims to accomplish this statement by using sport to help athletes grow into complete citizens, while having coaches that foster an environment that will let athletes thrive. We believe that growth does not pertain to just athletics - growth in athletics should help growth in all areas of life - physical, emotional, spiritual, and relational.

Athletes will fulfill this mission by upholding five cultural values...

1. Honor - coaches, athletes, officials, opponents, teammates

All Hanalani coaches, athletes, parents, and fans are expected to honor everyone involved, from God to the fan in the corner bleacher seat. No matter the outcome of the event, we will look each person in the eye and communicate how much we appreciate them (1 Peter 2:17)

2. Team first. Everyone has a job to do, from the coach, player, manager

We understand not everyone can start, and not everyone can finish first. We understand coaches are here to coach, athletes are here to play. We understand that some athletes are more talented than others, and not everyone will receive the same amount of playing time. But if our role helps the team win, then we will take our role with pride. We also know that our role can change (1 Corinthians 12:12-27)

3. Humility

If you have to tell someone how great you are, then you aren't really great. We aim to let our play on the court do the talking, and walk in humility to gain the respect of our opponents (Proverbs 27:2)

4. Trust

Every coach has a different training philosophy. Every athlete is wired a little differently. We trust the coaches to put us in position to help the team, and reach our potential. We trust the athletes to communicate with the coaches and build the relationship of trust, so the coaching staff knows how to best lead us. (1 Samuel 14:7)

5. Pursue perfection in everything we do

Matthew 5:48 writes "be perfect, as your father in heaven is perfect." We understand that perfection, in this context, is to be complete, and lack nothing. Every opportunity and outcome is a situation where we can become better. Better athletes, better sons and daughters, better friends, better followers of Christ.

Participation in Hanalani's athletic program is a privilege, not a right. Student-athletes must fulfill Hanalani Schools' academic and behavioral expectations. All participants are considered students first and athletes second.



Goals

The Athletic Department aims to:

- Honor God in all we do
- Chase perfection
- Place ourselves on a path to accomplish our short-term and long-term goals
- Grow in physical, emotional, spiritual strength
- Compete for championships
- Be “world-class” in the realm of athletics
- Create a sustainable, consistent, team-centered culture throughout all sports
- Have Hanalani Students leave their programs “better than when they found it”

League Affiliations

Interscholastic League of Honolulu (ILH)

Established in 1909, the ILH is an athletic activity league composed of 21 member schools participating in 37 different sports. Hanalani Schools has been an ILH member since 2001.

Hawaii High School Athletic Association (HHSAA)

Founded in 1956, the HHSAA is dedicated to supporting and promoting athletics as part of the high school education program. The HHSAA is composed of 96 public and private schools throughout the Hawaiian islands.

Pac Five Athletics (Pac-5)

Pac-5 is a consortium of independent schools that combine to field teams to compete in the ILH and the HHSAA. The Pac-5 program gives student-athletes the opportunity to participate in sports that Hanalani does not provide, such as football, soccer, and more.

For the 2021-2022 school year, Elementary Sports are pending.

National Federation of State High School Associations (NFHS)

The NFHS establishes consistent standards and rules for competition and works to improve participation experience. All Hanalani coaches obtain and maintain certifications through the NFHS.



Sports Offered

Hanalani Fall Sports

<u>SPORT</u>	<u>START DATE</u>	<u>TIME</u>	<u>PRACTICE LOCATION</u>
Girls' VAR Bowling	8/2/2021	3:15 PM	TBD
Boys' VAR Bowling	8/2/2021	3:15 PM	TBD
Girls' Cross Country (all)	8/2/2021	3:30 PM	Hanalani Schools Field
Boys' Cross Country (all)	8/2/2021	3:30 PM	Hanalani Schools Field
Girls' INT Volleyball	8/2/2021	3:00 PM	Hanalani Schools SAC
Girls' VAR Volleyball	8/2/2021	3:30 PM	Hanalani Schools SAC
Girls' Air Riflery	8/2/2021	TBD	Hanalani Schools FH
Boys' Air Riflery	8/2/2021	TBD	Hanalani Schools FH

Pac-5 Fall Sports

<u>SPORT</u>	<u>START DATE</u>	<u>TIME</u>	<u>PRACTICE LOCATION</u>
Boys' INT Football	7/19/2021	4:00 PM	TBA
Boys' VAR Football	7/19/2021	4:00 PM	TBA
INT/JV/VAR Cheerleading	8/2/2021	4:00 PM	TBA
JV/VAR Kayaking	8/2/2021	4:00 PM	TBA
Boys' Water Polo	8/2/2021	TBD	TBD

Hanalani Winter Sports

<u>SPORT</u>	<u>START DATE</u>	<u>TIME</u>	<u>PRACTICE LOCATION</u>
Girls' INT Basketball	11/1/2021	3:00 PM	Hanalani Schools SAC
Girls' JV Basketball	11/1/2021	3:00 PM	Hanalani Schools SAC
Girls' VAR Basketball	11/1/2021	4:30 PM	Hanalani Schools SAC
Boys' INT Basketball	11/8/2021	3:00 PM	Hanalani Schools SAC
Boys' VAR Basketball	11/8/2021	4:30 PM	Hanalani Schools SAC

Pac-5 Winter Sports

<u>SPORT</u>	<u>START DATE</u>	<u>TIME</u>	<u>PRACTICE LOCATION</u>
Canoe Paddling	11/1/2021	4:00 PM	TBD
Girls' INT Soccer	11/1/2021	4:00 PM	Kapi'olani Park
Girls' JV Soccer	11/1/2021	4:00 PM	Kapi'olani Park
Girls' VAR Soccer	11/1/2021	4:00 PM	Kapi'olani Park
Boys' INT Soccer	11/8/2021	4:00 PM	Kapi'olani Park



Boys' JV Soccer	11/8/2021	4:00 PM	Kapi'olani Park
Boys' VAR Soccer	11/8/2021	4:00 PM	Kapi'olani Park
Boys & Girls Swimming	11/1/2021	TBD	La Pietra
Girls' INT/VAR Wrestling	11/8/2021	4:15 PM	University Lab School
Boys' Wrestling (all)	11/8/2021	4:15 PM	University Lab School

Hanalani Spring Sports

<u>SPORT</u>	<u>START DATE</u>	<u>TIME</u>	<u>PRACTICE LOCATION</u>
Girls' Golf (all)	2/7/2021	4:00 PM	Mililani Golf Course
Boys' Golf (all)	2/7/2021	4:00 PM	Mililani Golf Course
Girls' Track & Field (all)	2/7/2021	3:30 PM	Hanalani Schools Field
Boys' Track & Field (all)	2/7/2021	3:30 PM	Hanalani Schools Field
Boys' Int/VAR Volleyball	2/7/2021	3:00 PM	Hanalani Schools SAC
Girls' VAR Tennis	2/7/2021	3:30 PM	CORP Tennis Courts

Pac-5 Spring Sports

<u>SPORT</u>	<u>START DATE</u>	<u>TIME</u>	<u>PRACTICE LOCATION</u>
Coed INT Baseball	2/7/2021	4:00 PM	TBD
Coed VAR Baseball	2/7/2021	4:00 PM	TBD
Girls' Judo (all)	2/7/2021	4:00 PM	Our Redeemer
Boys' Judo (all)	2/7/2021	4:00 PM	Our Redeemer
Girls' INT/VAR Softball	2/7/2021	4:15 PM	Ala Wai Park

Other Sports

Athletes interested in an ILH Sports not listed above, such as Tennis or Water Polo, should contact the Athletic Director for possible opportunities to play with other schools.



Participation

Eligibility

Students in grades 7 through 12 who are enrolled as full-time students at Hanalani Schools are eligible to participate in the athletic program provided they also meet and maintain the following eligibility requirements:

Parental Consent

Student-athletes must have parental consent and proof of adequate medical coverage before participating in any part of the athletic program. This year, a digital signature is required by both the athlete and parent/guardian in <https://hanalani.myschoolapp.com>. A hard copy is available upon request.

Physical Exam

Each year, student-athletes must submit an athletic health physical signed by a licensed healthcare professional (physician, physician's assistant, or advanced practice nurse). The Student Health Record (ENR-09B) form has been revised to cover athletic participation. The form is located on our website <https://hanalaniathletics.com/athletes/>.

- **Kaiser Health Insurance**- Families can adjust dates of the physical to have it scheduled right before the school year starts so it covers the entire school year and includes athletics requirements (after age 6).

Student-Athlete Handbook Agreement

This handbook contains participation and procedural information regarding the Hanalani athletic program as well as the expectations of the student-athlete and their parents. Both the parent and the student-athlete must read the Student-Athlete Handbook. This year, a digital signature is required by both the athlete and parent/guardian in <https://hanalani.myschoolapp.com>.



Concussion Management Program

In accordance with the Hawaii Concussion Law (Act 262), parents and student athletes are required to receive annual concussion education and awareness training. Both parents and student athletes may complete the concussion education program (BrainSpace) provided by the Hawaii Concussion Awareness Management Program (HCAMP) to fulfill this requirement.

Concussion education for parents:

<https://hcamp.info/brainspace?role=4>

Concussion education for middle school (6-8):

<https://hcamp.info/brainspace?role=32>

Concussion education for high school students (9-12):

<https://hcamp.info/brainspace?role=33>

In accordance with Hawaii law (HB 2273 SD1 and Act 197), the Athletic Department has developed a CDC-compliant plan that allows student-athletes to gradually return to athletic participation after sustaining a concussion.

Impact Baseline Assessment

All student-athletes must complete the Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT) baseline assessment before participation on Hanalani or Pac-5 sports teams. Tests are good for 2 years. Group testing will take place at the beginning of each school year. Student-athletes may also schedule a time for the assessment in the Athletic Office by contacting the Athletic Director.

Pac-5 Clearance

Pac-5 athletes who have completed the eligibility requirements above must request Pac-5 Clearance from the Athletic Director via email or in person. At that point, the Athletic Director will check the paperwork and submit clearance to Pac-5. Pac-5 Clearance must be submitted by the Athletic Director before participation in any Pac-5 Athletics event, including practices, games, or scrimmages.



Levels of Competition

Competition levels are delineated strictly by school grade level as follows:

- Elementary: TBD
- Intermediate (INT): Grades 7-9
- Junior Varsity (JV): Grades 9-11
- Varsity (VAR): Grades 9-12

Once a student-athlete participates at a level of competition in a sport, that student-athlete is no longer eligible to participate at a lower level of competition in that particular sport. (Example- a Girl who plays Varsity Volleyball cannot play JV the following year.)

Academic Expectations

Student-athletes are required to maintain a minimum of a 2.0 grade point average (GPA) with no F's. Students who receive an F on a quarter report card will be ineligible to participate in athletics at the start of the following quarter. If a student has a grade point average below 2.0 or has an F in any class(es), they will not be allowed to practice until grades are acceptable. A student-athlete will remain ineligible until he or she demonstrates adequate grades on weekly grade checks or a mid-quarter/quarter report card. See the Ineligible Students section for more details. **Should a head coach ask their team's GPA to be higher, the head coach reserves the right to raise the academic standards of his or her own team.**

Behavioral Expectations

Athletes are expected to adhere to the conduct guidelines in place for all students at Hanalei Schools. Student-athletes who are placed on disciplinary probation shall be immediately ineligible to play in any sports event. Student-athletes who have 75 or more demerits may be suspended from sports.

Outside Participation

Outside participation is defined as participation in any non-school-sponsored, formally organized activity that includes formal practices, scrimmages, or games. Hanalei athletes may not participate in an outside sports league for the same ILH sport in which they are currently participating in. For example, an ILH volleyball player may not participate in an outside volleyball league during the ILH volleyball season, but he or



she may participate outside of the league in a different sport such as basketball or soccer.

Students must obtain permission from their coach to participate in a Hanalani sport and an outside sport at the same time.

Dual Participation

We want to give every student the opportunity to try something new. There are some cases where a student will want to participate in two school sports in the same season. However, it is understood that in order to excel at something, sometimes sacrifice needs to be made.

On all levels, each coach will have their philosophy on dual sport commitment, and the athlete must agree to both terms on both teams. Note that it is very possible that one athlete will have an easier time with a dual commitment than another, or a coach will not allow any dual commitments.

Likewise, we understand that with the rise of club sports, and with other co-curricular activities, such as band, or student government, sometimes athletes will balance a dual commitment with a sport outside of school. We ask that communication be open and honest with your coaching staff as you balance your time.

Please understand - that if a dual sport commitment happens (two school sports or club sport and school sport, or any dual commitment for that matter), the coach has every right to give priority to the non-dual sport athlete, and reduce the role of the dual sport athlete, which includes, but is not limited to, a bench role, limited minutes, or fewer events than another who is at one sport daily.

Ineligible Students

Students are ineligible for athletic participation in the following situations:

Academic Probation

Student-athletes who are placed on academic probation shall be immediately ineligible to participate in athletic events. A student-athlete will remain ineligible until he or she demonstrates adequate grades on weekly grade checks or a mid-quarter/quarter report card. Student-athletes coming off academic probation must obtain clearance from the Upper School Principal or Dean of Students to participate again in athletics. For more information on academic probation, please see the Parent & Student Handbook.



Disciplinary Probation

Behavioral probation standards are determined by the Upper School administration. Students who are placed on disciplinary probation shall be immediately ineligible to participate in athletic events. Student-athletes coming off disciplinary probation must obtain clearance from the Upper School Principal or Dean of Students to return to athletics. For more information on disciplinary probation, please see the Parent & Student Handbook.

Over 18 Years of Age

Student-athletes who reach the age of nineteen (19) before September 1 shall be ineligible to participate in interscholastic sports, regardless of their grade level in school.

School Transfer

Students who transfer to Hanalani Schools from an ILH school or O 'ahu public school who participated on a sports team at their previous school will be ineligible for one (1) calendar year to participate in that same sport at Hanalani. A Hanalani student transferring to another ILH school will likewise be ineligible for one (1) calendar year from participating in any sport they participated in at Hanalani. Transferring to an O 'ahu public school will result in immediate eligibility for sports. For questions regarding transfer students, contact the Athletic Director.

Pac-5 Athletics

The Pac-5 Athletics program is a consortium of independent schools whose mission is to field competitive sports teams within the ILH. This arrangement allows Hanalani students to participate in sports that Hanalani does not offer, such as football, soccer, wrestling, and judo.

Important:

If both Hanalani and Pac-5 field a team in the same sport and level, the student-athlete must participate on the Hanalani sports team.

NOTICE:



While Hanalani is a part of the Pac-5 consortium, the Hanalani and Pac-5 athletic programs may differ in values such as faith, player philosophy, etc. It is highly encouraged that parents and students attend Pac-5 meetings to hear from the head coach of each program to hear their philosophy on player development, playing time, and more.

Pac-5 Clearance

Hanalani students who wish to participate on a Pac-5 sports team must contact the Athletic Director with their intent to participate. The Athletic Director must submit Pac-5 clearance prior to the student participating in any practice, game, or scrimmage.

Practices and Transportation

Most Pac-5 teams practice in Honolulu. One-way transportation to weekday practice locations is available for a flat-rate season fee of \$100. Athletes must arrange their own transportation home from practices as well as to and from practices and games that fall on a weekend or other non-school days (including during breaks and on holidays).

Tryouts

All athletic teams conduct tryouts and make cuts. All students and parents must acknowledge and accept the following policies regarding tryouts:

- A tryout is a right. Making the team is a privilege
- Coaches select the athletes they assess will best perform on a cohesive team, work ethic, attitude, teamwork, ability, availability, and more.
- Coaches determine the level of competition (Intermediate, Junior Varsity, and Varsity) based on tryouts. Coaches will place players at a level they feel will be best for the team and the player.
- The duration of tryouts will be for the first week of the season
- Interested athletes must try out every season. A roster position in the previous season does not guarantee a position on the same team for the current year.
- Student-athletes who do not attend tryouts will be unable to participate in that sport. Student-athletes who miss the regularly scheduled tryouts due to an overlapping Hanalani or Pac-5 sport will be allowed to try out for the team after their season is complete.



Conduct

CODE OF CONDUCT

Student-athletes represent their school, their team, their classmates, their families, and God. Playing at Hanalani Schools is a privilege and should not be taken for granted. To ensure the athletes are developing to their fullest potential on and off the court, players are expected to live according to the Athlete Code of Conduct.

Any student-athlete who does not behave acceptably will be addressed by the Athletic Director and/or the Upper School Principal or Dean of Students. Hanalani Schools and its administration, therefore, reserve the right to revoke any and all such privileges of athletic participation when deemed necessary or when a violation of the school's policies and overall philosophy occurs.

Student-Athlete Creed

As student-athletes, we will uphold the following...

- I will honor God in my play on and off the court
- I will do everything in my power to make not just myself better, but my teammates better
- I will communicate with my coaches and teammates with any concerns
- I will take ownership of my role on the team
- I will put the team first, and understand the “we” is bigger than the “me”
- I will give my best in practice and competitions, as Jesus gave His best for me
- I will trust my coach's vision for the team. Should I have questions, I will ask to understand

Hazing/Inappropriate Conduct

Hazing, or bullying (including cyber-bullying), is not acceptable as a student-athlete at Hanalani Schools. Hazing includes, but is not limited to...

- Berating another player based on ability or appearance



-
- Forcing (or threatening) another player to do a specific task, related or unrelated to the sport (eating a specific food, dressing up, getting the other team members food, doing others homework, etc.)
 - Insulting or striking another player as a means of “welcome to the team”
 - Posting rumors, threats, sexual remarks, a victims' personal information, or hate speech

Should an incident of hazing/bullying be reported, immediate action and investigation will take place. Students involved will be suspended from all athletic activity, and the upper school office (principal, dean of students) will decide disciplinary action.

For more information on inappropriate conduct, please refer to the Student Handbook.

Guidelines for Parents

The Athletic Department and the administration recognize how important parents are to the success of the athletic program and the sports teams.

Role of the parent

The Athletic Director and the administration ask for and appreciate parents’ support in the following ways:

- Be positive and encouraging!
- Support and respect the efforts made by the athletes, their coaches, and the Athletic Department.
- Promote sportsmanship and the development of good character and discipline in the student-athletes and the athletic program.
- Communicate promptly and thoroughly with coaches and the Athletic Director. Information that needs to be disclosed includes—but is not limited to—health or safety issues, academic concerns, and potential schedule conflicts.
- **Direct concerns regarding your athlete and/or the team to the coach. Roster decisions, playing time, play calling, and team strategy are judgment decisions made by coaches and do not require justification. Coaches will explain playing time philosophy at a parent meeting at the start of each season**

Avoid

- Complaining and negativity
- Seeking to influence or direct the activities or policies of the coaches, athletic administration, or school.



-
- Undermining the coaches, athletic administration, or school through petty criticism, disparaging remarks, or any other form of disrespect.
 - **Berating officials, fans, players, coaches, or anyone else at any school-sanctioned event.**

Parents and spectators that fail to adhere to these guidelines will be removed from the event.

Communication Protocol

To discuss a concern, please use the following protocol:

- Roster decisions, playing time, play calling, and team strategy are judgment decisions made by the coach and do not require justification.
- Do not attempt to confront coaches immediately before or immediately after a game. These are highly emotional times for both coaches and parents and are not conducive to rational discussion.
- Carefully consider your concerns before requesting a conference. A day or two of reflection often brings a more reasonable perspective.
- Call/E-mail the coach to set up an appointment.
- Address concerns regarding your child and his or her teammates to the coach directly.
- If the conference does not provide a satisfactory resolution, call the Athletic Director.
- If the Athletic Director deems it necessary, an appointment may be scheduled to discuss the matter.

Social Media Policy

Hanalani students (and parents) who have social media accounts must bear in mind that while social media is fun, and a useful tool, these accounts can be used to represent the school, their respective families, and the Lord. Should a student use social media to threaten violence, humiliate, or bully another player, official, or coach, discipline may be assessed. Discipline includes, but not limited to, suspension of practice, competition, apology, or removal from roster.



Athletic Policies

COVID-19 Policies

Notes for Parents

- Please continue to be diligent with your Daily Health Check for your child(ren). We need to see Green Shields, but we also have to be honest about when we feel ill.
- Arrive on campus no earlier than 20 minutes prior to your event or to pick up athletes.
- Parents are encouraged to remain in their cars for drop-off and pick-up.
- Parents who need to be on campus should wait in the gazebo area outside the gym.
- Masks are required while on campus.

Athlete's General Guidelines During Covid-19

- If you're sick, stay at home!!!
- Bring your own water bottle (no water, no practice). No-Contact Bottle fillers are available in the gym.
- Be mindful and spatial distance as much as possible
- Masks required when indoors and outdoors in close proximity to others and as required by the coach.
- Wash hands regularly
- Find alternatives to high fives
- Do not share equipment, such as clothes or shoes
- Sports will have sport-specific guidelines and modifications.

Gym Preparations & Sanitation

- All doors and rollup doors will be opened for ventilation.
- Fans will be turned on to promote air circulation.
- Gym will be sanitized at the end of the day.

Competitions

On-Campus Competitions

Spectators will be allowed based on CDC and State guidelines for allowed group sizes for the type of venue (Indoor or Outdoor).



- 50% Capacity as of July 8, 2021 - approximately 200 spectators for Hanalani SAC
- If spectators are not allowed, we will attempt to Live Stream home games

Gym Competitions

- Masks are required while on campus.
- Upon entry to the gym, a health check will be completed by a designated safety officer.
- Please keep your distance while seated in the bleachers. A minimum of 6' between family units is required.
- Bathrooms and Hand Sanitizing Stations are available.
- Water bottles allowed in the gym. No-contact bottle fillers have been installed.
- No eating food in the gym
- Only Players and Coaches may enter the gym earlier than their scheduled match time, provided there is adequate space for distancing.
- Players may not stay after their scheduled game.

Outdoor Competitions

- Masks are required while on campus when in close proximity with others.
- Masks may be removed once seated and distanced from other parties
- Upon arrival, there will be a check-in table where a health check will be completed.
- Bathrooms and Hand Sanitizing Stations are available in the gym.
- Bring your own folding chairs for seating.
- Physically distance your chairs.
- Water bottles are allowed.

After game transition

- To limit crowds, gather your things and exit the campus as soon as possible.
- Post-game team meetings are not allowed.
- Grab and Go drinks may be provided to athletes for post-game recovery. But may not be consumed on-campus.

Off-Campus Competitions and Transportation

- Each school/site will set guidelines for their venue that must be followed.
- Masks required on Hanalani School Buses/Vans.
- Windows will be opened for ventilation.

Transgender Policy

Hanalani Athletics's policy regarding transgender athletes will mirror the policy of Hanalani Schools. See Parent & Student Handbook. Note: This policy is TBD.



In-Season

Practices

Part of being on an athletic team means to be at practice. It is an expectation that athletes attend all practices, to help the team reach their full potential.

If a student has an activity that conflicts with practice, he or she must notify the coach well in advance. If a student misses practice without approval, he or she should expect consequences (including, but not limited to, loss of game time, physical consequences such as cardio/strength training, or dismissal from the team).

Athletes are expected to be students first, and balance other commitments including: family, church, athletics, and other co-curricular activities. If a practice will be missed, it will be evaluated on whether it is a responsibility or an irresponsibility. For example, if you have a responsibility like serving at church or a family commitment, you may discuss your priorities with your coach and request to be excused from practice. It is expected that the athlete and coach will work together to find the best possible solution for schedule conflicts. "I have homework" is not an acceptable excuse.

Uniforms

All student-athletes are required to wear appropriate athletic attire at all practices and games. Jewelry and other adornments should not be worn and can be a safety issue during practices and games. Hanalani dress code and restricted items still apply. Practice attire should not be distracting. Students must use wisdom when wearing attire. Nipples and genitalia should not be visible through clothing.

Unless otherwise specified, game uniforms are issued by the Athletic Department and are expected to be returned at the end of the season. Once the uniforms are issued, the athlete is liable for the replacement cost of any item that is lost, stolen, or damaged. Uniforms must be returned within two (2) weeks of the completion of the season at the post-season team meeting. Student-athletes who do not return athletic uniforms will be assessed a replacement fee between \$100-200, applied to their Smart Tuition account. Upon returning the uniform, 60% of the replacement fee will be returned.



Lockers & Locker Room

As of June 23, 2021, the locker room will be closed and used for team meetings only. We apologize for the inconvenience this may cause

Athletic Trainer's Room

The athletic trainer's room is for diagnosis, rehab, and recovery. Students should not be in the room unsupervised. If supplies are needed, students should request it from the athletics staff.

Transportation

Transportation to weekday competitions will be provided for all Hanalani sports in approved vehicles. All athletes are responsible for transportation to and from event locations on weekends and other non-school days such as holidays. One-way transportation is available for Pac-5 athletes for a flat-rate season fee of \$100. Should a student transport themselves in their own personal vehicle, the transportation exemption request form must be filled out and returned to the athletic department.

Fees

Hanalani Schools does not charge a fee for sports participation except for these sports: Air Riflery- \$75, Bowling- \$75, and Golf- \$75. For convenience, we will add these fees to your Smart Tuition account in the middle of the season. There may, however, be sport-specific costs for items such as team shirts, gear, equipment, or trips for which the athlete is responsible.

State Tournament Travel

The Hanalani Athletic Booster Club has graciously agreed to support Hanalani Athletics by fundraising for State Tournament travel. All athlete travel arrangements and reservations must be made by the athletics staff. Airfare will be booked through our Strategic Partnership with Hawaiian Airlines for all coaches and athletes. Any reservations made on your own will not be reimbursed. Deviations from the group itinerary may not be possible due to our partnership with Hawaiian Airlines.



Athletic Booster Club

In the year 2020, the Hanalani Athletic Booster Club was founded. This booster club aims to support our athletes by negating the cost of travel, in particular for state tournaments. They kindly ask those students to volunteer some of their time and give back. For more information on the booster club, please contact the Athletic Director. As Intermediate athletes do not have state championships, funds are TBD in regards to intermediate sports.

Study Halls

All participants are considered students first and foremost, and then athletes. For this reason, Sports Team Study Halls may be requested for Varsity teams. All study halls will be scheduled before practices or games. Coaches will designate a time and place for their team's study halls.

Student-Athletes may choose to replace PE with a study hall. 1 semester per sport participated in. Note this PE study hall will be for grades 7 and 8 only.

Complete details can be found in the PE Study Hall Request Form. PE Study Hall can be requested from the Athletics Staff and the forms will also be available on <https://hanalaniathletics.com>. Please note the deadline for submission of the forms and other important information regarding grading.

Weight Room

(not available during school hours)

When not used by an athletic team or coach, Hanalani students grade 7-12 may use the Kokubun Fitness Room upon submission of a Weight Room Waiver form which may be obtained from the Athletic Department. Students must have a Hanalani Faculty Member in the weight room with them while they workout. Students on academic probation will not be allowed to use the weight room. Students should behave properly while using the weight room. Violation of these guidelines may result in loss of weight room privileges. Other details about the program can be found on the Waiver Form available on our website <https://hanalaniathletics.com>.



Off-Season

Most sports provide students with opportunities to participate in strength and conditioning programs and off-season skill development. These programs are voluntary but are highly encouraged. It is important for each athlete to develop his or her athletic abilities and skills during the off-season. If a student-athlete wishes to participate in another sport instead of attending off-season conditioning, the coach will honor that request. Students should not feel obligated or pressured to attend off-season conditioning. If that happens, please contact the Athletic Director.

The Athletic Department often runs or hosts skills clinics and Summer Leagues during the off-season. Coaches will give athletes direction on off-season development. Contact the Athletic Director or team coach for more information on off-season development.

Concussion Management Program

In 2010, the NFHS established a new rule stating that “any player who shows signs, symptoms, or behaviors associated with a concussion must be removed from the game and shall not return to play until cleared by an appropriate health-care professional and complete the return to play (RTP) protocol under supervision of a certified athletic trainer.” In compliance with the NFHS rule change as well as state and national guidelines, Hanalani Schools and the Pac Five Athletics program have instituted the following guidelines for all student-athletes participating in collision and contact sports.

Hanalani student-athletes will be administered baseline assessments once every two (2) years, which will provide the students-athletes’ primary care physicians with objective information to compare pre- and post-injury.

ImPACT Baseline Assessment

Hanalani uses a software tool called Immediate Post Concussion Assessment and Cognitive Testing (ImPACT) to better manage concussions sustained by student-athletes. ImPACT is a computerized exam utilized in many professional, collegiate, and high school sports programs across the country to successfully diagnose and manage concussions. If an athlete is believed to have suffered a head injury during



competition, ImPACT is used to help determine the severity of head injury and when the injury has fully healed.

The non-invasive ImPACT assessment is set up in video-game style format and takes between 30 and 45 minutes to complete. It is a simple assessment, and many athletes enjoy the challenge of taking the test. Essentially, the ImPACT exam is an athletic physical exam for the brain. It tracks information such as memory, reaction time, speed, and concentration. It is not an IQ test.

The ImPACT exam establishes baseline scores before beginning contact sport practice or competition. After a concussive injury, the injured athlete is re-assessed, and the scores are compared to the baseline score. Athletes will only be considered for return to their activities if the post-injury scores are comparable to the baseline scores.

If a concussion is suspected in a Hanalani athlete, parents will be promptly contacted with all details, and the athlete must re-take both tests. The information gathered can also be shared with the athlete's family doctor. The test data will enable health professionals to determine when beginning the RTP protocol is appropriate and safe for the injured athlete.

Information gathered from the ImPACT assessments may also be used in studies conducted by this school, the ILH, the University of Hawai'i, local physicians, neuropsychologists, the State of Hawaii Department of Education, and the National Athletic Trainers' Association. To ensure your child's anonymity, Hanalani uses an anonymous data submission system.

After a student-athlete takes the cognitive status assessments, the Athletic Director will collaborate with the student-athlete's physician and/or a neuropsychologist to determine if the student-athlete is ready to start the RTP protocol. This team approach ensures the health and safety of each concussed student-athlete.

Return to School Protocol

1. Complete cognitive rest.



Concussed athletes should take cognitive rest actively. This may include staying home from school and limiting school hours and study for several days, and or avoiding texting, watching TV, internet use, driving, etc. This should be prescribed by a physician and supported by the school administration. Activities requiring concentration and attention may worsen symptoms and delay recovery.

2. Return to school full time.

After a gradual return to full-time school has been completed and a physician has cleared the student, they return to normal full-time school work.

Return-to-Play Protocol

The RTP protocol is conducted after the medical clearance by the student-athlete's physician and/or a neuropsychologist.

Each step in this plan requires at least 24 hours. If the athlete shows a recurrence of concussion symptoms, they will return to a previous step and continue to be evaluated at each step to ensure a complete recovery.

Steps 3 through 7 will be supervised by the Athletic Director and/or the Athletic Trainer.

Each step is separated by a minimum 24 hours. If symptoms occur during any step, the athlete will return to the previous step.

3. Light aerobic exercise.

This step cannot begin until the treating physician clears the student-athlete for further activity. At this point, the student-athlete may begin walking or riding a stationary bike, running in the gym or on the field.

4. Sport Specific Exercise

5. Non-Contact Training Drills

Non-contact training drills in full equipment. Weight training can also begin.

6. Full Contact Practice

7. Play in Game



Once a concussion is suspected by the Athletic Trainer or another medical professional, this protocol will begin and it will take **no less than 4 days** to return to playing in a game.

ILH policies

Operations

Hanalani's eligibility requirements are designed to meet or exceed the ILH's requirements in the following areas:

- Eligibility
- Academic standings
- Sports participation
- Outside participation
- Transfer student-athletes
- Coach and athlete conduct

Parents and students should not communicate with the ILH office or other athletic departments. **Any questions or concerns should be directed towards the Hanalani Athletic Director.**

Refreshments- Grab and Go Drinks Only

Visiting teams and their parents, supporters, coaches, and school representatives are prohibited from consuming or distributing any food, snacks, or meals on the campuses of other schools. **Only drinks are allowed to be distributed.** This rule only applies to school sites and facilities, not to public facilities such as Kapi'olani Park, Central O'ahu Regional Park, and community baseball fields. The ILH penalty for breaking this rule is a fine of \$100.00 which will be assessed to the person who violates the refreshment rule.

Admissions

Admission will be charged for all levels of basketball, judo, volleyball, and wrestling. There may also be admissions charged for other events.

The prices for admission tickets are as follows (Playoff Games +\$1.00):

- General admission: \$6.00



- Senior citizens (65+ years): \$4.00
- Students (12+ years): \$4.00
- Children under 5 years: Free

Students must present a Hanalani student ID to receive free admission to Hanalani athletic events. Students will need to pay for admission to state tournament games and public sites such as Hans L'Orange Field, Les Murakami Stadium, Aloha Stadium, and the Waipio Soccer Complex. Students must present student IDs to receive discounted student prices at these sites.

Discount admission cards are available for purchase at Hanalani home games for \$50.00. The understanding, cooperation, and support of all spectators at admission events is greatly appreciated by all member schools.

Signing Forms

For your convenience, we are providing our Student-Athlete Handbook Form online. **Both the student and a parent need to login separately and digitally sign.**

To sign the form:

- ☐ **Parents** go to <https://hanalani.myschoolapp.com>, and log in.
- ☐ At the top of the page you will see a notice that says "You have forms to fill out" Click on that.
- ☐ Fill in the information and digitally sign.

- ☐ **Students** go to <https://hanalani.myschoolapp.com>, and log in.
- ☐ At the top of the page you will see a notice that says "You have forms to fill out" Click on that.
- ☐ Fill in the information and digitally sign.

Once both parent and student sign the form, the notice will be removed.

Other Forms can be downloaded from our website:

<https://hanalaniathletics.com/athletes/>