

hmsa
KAIMANA
AWARDS
& SCHOLARSHIP PROGRAM



Frequently Asked Questions



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HMSA Sponsorship

1. What is the HMSA Kaimana Awards & Scholarship Program?

The program recognizes and awards high schools and their students for all-around excellence and their commitment to well-being through achievements in academics, athletics, community service, healthy activities, and sportsmanship.

This is the 20th year of the program, which HMSA and the Hawaii High School Athletic Association (HHSAA) launched during the 2005–06 school year.

2. What's included in the program?

There are two parts of the Kaimana Awards & Scholarship Program:

- a. HMSA Kaimana Awards for schools.
- b. HMSA Kaimana Scholarships for students.

HMSA Kaimana Scholarships

3. What can I use an HMSA Kaimana Scholarship for?

This is a general education scholarship that can be used for tuition, room and board, airfare to and from the airport closest to the school, laptop or desktop computers, or books for education after high school.

4. How many scholarships are awarded?

Twenty scholarships will be awarded to seniors in each of the five leagues. Scholarships will be awarded as follows:

LEAGUE	NUMBER OF SCHOLARSHIPS
Big Island Interscholastic Federation	3
Interscholastic League of Honolulu	5
Kauai Interscholastic Federation	3
Maui Interscholastic League	3
Oahu Interscholastic Association	6

5. How much is each scholarship worth?

Each scholarship is worth \$5,000.

6. What are the criteria for applying for an HMSA Kaimana Scholarship?

You must:

- Be a high school senior graduating from a Hawaii high school in 2025.
- Have a 2.75 or higher grade-point average verified by a school transcript (official or unofficial) submitted by a school faculty member.
- Have participated on an HHSAA league-sanctioned sport during one or more of your high school years.
- Have participated in community service projects in addition to school activities during your high school years.
- Submit recommendations from two faculty members, coaches, or mentors from your school that detail your dedication and determination, academic performance, and personal character.
- Submit a brief essay and personal statement about community and well-being.

7. How are scholarship recipients selected?

Scholarship selections are based on academic and athletic achievements, community involvement, and sportsmanship. Applications are screened and a committee of business and community leaders select the recipients.

8. When do I find out if I won?

Scholarship recipients will be notified by email in April 2025. You'll also be invited to the HMSA Kaimana Awards & Scholarship celebration in June 2025, where we'll recognize you for your achievements.

9. When is the deadline to apply?

Completed applications, essays, and letters of recommendation must be submitted online at hmsa.com/kaimana by 4 p.m. Hawaii time, Friday, Feb. 21, 2025.

10. How do I submit my Kaimana Scholarship Application?

Visit hmsa.com/kaimana and click APPLY. You'll need to:

- a. Create an account.
- b. Complete the application.
- c. Upload any supporting documents.
- d. Request letters of recommendation and school transcripts (official or unofficial) through the online application service, **making sure to allow ample time for processing to meet the application deadline.**

When submitting your documents, keep the following in mind:

- Be sure that the documents and emails you submit are less than 10MB each because our software will reject anything larger.
- Don't include sensitive information like your Social Security number. If this kind of information appears on any documents, please black it out.
- If you have questions, email kaimana@hmsa.com or contact Tai Matsuoka at (808) 952-7989.

11. Where can I get an application?

You can find it on HMSA's website (hmsa.com/kaimana).

12. Will I receive a check if I win?

Yes. You'll get a check from HMSA after you request reimbursement for eligible educational expenses. Scholarship funds must be used by June 30, 2026.

13. Are there any other conditions regarding the scholarship?

Yes. If you plan to continue your athletic career in college, the scholarship is subject to NCAA rules and regulations.

Check with your college athletic department's compliance office to verify your eligibility to use the Kaimana Scholarship.



HMSA Kaimana Awards

14. Which schools are eligible for the awards?

All public and independent HHSAA member high schools statewide are eligible to win HMSA Kaimana Awards. Winners are awarded in each of the state's five leagues:

- Big Island Interscholastic Federation
- Interscholastic League of Honolulu
- Kauai Interscholastic Federation
- Maui Interscholastic League
- Oahu Interscholastic Association

15. Do schools compete in their own league for each HMSA Kaimana Award?

Yes. For example, an ILH school competes against other ILH schools for a Kaimana Award.

16. How many awards are presented each year?

There will be nine awards recognizing schools from each league. Schools compete within each league based on high school enrollment and are eligible for one of the following awards:

LEAGUE	SCHOOL SIZE*	AWARDS
Big Island Interscholastic Federation	Large school - 500 students or more	1
	Small school - Fewer than 500 students	1
Interscholastic League of Honolulu	Large school - 400 students or more	1
	Small school - Fewer than 400 students	1
Kauai Interscholastic Federation		1
Maui Interscholastic League	Large school - 350 students or more	1
	Small school - Fewer than 350 students	1
Oahu Interscholastic Association	Large school - 1,300 students or more	1
	Small school - Fewer than 1,300 students	1

* Subject to change. For final numbers, visit hmsa.com/kaimana.

17. How are the winning schools from each league determined?

Schools can earn points during the school year for academics, athletics, community service, healthy activities, and sportsmanship. The school with the most points in each division (based on high school enrollment) will receive an award.

a. Academics: 100 points

- Points are earned based on the collective grade point average of all student athletes in league-recognized team sports. The leagues and schools can choose which semester, quarter, or any combination of the two to report to the HHSAA. GPA information representing all student athletes can be submitted in a one-time report to the HHSAA after the third quarter.

- ii. Points are awarded based on the percentage of student athletes who've earned a GPA of 2.75 or higher. For example, if 55% of a school's student athletes earn a 2.75 GPA or higher, the school earns 55 points.

CATEGORY	POINTS AVAILABLE
Academics	100
Athletics	100
Community Service	100
Healthy Activities	100
Sportsmanship	100

b. Athletics: 100 points

- i. Points are earned according to the percentage of the total student body that participates in a team sport recognized by their league. For example, if 100% of the student body participates in a league-recognized team sport, the school will earn 100 points. A 62% participation rate earns 62 points.
- ii. Points are also contingent on the number of league-sanctioned sports that a school offers. Schools offering 15 or more sports are eligible to receive the maximum 100 points. Schools with fewer than 15 will receive a percentage of the maximum depending on the number of sports offered. For example, a school with 100% participation that offers 10 sports is eligible to receive up to 50 points.
- iii. Leagues that follow Title IX reporting standards may have more than 100% participation due to the number of students who participate in more than one league-recognized sport. However, the maximum points awarded in this category is 100.

PARTICIPATION IN LEAGUE-SANCTIONED SPORTS

NUMBER OF SPORTS OFFERED	MAXIMUM POINTS AVAILABLE
15 or more	100
10-14	50
6-9	40
5 or fewer	30

c. Community service: 100 points

- i. Each school receives points for community service that its entire student body performs. The total number of community service hours can be submitted in a single report to the HHSAA.
- ii. Points are awarded based on the number of collective hours that students worked on community service projects. For example, if one student works at a homeless shelter for four hours, that's four hours counted toward a school's total.



COMMUNITY SERVICE

NUMBER OF COLLECTIVE HOURS COMPLETED BY STUDENTS DURING THE SCHOOL YEAR	POINTS EARNED BASED ON SCHOOL ENROLLMENT (HIGH SCHOOL STUDENTS ONLY)				
	<100	100-500	501-1,000	1,001-1,500	>1,500
10,000 hours or more	100	100	100	100	100
7,501–9,999 hours	100	100	100	100	80
5,001–7,500 hours	100	100	100	80	60
3,001–5,000 hours	100	100	80	60	40
1,001–3,000 hours	100	100	60	40	20
751–1,000 hours	100	100	40	20	10
501–750 hours	100	80	20	0	0
201–500 hours	80	60	0	0	0
100–200 hours	40	0	0	0	0
Fewer than 100 hours	0	0	0	0	0

d. Healthy activities: 100 points

- i. Schools that engage students and the community will earn 20 points for each healthy activity reported. Schools can earn 100 points maximum. Here are some examples:

HEALTHY ACTIVITY	NOTES
Health fair	Must be hosted on campus.
Blood drive	Must be hosted on campus.
School garden	Create or maintain a school garden.
Public service announcement	Should focus on health-related topics such as: <ul style="list-style-type: none"> • Bullying. • Concussion awareness and treatment. • CPR. • Physical fitness. • Proper nutrition. • Substance abuse.
Fun run, walk, or marathon	School-sponsored or public events (e.g., Honolulu Marathon, Relay for Life) that student groups volunteer for or participate in.

e. Sportsmanship: 100 points

- i. Each school is expected to display good sportsmanship both on and off the field.
- ii. Schools start with 100 points. Points are deducted when an incident that reflects poor sportsmanship is reported.
- iii. If a school loses more than 100 points, its score for this category will be a negative number that impacts its total points.
- iv. The leagues may institute a process in which a school, coach, or student athlete can earn points to replace points that were deducted. Individual leagues will develop and implement their own policy in this area.

TYPE OF CONDUCT	DESCRIPTION	PENALTY (POINTS)
Level IV	<ol style="list-style-type: none">1. Coach's ejection from a game for unsportsmanlike conduct. This applies to all members of the coaching staff.2. A team member causes more than \$250 in damages to a venue including furnishings, equipment, or ancillary facilities or vehicles.	-50
Level III	<ol style="list-style-type: none">1. A physical altercation with a participant (e.g., official, player, fan, or other spectator) at a league-recognized event.2. An incident where a player is ejected from a game for unsportsmanlike conduct.	-25
Level II	A team member causes less than \$250 in damages to a venue including furnishings, equipment, or ancillary facilities or vehicles.	-15
Level I	Making obscene comments or gestures at officials, opposing teams, fans, or other spectators.	-10

18. How do I submit my school's information?

Schools will receive forms later in the school year to help them tally their points. Then, schools submit all information required for scoring to the HHSAA in late spring 2025.

19. When will I know if my school won?

The winning schools will be notified in May and recognized in June 2025.

