



COUGAR CORNER

Welcome Back, Cougs!

HNA Cougars are back in action! Fall tryouts concluded on August 24, and competitions will kick off September 5. You can find the most up-to-date schedules on the [HNA Metro League website](#).

CREW

Experienced Crew: The experienced team has been hard at work with fitness testing, goal setting, and fun being back together as a team. The first fun race is the NW Pink Ribbon Row on September 17, at Gasworks Park.

Novice Crew: The Novice Crew program will run September 5 – November 22. Families have the option to choose a Monday, Wednesday, Friday schedule OR a Tuesday, Thursday, Friday schedule. Registration is now open on FinalForms. All participants must have a current physical and float test on file in the Athletics Office. Transportation from HNA to the boathouse will be provided.

ATHLETIC FEE

HNA has implemented a Sports Participation Fee of \$200 per season for all student athletes in order to keep up with the rapidly rising costs associated with the Athletic Program, such as increasing referee costs, salaries, field rental costs, and competition facilities. The Fall Sports Participation Fee will be invoiced through FACTS on September 20 and due by September 30.

ALL-SPORTS PARENT INFORMATION NIGHT

Athletic Director Lacey London led the All-Sports Parent Information Night on Monday, August 28. The meeting covered Athletic Department policies and procedures for the year and also provided breakout sessions for fall sports families.

REMINDERS FOR PARENTS

A few helpful reminders to assist your student-athlete have a successful season:

- Make sure they dress appropriately for outside practice and games, as the weather can change day to day.
- Encourage daily communication on when and where to pick up your student-athlete after practice and after games.
- Promote healthy eating and drinking plenty of fluids to refuel the active athlete's body.
- Attend games, matches, and races to support your Cougars!

Cougar Merchandise

COUGAR GEAR ON HNA'S WEBSITE

The entire selection of 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, 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

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

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](#).