



COUGAR CORNER

Spring Sports Season Highlights

CREW



HNA Crew wrapped up its regular season May 20-21 with a very successful Northwest Youth Championship including numerous podium finishes. HNA won the Women's Points trophy out of the 29 teams in the Northwest, a feat requiring a large team with lots of depth in ability. I am incredibly proud of the team's attitude and effort this year as we strived to achieve team, boat, and individual goals. At regionals, six boats earned gold, eight boats earned silver, and four boats earned bronze. A total of 111 medals were awarded to 65 rowers and coxswains at the Northwest Youth Championship! HNA Crew will be represented by the 1v8+, 2v8+, and u17 4+ at the USRowing Youth National Championship regatta in Sarasota Florida from June 5-12. —Head Coach Chris Marr

GOLF



After winning the Metro Title back in fall 2022, HNA competed in the SeaKing District 2 team tournament on May 15 at Riverbend Golf Course in Kent, WA. HNA finished 4th overall and qualified for the state tournament as a team! Jonnika Kwon '25, Ella Nguyen '24, Lila Simpson '25, Aura Sukapanpotharam '25, and Stephanie Turalba '25 represented HNA at the State tournament on May 23 at Hawks Prairie Golf Course in Lacey, WA. Jonnika Kwon made the cut for the 2nd day of play on May 24 and shot her all-time best score of 87 to wrap the tournament! —Head Coach Jim Donner

Spring Sports Season Highlights (Cont'd)

LACROSSE



The Varsity lacrosse program ended the second half of their season with a win against Kennedy and with the most goals scored, 11. Maggie Roben '23 led the team this season with 25 goals and 33 draw controls. Lucy Taylor '23 was not far behind with 17 season goals and 23 draw controls. The program's final practice was spent with a Varsity and JV mixed team scrimmage where athletes came dressed in a team theme and played a full field game. A lot of fun was had this season with a great group of athletes. —Head Coach Natalie Ceis

SOFTBALL



Cougar Softball ended the season with a 13-8 record, placing 7th in the Metro Tournament and advancing onto Districts. Congratulations to our eight athletes who earned All-Metro/All-District recognitions: Julia Laney (Metro 1st Base), Caroline Cappetto (Metro Utility, District Pitcher), Bianca Haines (Division Catcher), Kya Washington (Division Outfielder), Bella Garcia (Division 3rd Base), Marie Gimbl (Division Utility), and Elexiah Narvaez (Division Honorable Mention). Big shout-out to our captains Julia Laney '23, Caroline Cappetto '24, and Elexiah Narvaez '24, who were outstanding leaders this season. —Head Coach Kelly Hinderberger

Spring Sports Season Highlights (Cont'd)

TENNIS



Varsity Tennis ended our regular season with a 7-6 record. It was a solid season with many great matches, lots of grit and loads of determination. There is much to build on next year. Congratulations to our individual players who achieved success in their post-season tournaments. Zoe Farrell '26 and Lucinda Maxson '26 both made it to the semi-final round in the All-Comers Tournament while MK Fuller '26, playing singles, placed 4th in Metro and 8th in District. Clair Murphy '24 and Katie Loughran '23, playing doubles, placed 2nd at Metro, 4th at Districts, and 6th at State. —Head Coach Venus Velazquez

TRACK & FIELD



As a coach I couldn't ask for a better season. In such a short time we were able to build a chemistry amongst coaches and athletes. Each week the girls continue to improve and get closer to their goals. 19 Cougars qualified for the Metro Championships, 13 qualified for Districts, and 9 qualified for State. Individual shoutouts go to Maya Nyzhnykevych '23 for jumping her long jump PR of 17-08.75 in the District Championships and placing 4th overall in State, Sophia Bazzi '25 for placing 2nd in the Metro 3200 and 3rd in the Metro 1600m, our 4x200m relay team (Nia McCurdy '25, Kaia Hutson '24, Sommer Machado '24, Maya Nyzhnykevych '23) for placing 4th at State, and our Metro Champion in the 300m hurdles, Avery Goldwire '26! —Head Coach Onna Turner

Spring Sports Season Highlights (Cont'd)

ULTIMATE FRISBEE



The highlight of our girls' ultimate season was combining with the Bush School teams to ensure both schools had the opportunity to play! Over the course of the season, we saw tremendous growth in skills, strategy, and team bonding. Our on-field highlight was winning at home during our Senior Night and Blazer Bash event. Thanks to everyone who attended the game—your support made a huge difference! Finally, players shared their highlights at the end of the season, and many of them included getting to know and play with players from another school. The coaches agree that it was a joy to work with all of these players this season! —Head Coach Kate Kingery

Summer Information for HNA Athletes & Parents

INTRO TO HNA CHEER: WEDNESDAY, JUNE 14

All current and incoming student athletes interested in joining the 2023-24 HNA Cheer Team are encouraged to join Coach Mia Davis for a two-hour Intro to HNA Cheer workshop on Wednesday, June 14, from 4-6 p.m. Athletes should come dressed for training and be prepared to participate. Please contact Coach Mia Davis with questions mdavis@holynames-sea.org.



BASKETBALL AND VOLLEYBALL OPEN GYM INFORMATION

Open gym is a great opportunity for athletes to meet the HNA coaches and other student athletes. Open gyms are optional and are open to all current HNA students (including incoming 9th graders as of June 9). HNA will host basketball and volleyball open gyms in the HNA Athletic Complex this summer. Please check the HNA Athletics calendar for specific dates and times.

Please email Head Coach [Emily McKenzie](mailto:emily.mckenzie@holynames-sea.org) (basketball) or [Larry Garcia](mailto:larry.garcia@holynames-sea.org) (volleyball) with questions.

Open-gym hours are subject to change; check the HNA Athletics calendar for latest information. Time changes or cancelations will be updated on the calendar one hour before the open gym is scheduled.

Summer Information for HNA Athletes & Parents (Cont'd)

SUMMER TRAINING OPPORTUNITIES

Cross Country

Cross Country Head Coach Erin McCormick will lead summer cross country trainings at HNA and Lower Woodland this summer. Specific information will be sent to all returning families and new families who signed up for cross country emails. Please contact [Coach Erin](#) directly with any questions and to be included on the distribution list.

Soccer

Head Soccer Coach Julianna Sackeyfio will send out information regarding summer soccer training opportunities to all returning soccer families and new families who signed up for the soccer distribution list. Please contact [Coach Julianna](#) directly to be included.

Open Boathouse

Interested in learning more about the HNA Crew program? Join us for an Open Boathouse on June 17 from 10:30 a.m. – 12:30 p.m. Meet HNA coaches, tour the boathouse, and learn more about the crew program.

HNA Summer Camps

Holy Names Academy offers summer camps for young women entering Grades 4 through 8, and to any student starting Grade 9 at Holy Names Academy in the fall. The athletic camps are designed to offer quality instruction from the HNA coaching staff, players, and alumnae in a fun, welcoming environment. All skill levels are welcome. [Click here](#) to find details about the different camps HNA is offering this summer and which grade levels may participate. HNA also offers several other summer camps that focus on areas of special interest. These camps are instructed by HNA faculty and staff.

Experienced Crew Summer Camp

The [High School Experienced Camp](#) is for athletes with at least one year of rowing experience. This is a great camp to spend time in small boats, working out, and training in a non-competitive environment and is a great way to get ready for the coming fall. Incoming 9th graders with 1+ year of competitive rowing experience may also register for this camp.

Important Dates for 2023-2024 Athletics

FALL 2023 TRYOUTS

Tryouts and practice for fall 2023 sports—golf, soccer, volleyball, swim & dive (no-cut), cross country (no-cut) and experienced crew (no-cut)—will be:

Monday – Friday, August 21 – 25, 2023.

Athletes must be present the entire week of tryouts.

Novice rowers begin practice Tuesday, September 5.

REGISTER FOR 2023-24 SPORTS

The HNA Athletic Department will change registration platforms to [FinalForms](#) for the 2023-24 school year. Instructions on how to register your daughter on this platform are posted on HNA's website (under "[Eligibility & Registration](#)" in the Athletics section). You may now register your daughter for all three sport seasons.

Please note that registration for fall sports must be completed by August 14, 2023.

ALL-SPORTS PARENT INFORMATION NIGHT

MONDAY, AUGUST 28

If your daughter plans to play any sport during the 2023-2024 school year, including crew, at least one parent should plan to attend the All-Sports Parent Information Night on **Monday, August 28, at 7 p.m.** This meeting will cover the Athletic Department policies and procedures for the year and is required for at least one parent of all HNA athletes. There will be a general meeting in the HNA gym for all parents, followed by breakout sessions for the various sports. Your daughters are welcome but are not required to attend.

CHEER TRAINING AND TRYOUT INFORMATION

Cheer Tryout Training Sessions will run from 3-5 p.m. on August 24-25, 28-30. Participants will learn the cheers and dance required for tryouts on Friday, September 1. Students planning to tryout for the team are encouraged to attend all of the training sessions.

COUGAR COACH SPOTLIGHT

Julia Olson

Athletic Trainer



“Trainer Julia is a vital member of the HNA Athletic Department. She works with each of our 17 sports teams to ensure athletes are prepared for their season and provides care and rehab as needed. Trainer Julia stays calm under stressful conditions and does a wonderful job supporting our athletes and families through challenging times. I appreciate that she makes every athlete feel valued while empowering them to take ownership of their care. We are so lucky to have her under the dome!”
—Athletic Director Lacey London

“One of my favorite parts of working with Julia is the way in which she not only gets to know the girls, but the way she learns the sport as well. She is a true supporter of our team and me as a coach. I love having Julia as part of the basketball family.”
—HNA Basketball Head Coach Emily McKenzie

“As our season progressed and the games ramped up in intensity and frequency, Julia made sure that our varsity athletes had access to treatment from her as well as the equipment for quicker recovery. She made herself available more frequently in the last few weeks of the season as we were in the playoffs. When she was not able to be with our team at away games, she made sure we knew the name of the other AT to make our athletes feel comfortable accessing their services and she filled in those ATs to make sure they knew the taping preferences, etc. of our athletes!”
—Assistant Varsity Soccer Coach Julie Raney

“The value that Julia has brought to HNA Athletics, and the Softball program specifically, truly cannot be measured. Her outstanding professional care for our athletes and tireless support for the team makes our jobs as coaches far easier and much more fun. Through this, Julia’s genuine investment in the health & all-around wellbeing of HNA student athletes shines brightest; from her close attention to injury care and recovery to her diligence in understanding all the rules and aspects of the game, Julia builds trust with our athletes and demonstrates supportive, compassionate caregiving every day. The Fastpitch team has been so lucky to have her as our ‘15th teammate’ this season--BIG kudos to Trainer Julia for being the best Athletic Trainer out there!”
—Head Softball Coach Kelly Hinderberger

“Julia is such an integral part of our sports programs at HNA. Sometimes I wonder if there are actually three or four Julias running around at any given moment. We so appreciate her kindness, unrelenting energy, dedication to our athletes and willingness to develop programs to help us compete at a high level each season. I cannot imagine Holy Names Academy volleyball without Trainer Julia!” —Head Volleyball Coach Larry Garcia

Cougar Merchandise

COUGAR GEAR

Cougar Gear is available for purchase online through FamilyID. First, browse the [HNA website Cougar Merchandise page](#) for an updated list of sweatshirts, PJ pants, swim towels, lanyards, and more! Then visit the [FamilyID Cougar Gear link](#) to make your purchase. We will email you when your merchandise is available for pick-up at HNA.

ATHLETIC BAG ORDERS

The next order for personalized sports bags will be placed on **September 11, 2023**. Students or parents who wish to purchase a sturdy, roomy athletic bag in HNA school colors may preorder one through the [FamilyID Cougar Gear link](#) for \$80. Bags may be personalized with the student’s name.

HNA ATHLETICS SIDELINE STORE

Looking for more HNA apparel options? Holy Names Academy has a 24/7/365 online store, offering custom merchandise for the athlete or sports fan in your family. Visit HNA’s [Sideline Store site](#).

Want to be an Official?

Are you looking for a way to make a positive contribution to sports in your community while earning some additional income? The Washington Official’s Association is recruiting game officials of all ages for a variety of interscholastic sports.

To find out how to become an official in your area, scan the QR code or go to [WOA Home Page](#). Each association provides its own training program. You may also click on the links below for specific sport information.

- WOA – woa-officials.com
- Basketball – pnboa.org
- Football – pnfoa.org
- Volleyball – gsvo.org
- Softball – smsua.org
- Baseball – nbua.net
- Soccer – wareferees.org
- Lacrosse – [Washington Women's Lacrosse Officials Association - Home \(wwloa.org\)](http://Washington Women's Lacrosse Officials Association - Home (wwloa.org))