



COUGAR CORNER

Spring Sports Season Highlights

CREW



HNA Crew is off to a great start to the spring season, including some fantastic performances at the Green Lake Spring Regatta and the San Diego Crew Classic. The team took 4th in the 1V and 2V, with our 3V and u17 boats in the middle of the pack against some of the best competition in the country! In the gym, over half the team has set new personal records in the past three months! Our team is strong and full of depth, and we are looking forward to our next big race at Brentwood in Victoria, BC. This three-day regatta is always a favorite filled with lots of fast racing and stunning accommodations at the Brentwood School. Opening Day and Senior Night are the following weekend on May 6 & 7. We look forward to celebrating the seniors as we gear up for our last races of the season. —Head Coach Chris Marr

LACROSSE



The Cougar lacrosse program secured its first win of the season at the JV match against Bellevue, 12-10! The Varsity program saw its highest scoring match of the season with 11 goals against Eastside Catholic. Varsity is looking forward to a busy final two weeks with five more games to cap the end of a fun 2023 season. —Head Coach Natalie Ceis

Spring Sports Season Highlights (Cont'd)

SOFTBALL



Fastpitch season is flying by with all the fun our team is having together. Big shout outs to our seniors Bianca Haines, Julia Laney, Kya Washington, and Marie Gimbl for stepping up and showing their leadership and softball skills out on the field. We're looking forward to finishing our season strong! Metro Tournament play begins Tuesday, May 9, at SWAC. Check the team IG page (@hna_fastpitch) to stay up to date on game times & results.

—Head Coach Kelly Hinderberger '09

TENNIS



HNA tennis players have shown their grit, passion, and sense of humor as we've endured a wet, rainy, and chilly season. Our young team is getting better with each match and looking forward to end the season with a strong finish. HNA tennis players continue to demonstrate unmatched sportsmanship, strong leadership, and enthusiastic team support in each match.

—Head Coach Venus Velázquez

Spring Sports Season Highlights (Cont'd)

TRACK & FIELD



The HNA Track and Field team has been working hard and enjoying the sunshine that always seems to come out at practice. While the meets have been cold and wet, the girls have been pushing through and getting better every week! As we head into post season, I see more and more dedication and we are excited to see how the girls close out the season.

—Head Coach, Onna Turner

ULTIMATE FRISBEE



The Holy Names ultimate frisbee team has combined forces with the Bush School ultimate team this season. The players' throwing, catching, cutting, marking, and person and zone defenses have improved immensely since the beginning of the season! While we have not yet won a game, we have had many close match ups and opportunities to score on nearly every point of every game! Our players have gotten thrilling block after block on defense. Overall, the players have been having a blast getting to know each other and building connections between the two schools during practices and through their play on the field.

—Head Coach Kate Kingery

COUGAR COACH SPOTLIGHT

Coach Erin Burroughs

Crew

“Coach Erin Burroughs has been a great addition to our Crew coaching staff. She has done a wonderful job with the novice team and is always willing to jump in and lend a hand around the boathouse.”

—Athletic Director Lacey London

“Erin does a fantastic job with our novices, holding them to a high standard while encouraging them to learn and grow into loving a new sport and team.”

—Crew Head Coach Chris Marr

“She is motivational in many ways, and she always encourages us to be our best selves. Coach Erin is also a very thorough explainer and is precise when it comes to activities.”

—Fiona Hawkins '26



Coach Erin with Coach Elizabeth on the launch



Coach Erin fixing the Cheer's foot stretchers after practice.

“Erin is a wonderful coach and I love working with her—she is a patient and thoughtful teacher and is truly dedicated to helping athletes reach their potential to be the best rowers and teammates they can be.”

—Coach Elizabeth Dunigan '16

“Coach Erin has kept us all motivated to continue rowing and helped us all learn and adjust to this lovely new opportunity. She has put up with all our shenanigans with gracious patience and made our novice year an unforgettable experience.”

—Trista Marsh '26

“Coach Erin always pushes me to do my best and encourages me every day to work hard.”

—Coco Farrell '26

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Looking for Sports Scores?

Find Metro League results for spring teams competing in the Metro League (softball, tennis, golf, track & field) on the [Metro League website](#).

Lacrosse information for the entire state is at wslax.org; [HNA lacrosse has a team page](#).

Ultimate Frisbee has combined with the Bush School for the 2023 spring season. Schedules and results can be found on [The Bush School Athletic Website](#).

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 can participate. HNA also offers several other summer camps that focus on areas of special interest. These camps are instructed by HNA faculty and staff.

Signing Day

On Wednesday, April 26, HNA celebrated its second signing day celebration for Cougar student-athletes who signed their NCAA letters of commitment to compete in college athletics. A total of 16 Cougar student athletes will play at the collegiate level next school year. Six student athletes participated in the celebration surrounded by family and friends:

- Natalie Rodriguez De La Torre – Soccer – Willamette University
- Virginia Nelson – XC/T&F – New York University
- Olivia Howe – Rowing – University of Washington
- Alana Lombard – Rowing - University of Washington
- Harriet Arney – Equestrian – Goucher College
- Mary O'Malley – Rowing – Seattle University (not pictured)



Signing Day

Want to be an Official? We need YOU!

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))

Information for Parents

MARK YOUR CALENDARS FOR 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 – August 25, 2023. **Athletes must be present the entire week of tryouts.** Novice rowers begin practice Tuesday, September 5.

REGISTRATION FOR 2023-2024 SPORTS IS NOW OPEN ON FINALFORMS

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.**

SURVEY FOR NEW FAMILIES

On April 3, new families met with Athletic Director Lacey London and the HNA coaching staff to learn more about the various athletic opportunities that Holy Names Academy offers. **Families who were unable to attend are still able to join coaches email mailing lists to learn more about summer training opportunities and requirements for the season.** Please complete the [New Family Information Night Survey](#) (one response per family please) to be included on coaches mailing lists. ****Please note: Not all programs offer summer opportunities, so there is a chance you may not receive an email.**

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](#).



Sampling of merchandise available through HNA's website.