

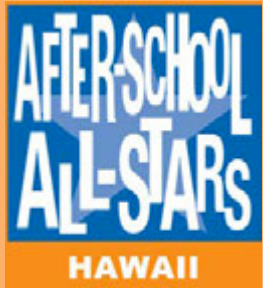
## WAI'ANAE INTERMEDIATE AFTER-SCHOOL ALL-STARS AUGUST 2026

### STUDENT HANDS-ONLY CPR



Wai'anae All-Stars build emergency readiness through Hands-Only CPR drills, practicing proper technique with guidance from program leaders. Students develop essential emergency response skills, teamwork, and the confidence to take action when every second counts.





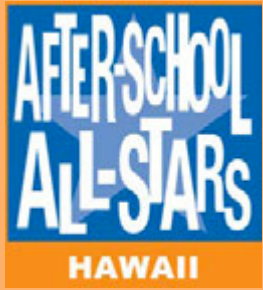
## WAI'ANAE INTERMEDIATE AFTER-SCHOOL ALL-STARS AUGUST 2026

### STUDENT HANDS-ONLY CPR



Wai'anae All-Stars learn the proper steps for performing Hands-Only CPR during an emergency. Through this hands-on training, students develop practical emergency response skills and the confidence to help someone experiencing cardiac arrest.



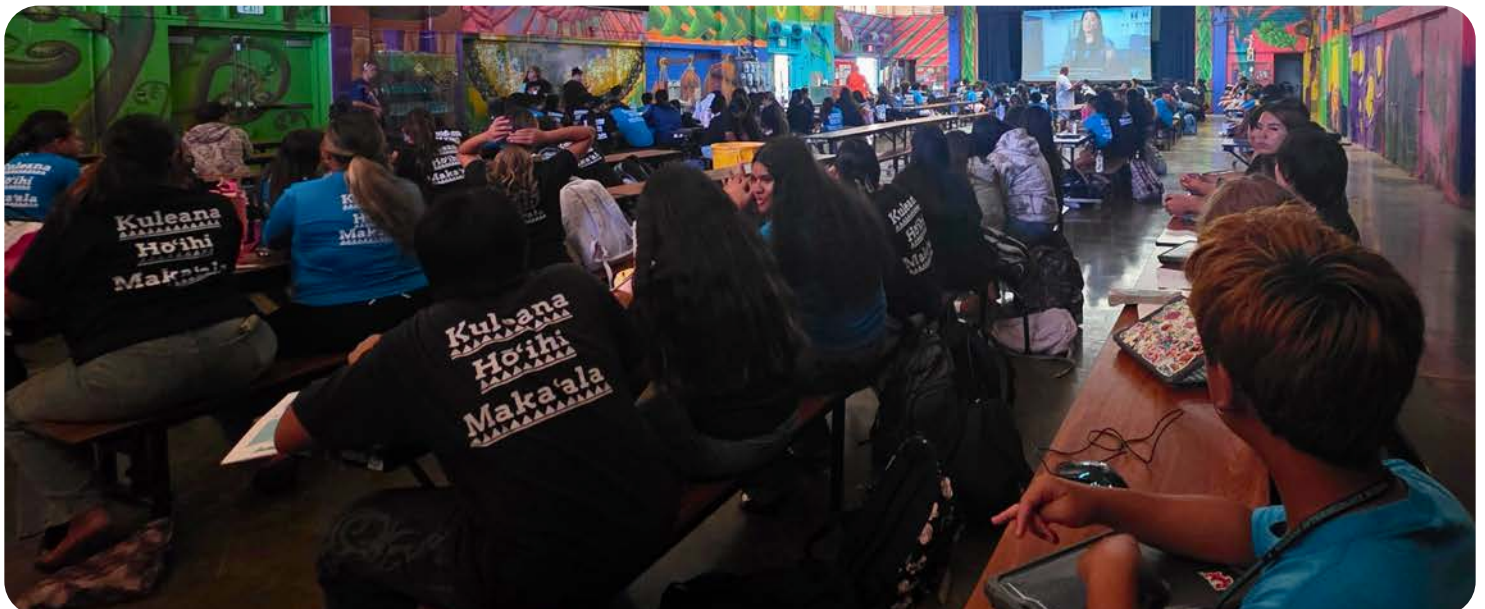


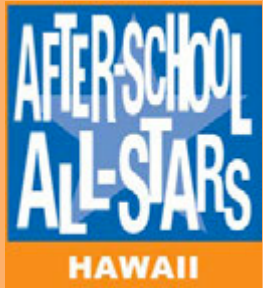
## WAI'ANAE INTERMEDIATE AFTER-SCHOOL ALL-STARS AUGUST 2026

### HAWAII CONCUSSION AWARENESS & MANAGEMENT PROGRAM



Wai'anae All-Stars explore brain health and injury prevention through the Hawaii Concussion Awareness & Management Program (HCAMP). Interactive educational modules help students understand the importance of recognizing head injuries and following proper recovery protocols.





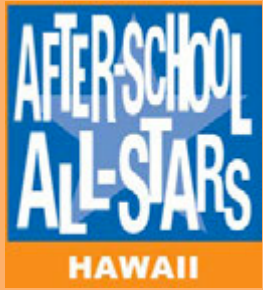
# WAI'ANAE INTERMEDIATE AFTER-SCHOOL ALL-STARS AUGUST 2026

## HOMEWORK HOUR



Wai'anae All-Stars stay focused during homework hour as they work on assignments and keep up with their coursework. With support from their Program Leaders and football coaches, students build academic responsibility, a strong work ethic, and a sense of mutual support.





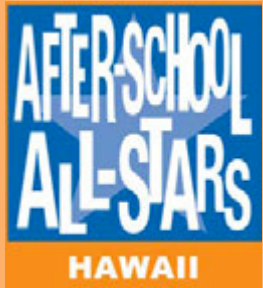
## WAI'ANAE INTERMEDIATE AFTER-SCHOOL ALL-STARS AUGUST 2026

### AFTER-SCHOOL ALL-STARS HAWAII 2026 GALA EVENT



Wai'anae All-Stars join After-School All-Stars Hawaii staff and community leaders at the 16th Annual All-Star Affair at The Royal Hawaiian Resort Waikiki. Students celebrate alongside Governor Josh Green, sharing smiles and shakas while highlighting the impact of free, high-quality after-school programs.





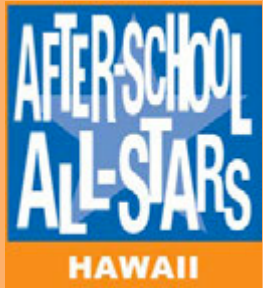
# WAIANAE INTERMEDIATE AFTER-SCHOOL ALL-STARS AUGUST 2026

## WRESTLING



Wai'anae All-Stars begin the wrestling season with conditioning, agility drills, dynamic warm-ups, and cartwheels. The high-energy practices help student-athletes build balance, flexibility, and a strong foundation for the season ahead.



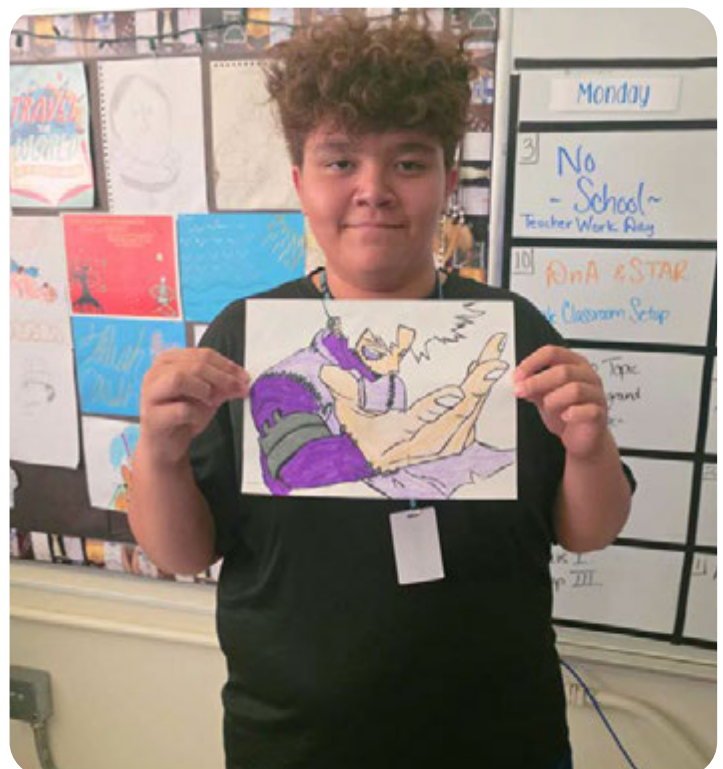


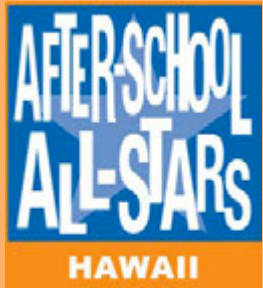
# WAIANAE INTERMEDIATE AFTER-SCHOOL ALL-STARS AUGUST 2026

## ANIME



Wai'anae All-Stars explore visual art techniques through anime while developing their own artistic identities. The program gives students a supportive space to build self-confidence, express their creativity, and connect with their peers through art.





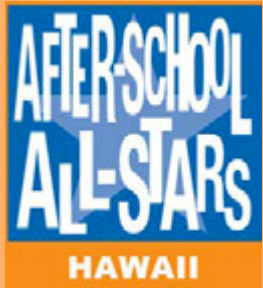
# WAI'ANAE INTERMEDIATE AFTER-SCHOOL ALL-STARS AUGUST 2026

## BASKETBALL



Wai'anae All-Stars prepare for the new basketball season with team-building activities before their first league game. Students strengthen their basketball fundamentals while building connections, having fun, and embracing the Jr. Searider spirit together.





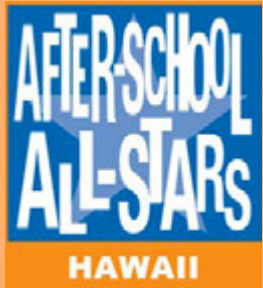
# WAIANAE INTERMEDIATE AFTER-SCHOOL ALL-STARS AUGUST 2026

## VOLLEYBALL



Wai'anae All-Stars begin volleyball practice by discussing team expectations and core values, including Kuleana (responsibility), Hō'ihi (respect), and Maka'ala (alertness and readiness). Students learn how these values can guide their actions both on and off the court.





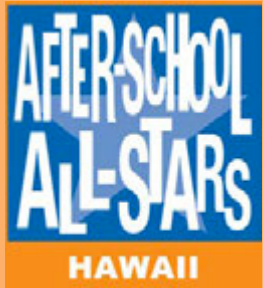
# WAI'ANAE INTERMEDIATE AFTER-SCHOOL ALL-STARS AUGUST 2026

## FLAG FOOTBALL



Wai'anae All-Stars bring energy and dedication to the field as they prepare for the new school year.

Through consistent practice, student-athletes build their skills, teamwork, and confidence while preparing for the season ahead.



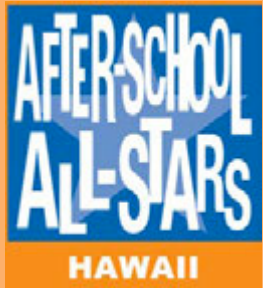
## WAI'ANAE INTERMEDIATE AFTER-SCHOOL ALL-STARS AUGUST 2026

### UH MĀNOA VOLLEYBALL FIELD TRIP



Wai'anae All-Stars experience the energy of a University of Hawaii Rainbow Wahine volleyball game at the Stan Sheriff Center. The memorable field trip gives students an opportunity to enjoy a live sporting event while building community and finding inspiration through collegiate athletics.





# WAI'ANAE INTERMEDIATE AFTER-SCHOOL ALL-STARS AUGUST 2026

## FOOTBALL



Wai'anae All-Stars build a strong foundation for football through consistent practice and repetition. From helmet-only walk-throughs to full-gear contact drills, students develop teamwork, discipline, and the ability to move together as a team.

