

Digging the spike life

Is there life for collegiate volleyball players after graduation? If they are like Jim Kalaukoa, former University of Hawaii men's team standout, they go right on spiking, digging and blocking.

Kalaukoa, 26, a member of Outrigger Canoe Club's men's open team, is preparing for this week's Haili Easter Volleyball Tournament at Hilo and his training regimen rivals that of an Olympian.

"Being 'only' 6-foot and a starting middle blocker I have to try harder," Kalaukoa remarked. To keep in blocking shape the Maryknoll High School physical education teacher lifts

weights, runs, paddles outrigger canoes and joins his students playing many sports.

"The pressure is on me at the Haili. I've been on winning teams the only two times I played there," he said. "Now I'll try for three."

Three years ago, Kalaukoa was a member of the Lokahi Volleyball Club men's open team when it won the Haili championship. Last year he played for Outrigger when it took the men's title.

There are several options available for former collegiate players who want to continue in the game, Kalaukoa said. "If you're an exceptional player, turn professional, see the world and make some pretty good money."

The next level, he says, is to try out for the U.S. National team with the eventual goal of playing in the Olympics.

"Or you can play club volleyball and coach juniors like me. There's not much money in it but it's very satisfying and a lot of fun," he said.

Volleyball practice sessions often include two-man games at Waikiki beach. Weight training workouts are rotated among several muscle groups, a different set exercised each day.

In addition to playing for OCC in volleyball, Kalaukoa paddles for OCC's novice A crew.

His training regimen:

Day

Mon.	Distance running	Weights	Volleyball
Tue.	Run sprints	Weights	Canoe paddling
Wed.	Distance running	Weights	Volleyball
Thur.	Run sprints	Weights	Canoe paddling
Fri.	Easy run	Volleyball	Tourney/practice
Sat.	Volleyball	Tourney	or practice
Sun.	Volleyball, practice or	tourney	or canoe race



Name: Jim Kalaukoa

Age: 26

Home: Honolulu

Occupation: Maryknoll High School p.e. teacher, basketball and volleyball coach.

Education: Maryknoll, U. of Hawaii.

Career Highlight: Rainbow volleyball career.

Goal: To give back to isle volleyball through coaching juniors.