Your phone number 
Your email 
Student website 
Your mailing address

Ka’u High School
Pahala, Hawaii 96737

Grade Level
Current Cum GPA
 Best ACT or SAT Score

 NCAA Eligib

le

NAIA Eligible

**Coach & School Information**

Coach Name
Coach phone number 
Coach email 
School website 

**Athletic Director**
Kalei Namohala

(808) 313-4161 
Kalei.Namohala@k12.hi.us 
<https://khpes.org/>

YOUR NAME

**Athletic Strengths and Skills**

Talk to your coaches – what do they see as your athletic strengths? This is a narrative; one or two lines, not more.

Your Sport

Position & Jersey #



**College Goals: To play at the next level while pursuing a college degree.**

**Intended Major: Career Goal:**

**Height Weight Other Physical Distinctions**

**Weights &/or Conditioning Stats**
Talk to your coach about what is appropriate for you

**Offensive Stats**

**Defensive Stats**

**Player History:** Start with senior year and work backwards to freshman year. Where did you play, position, leadership role, etc. by year.

Example: 2019-20 Senior Year, Ka’u High, Point Guard, Captain.

**Athletic Awards & Recognition**

List awards *your team* has received by year

Separately list awards *you* have received as an individual by year

**Competitive Commitment:** How much time do you spend on improving in your sport each week during season and during off-season?

**Attendance Commitment:**
Number of practices missed:
Number of school days missed:

**Clubs, Activities and Hobbies**

**Non-athletic Awards & Recognition:**

 **Community Service:**

 **Other References**

Name, address, email, phone of someone who knows you well and will give you a good recommendation. Be SURE to ask for permission from the person you want to be your reference and thank them for being your recommender.