

Ka Ulukoa

The Volleyball Institute

Fact Sheet

Preparing your Student-Athlete for the *Next Level of competition—and life.*

A 501(c)(3) non-profit organization, Ka Ulukoa has designed a youth development program that fosters national and international amateur sports competition and educational opportunities for youth in Hawaii. Our program focus is to create well-balanced, competitive teams that consist of academically responsible and community service oriented student-athletes.

Academics

All Ka Ulukoa team members are required to be academically responsible. Accordingly, members must demonstrate an ability to maintain a minimum grade point average (GPA) of 2.75 (out of 4.0). Report cards must be presented regularly to verify compliance.

Community Service (CS)

Ka Ulukoa requires that all team members participate in community service. Our goal is to help our young athletes gain a better understanding of the world around them while giving back to a community that provides so much. Participants must fulfill their requirement prior to traveling to the end of the year event.

Travel

Ka Ulukoa's primary objective is to foster national and international amateur sports competition. Accordingly, it is mandatory that team members travel to all national events. Some exceptions may apply. Please check the Ka Ulukoa Manual for more details.

Age	Travel Req.	CS Req.
12	1 Mainland Trip	8 hrs
13	1 Mainland Trip	8 hrs
14	2 Mainland Trips	16 hrs
15	2 Mainland Trips	16 hrs
16	2 Mainland Trips	24 hrs
17	3 Mainland Trips	24 hrs
18	3 Mainland Trips	24 hrs

Club Dues

Ka Ulukoa's due structure is inclusive in nature. Included in your club dues are the following:

- USAV Registration
- Uniforms
- Tournament Fees
 - Local Tournaments: 12 total including Junior Olympic Bid and Regional
 - Qualifier Tournament: Registration Fees
 - End of Year Event: Junior Olympics or JVDA
- Gym Fees: practice 2—3 times per week
 - varies per team and gender
- Practice Time at National Venues

* Any Exceptions are noted in the Team Breakdown.

Travel Fees

In an effort to be proactive and help distribute the costs of travel over time, we will be collecting a monthly fee over a 6 month period to cover estimated travel expenses (ETE). The ETE is \$1500 per trip. See the chart on the back for details.

* We do encourage fundraising. Accordingly, we apply all credits to your final payment. If you have additional credits in your account, Ka Ulukoa will issue each account a check for the difference.

Strength Training and Performance Coaching

We encourage all teams to utilize our strength trainer and performance coach, but we understand time and resources are limited. Therefore we offer these programs as optional / supplemental services to our teams at a great price.

Strength Training—approximately \$2600 per team
Varies per team and gender

Performance Coaching—Based on program directives

Each team has its own price structure. Over for details...

Team Breakdowns

<i>Girl's Season 2009</i>	
<p>Girls 12 (Travel): \$1350 (Club Dues) + \$1500 (ETE)</p> <ul style="list-style-type: none"> • Club Dues \$1350 divided over 6 months = \$225 • Estimated Travel Expense \$1500 divided over 6 months = \$250 <p>Practice 2x per week starting in January (~ 26 weeks) 12 Local Tournaments, incl. Bid and Regional 1 Mainland Trip (required)</p>	<p>Girls 12 (Non-Travel): \$960 (Club Dues)</p> <ul style="list-style-type: none"> • Club Dues \$960 divided over 6 months = \$160 <p>Practice 2x per week starting in January (~ 20 weeks) 12 Local Tournaments, incl. Bid and Regional</p>
<p>Girls 13: \$1500 (Club Dues) + \$1500 (ETE)</p> <ul style="list-style-type: none"> • Club Dues \$1500 divided over 6 months = \$250 • Estimated Travel Expense \$1500 divided over 6 months = \$250 <p>Practice 3x per week starting in January (~ 26 weeks) 12 Local Tournaments, incl. Bid and Regional 1 Mainland Trip (required)</p>	<p>Girls 15: \$1650 (Club Dues) + \$3000 (ETE)</p> <ul style="list-style-type: none"> • Club Dues \$1650 divided over 6 months = \$275 • Estimated Travel Expense \$3000 divided over 6 months = \$250 <p>Practice 3x per week starting in January (~ 26 weeks) 12 Local Tournaments, incl. Bid and Regional 2 Mainland Trips (required)</p>

<i>Boy's Season 2008—2009</i>	
<p>Boys 13: \$1260 (Club Dues) + \$1500 (ETE)</p> <ul style="list-style-type: none"> • Club Dues \$1260 divided over 6 months = \$210 • Estimated Travel Expense \$1500 divided over 6 months = \$250 <p>Practice 2x per week starting in October (~ 20 weeks) 5 Local Tournaments, incl. Regional 1 Mainland Trip (required)</p>	<p>Boys 14 and 16: \$1470 (Club Dues) + \$3000 (ETE)</p> <ul style="list-style-type: none"> • Club Dues \$1470 divided over 6 months = \$245 • Estimated Travel Expense \$3000 divided over 6 months = \$500 <p>Practice 2x per week starting in October (~ 20 weeks) 5 Local Tournaments, incl. Regional 2 Mainland Trip (required)</p>

National Venues - ETE per Trip per Member		Season Structure (Boys)	
Airfare	~ \$800	Boys 12	January to USAV JO
Hotel	~ \$250	Boys 13	Session 1: late October thru January Session 2: late April to USAV Trip (July)
Transportation	~ \$100	Boys 14 & 16	Session 1: October thru January Session 2: May to USAV Trip (July)
Food	~ \$100		
Coaches & Chaperone	~ \$250		
Total Estimated Cost	~ \$1500		

Contact Information

Administrative Director:
Club Director:

Patti Ponimoi
Lee Lamb

ponimoi@kaulukoa.com
lamb@kaulukoa.com

(808) 218—1758
(808) 741—1276