

**The Ninth Annual  
Punahou Invitational Girls Wrestling Tournament**

*In collaboration with Na Wahine Pa'ani 'O Punahou*

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PA'ANI**

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*Nā 'Ōpio Kūlana ki' eki' e  
"Our Youth Who Stand Majestic"*

**December 28-29, 2018**

**Punahou School • Honolulu, Hawai'i**

## Welcome from David Lundquist



Girls' wrestling is one of the world's oldest civilized sports. In the ancient world, wrestling was an important form of physical conditioning. Less known is that this was also true for girls and young women! Lycurgus, the lawgiver of Sparta, Greece, nearly 3,000 years ago, decreed that all maidens were required to wrestle for their health! Girls wrestling likely dates back even earlier, up to 4500 years ago, to the highly developed and literate civilizations of Minoa and Mycenaea, which led to the very uniform culture of ancient Greece. Surviving ruins show fresco depictions of female acrobats riding and performing flips off of bulls, and female charioteers. This Hellenistic culture spread throughout the ancient world, and is why we wrestle today.

At this Pa'ani Challenge hundreds of island girls, every year, have the life changing experience of summoning the courage to walk out on the mat to face an opponent in this ancient civilized sport. They have an extraordinary confidence building and life building experience that, win or lose, will stay with them for the rest of their lives.

All Hawaii girls on a high school wrestling team, regardless of skill levels, are accepted and are able to have 3 to 4 wrestling matches, which is more than many would have in an entire wrestling season. Last year, over 550 matches were held, each with 3 rounds! These matches were often with girls they would otherwise never see, and at their own skill level. Friendships were made across islands and leagues. This year we are so happy that teams are also coming from Guam, California, Washington, and Ontario, Canada. Mahalo nui loa and much aloha to them for traveling the long distances at their own expense to share with us!!

There are many girls throughout our islands who wrestle. They often go through grueling seasons of training only to show up for dual meets and tournaments with no opponents to wrestle or the same opponent(s) over and over again. Other girls hardly compete at all because they are not first string. Overcoming the geographical barriers and getting all these girls together is why The Pa'ani Challenge was created.

The first key to success for the Pa'ani Challenge is that the travel expenses of the neighbor island teams are funded by locally based Hawaii businesses and their vendors. The response has been overwhelming. Because the neighbor island teams come, most Oahu teams from both leagues come, making the Pa'ani Challenge one of the largest girls' wrestling tournament in the nation 9 years straight! Thank you to all of you coaches for bringing your teams and making this work!

Mahalo to our volunteer board, who work tirelessly to make this event a success – Natalie Taniguchi, Mark Haworth, Layne Yamada, Yoshi Honda, Jimmy Takatsuka, John & Ku'u Robinson, Gregg Ichimura, Rick Williams, Joshua McDonough, Chrissy Chow, and Michael Lee. Special thanks to Rachel Fowler for calling all the coaches and ADs to make sure they and their teams know they are invited. Mahalo Nui Loa to Punahou School, Dr. James Scott, President; Kale Ane, Associate Athletic Director; Kenny Chew, Athletic Facilities & Equipment Manager; The Punahou Wrestling Pride and Na Wahine Pa'ani 'O Punahou for their continued support.

Thank you to all the local businesses and their mainland suppliers who believe in our mission. With the generous financial support of companies large and small we have raised over \$340,000 in the last nine years to fully pay for the neighbor island teams travel, which is the key to making the Pa'ani Challenge possible.

Aloha everybody! Welcome!

A handwritten signature in black ink that reads "D.R. Lundquist". The signature is stylized and cursive.

David R. Lundquist  
Chairman, The Pa'ani Challenge

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## **Clarissa Chun: Wrestling Clinic Director**



Clarissa Chun is the USA Wrestling assistant National coach and an American Olympic women's freestyle 48 kg wrestler. She is the first female wrestler from Hawaii to win a medal at the Olympics.

Clarissa came from a judo background, winning five junior national championships before she tried wrestling in her junior year at Roosevelt High School in Honolulu, Hawaii. She captured the state wrestling title in 1998, the first year girls wrestling was a sanctioned sport.

She attended Missouri Valley College in Marshall, Missouri and earned a communications degree from the University of Colorado at Colorado Springs. Chun was one of the charter members of the Valley program when it began in 1999, and was one of its most decorated. She placed second in the U.S. World Team Trials and medaled in both the U.S. Nationals and Pan American Games during all three of her seasons in Marshall — along with winning several college-level competitions.

Clarissa Chun (Colorado Springs, Colo.) became the first women's freestyle wrestler to be nominated to her second Olympic Team after her stellar performance at the 2012 U.S. Olympic Team Trials for Wrestling in Iowa City, Iowa, on April 22, 2012. Wrestling at the 2012 Summer Olympics - Women's freestyle 48 kg, Chun qualified for the bronze-medal match by launching World bronze medalist Iwona Matkowska of Poland to her back and recording a dramatic second period fall in the repechage. Chun knocked off 2004 Olympic gold medalist Iryna Merleni of Ukraine 1-0, 3-0 to capture a bronze medal in women's freestyle wrestling at the 2012 London Olympics.

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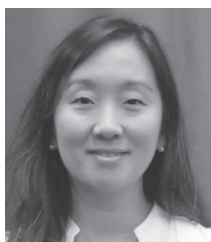
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## JOB / CAREER PANELISTS



**Kaleo Souza**

EMT Paramedic,  
C&C of Honolulu,  
Aiea High School



**Laurie Okinaga**

Business Development  
Data Scientist,  
American Savings Bank,  
Punahou School



**Trish Ramos**

Heavy Equipment Operator,  
Koga Engineering  
& Construction,  
Kauai High School

## 2018 INSPIRATIONAL SPEAKER



*My Passion / Dream*

**Nicole Clark**

Eastern Oregon University Womens Wrestling,  
Sumner High School,  
Washington State Champion

## POSITIVE COACHING ALLIANCE



**Chad Reis**

Positive Coaching Alliance Trainer, Hawaii  
Associate Pastor, C4 Church

Chad has coached various sports for over 15 years at various schools and youth sports organizations. He enjoys playing volleyball with his wife, Emily who is also a PCA trainer.

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## **THE PA'ANI CHALLENGE SCHEDULE**

### **Friday, December 28, 2018**

11:45am-12:45pm	Weigh-ins
1:00pm	Welcome- David Eldredge, Athletic Associate, Punahou
1:10pm	Clinic-Clarissa Chun
2:30-3:45pm	Coaches: Positive Coaching Alliance Wrestlers: Skin Check
2:30-3:05pm	Wrestlers: Dinner/ice breakers and talk story with Clarissa Chun
3:05-3:20pm	Wrestlers: Careers - My Passion/My Dream Nicole Clark, Washington State Champ
3:20-3:50pm	Wrestlers: "Did you know?" Panel with community leaders
3:50-4:30pm	College/Career Fair
5:30-7:00pm	1st Round Matches

### **Saturday, December 29th, 2018**

7:00am	Weigh-ins
7:30am	Coaches' meeting
7:50am	Assemble wrestlers on mat
8:00am	Welcome-Dr. Jim Scott
8:15am-3:00pm	2nd Round thru Finals Matches
*3:00-4:00pm	Awards

*\*Awards to take place at completion of tournament.*

***Concession will be open 8:00am-3:00pm***

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## **THE PA'ANI CHALLENGE AWARDS**

### **THE CLARISSA CHUN CLINIC AWARD**

This wrestler is being recognized for her outstanding work ethic during this year's wrestling clinic, as well as having a positive "can do" attitude. These traits are tell-tale signs of greatness to come!

### **HARDWARE HAWAII - Most Pins Award**

The Most Pins Award will go to the wrestler in the Open Division that has the highest number of pins, cumulatively throughout the tournament.

A special thanks goes out to Hardware Hawaii for sponsoring this award.

### **AMERICAN SAVINGS BANK - Fighting Spirit Award**

\$1,000 awarded to the school of the winner of this award. As we all know, the value of sports competition extends beyond the physical benefits. Perhaps the most important presentation we will make at the end of the tournament is the fighting spirit Award. The Fighting Spirit Award is a wrestler who has been identified by their coach as someone who has overcome great odds in life, and through their perseverance on and off the mat, has become an outstanding example and representative of their team, their school, our state and our sport.

One wrestler will be chosen out of all of the nominated girls, based upon the coaches' recommendations as well as their attitude and perseverance on the mats during the tournament. A special thanks goes out to American Savings Bank for sponsoring this award.

### **aio - Most Outstanding Wrestler: 127lbs and under**

### **MATSON FOUNDATION - Most Outstanding Wrestler: 128lbs and over**

One wrestler from each of the above weight designations will receive this award, as the most outstanding wrestler of the Punahou Invitational Girls Wrestling Challenge. The award qualification speaks for itself, and will be awarded based upon a polling of the coaches who are present. Special thanks go out to aio and Matson Foundation for sponsoring these awards.

### **CONNECTWORKS GROUP HAWAII - Best Novice Wrestler: 127lbs and under**

### **FIRST HAWAIIAN BANK - Best Novice Wrestler: 128lbs and over**

One wrestler from each of the above weight designations will receive this award, as the most outstanding novice of the Punahou Invitational Girls Wrestling Challenge. The award qualification speaks for itself, and will be awarded based upon a polling of the coaches who are present. Special thanks go out to ConnectWorks Group Hawaii and First Hawaiian Bank for sponsoring these awards.

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**PARTICIPATING SCHOOLS FROM HAWAII AND GUAM**

Aiea High School	Kamehameha Schools	Moanalua High School
Baldwin High School	- Kapalama	Molokai High School
Damien Memorial School	Kapaa High School	Nanakuli High School
Hana High School	Kauai High School	PAC-5
Hilo High School	Keaau High School	Punahou
'Iolani School	Kealakehe Waveriders	Radford
James B. Castle High School	King Kekaulike High School	Waiakea High School
Kahuku	Lahainaluna High School	Waianae High School
Kalani High School	Maui High School	Waimea High School
Kamehameha School Maui	Mililani High School	Waipahu High School
	Academy of Our Lady of Guam, Guam	

**MAINLAND AND CANADA TEAMS**

Chaminade College Prep, California	Clairemont High School, California	Sumner High School, Washington
	Bear Creek Secondary School, Canada	

**COLLEGE / CAREER FAIR PARTICIPANTS**

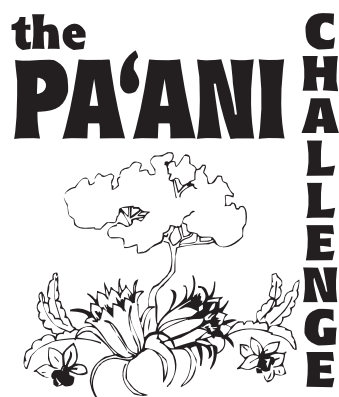
Amherst College	Michigan State University	University of Colorado - Colorado Springs
Boston University	Midland College	University of Hawaii - Manoa
Brown University	Missouri Valley	University of California Berkeley
Claremont McKenna	Occidental College	University of California Los Angeles
Cornell University	Pacific University	University of California San Diego
Drake University	Pomona Pitzer	University of Notre Dame
George Washington University	Portland State University	University of Southern California
Harvey Mudd	San Diego State University	University of Washington
Hawaii Pacific University	Scripps College	Washington State University
Honolulu Community College	Stanford University	Willamette University
Honolulu Fire Department	Tufts University	
Honolulu Police Department	United States Air Force	
Lawrence University	United States Army	
Loyola Marymount University	United States Coast Guard	
	United States Marine Corps	
	United States Navy	



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**A HUGE THANKS TO OUR  
"MAJOR SPONSORS"**

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