



COUGAR CORNER

Jogathon 2023: A Great Success!

The Jogathon event on September 20 featured a sunny, exciting, and colorful day of student bonding—and one that is on track to successfully raise funds to support the teams in the 17 Cougar sports. The Montlake track was adorned in class colors of **Skippers** red ('24), **Pipers** blue ('25), **Cadets** yellow (Class of '26), and **Emeralds** green ('27), while DJ Bradon from Radio Parties played their favorite tunes. Thank you to all our students for their great effort, and, of course, to the friends and family who so generously supported their efforts.

Not too late: If you would like to make a contribution to the Jogathon fundraising efforts please visit our [Jogathon fundraising page](#). We strongly encourage families to share our campaign on their social media pages to help us expand our fundraising reach.



Cougars are Back in Action!

Fall sports are underway and the Cougars are off to a great start. You will be able to find the most up to date schedules on the [HNA Metro League website](#).

CHEER



“The Cheer team members worked hard learning new cheers and a dance routine for tryouts this fall. We are excited to run a Varsity and JV Cheer program this year. The teams are currently working on expanding their cheer library and preparing a performance for the fall sports assembly on October 27.”

—Head Coach, Mia Davis

CREW



“HNA Crew is off to a great start to our fall season. We started with lots of fitness testing and mixed lineups, and now we are getting into matrix racing to select boats for our main competitive fall races. The experienced team also rowed the NW Pink Ribbon Row, the annual fundraiser for breast cancer research. HNA’s participation in the event raised \$1,500 for local breast cancer partners that focus on early detection and supporting families after diagnosis. The Novice squad is hard at work learning a new sport and are challenging themselves physically and mentally each day, all while having fun with new teammates.”

—Head Coach Chris Marr

Fall Sports Season Highlights (Cont'd)

CROSS COUNTRY



“Cross Country is off to a great start with about 50 runners toeing the start line! While the team is young to the sport, they are very enthusiastic and engaged. The team has had two league meets and a jamboree. We are excited about the second half of the season as we build towards Championship meets in October.”

—Head Coach Erin McCormick

GOLF



“The golf team continues to be competitive and has a win over Seattle Prep where Aura Sukapanpotharam shot a career best 43 to lead the cougars to the come from behind victory. The girls continue to improve and have a great team chemistry.”

—Head Coach Jim Donner

Fall Sports Season Highlights (Cont'd)

SLOWPITCH SOFTBALL



“The Slow Pitch team is having lots of fun out on the field this season working on building fundamentals and bonding with teammates. We’re still on the hunt for our first win, but we’re on the up and up after a big comeback against Chief Sealth in a 17-18 loss.”

—Head Coach Kelly Hinderberger

SOCCER



“Our 2023 season kicked off with an overall program record of 6-4-6. We are standing strong in the league standings and competitive in each game we’ve played. We are heading into the second half of the season with all teams competing at the highest level. Many young players in the soccer program are making a positive contribution to each of our three teams. We attended the OL Reign game on October 1 as a program to cheer on our hometown professional women’s soccer team!”

—Head Coach Julianna Sackeyfio

Fall Sports Season Highlights (Cont'd)

SWIM & DIVE



“Holy Names Swim and Dive started out with a fun summer retreat, followed by our annual Labor Day Hike and polar bear plunge and two out of two dual-meet victories. Already, many of the swimmer and divers have achieved their goals and are working on new ones. Coach Sam, Coach Jen, and Coach Loy are inspired by the teams' dedication to get up at 5 a.m. to work hard.”

—Head Coach Rachel Loy

VOLLEYBALL



“The volleyball program has competed hard this season with several close matches for all three teams. Despite facing injuries early in the season, the varsity program has demonstrated grit and adaptability in a challenging Metro League Mountain Division. The team is slowly getting back to full strength, and I believe our resilience from the beginning of the season will prove us in the second half.”

—Head Coach Larry Garcia

Winter Sports

PHYSICAL FORMS AND ONLINE REGISTRATION DEADLINE: NOV. 6

The HNA Athletic Department has changed 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 the winter and spring sport seasons. Note that you should upload your daughter's sports physical and float test (if applicable) directly to FinalForms. [Click here](#) for instructions on uploading. Registration for winter sports must be completed by Monday, November 6, 2023.

TRYOUTS BEGIN IN NOVEMBER

If your daughter plans to tryout for basketball, bowling or gymnastics, please note these important tryout dates:

- Bowling – October 30, 2023
- Basketball and Gymnastics – November 13, 2023
- Flag Football – November 20, 2023

National Coaches Appreciation Day: October 6

National Coaches Appreciation Day is October 6, 2023. HNA is fortunate to have over 50 amazing coaches working under the dome with our student athletes. If you would like to share your appreciation for an HNA coach, you may email a note of thanks to hnaathletics@holynames-sea.org by October 5. All messages will be shared with our awesome coaches. Roll Cougs!

**A GOOD COACH CAN CHANGE
THE GAME. A GREAT COACH CAN
CHANGE A LIFE.**

John Wooden

**NATIONAL COACHES APPRECIATION DAY
OCTOBER 6**

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 April 22, 2024.

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.