



COUGAR CORNER

Winter Sports Are Off and Running!

Winter is here for Cougar athletes! [Basketball](#), [Bowling](#), and [Gymnastics](#) are all underway, with schedules and results available on the [Metro League Website](#). Flag Football will play their first game on January 7 at Memorial Stadium. The complete flag football schedule can be found [here](#).

BASKETBALL



“Holy Names Basketball is off to a great start with big road wins against league rivals West Seattle and Bishop Blanchet. JVC had an exciting victory over Lincoln in their home opener on December 8. The first home game of 2024 is on Saturday, January 6, versus Garfield High School.”

—Head Basketball Coach Emily McKenzie

METRO LEAGUE TICKET PRICES

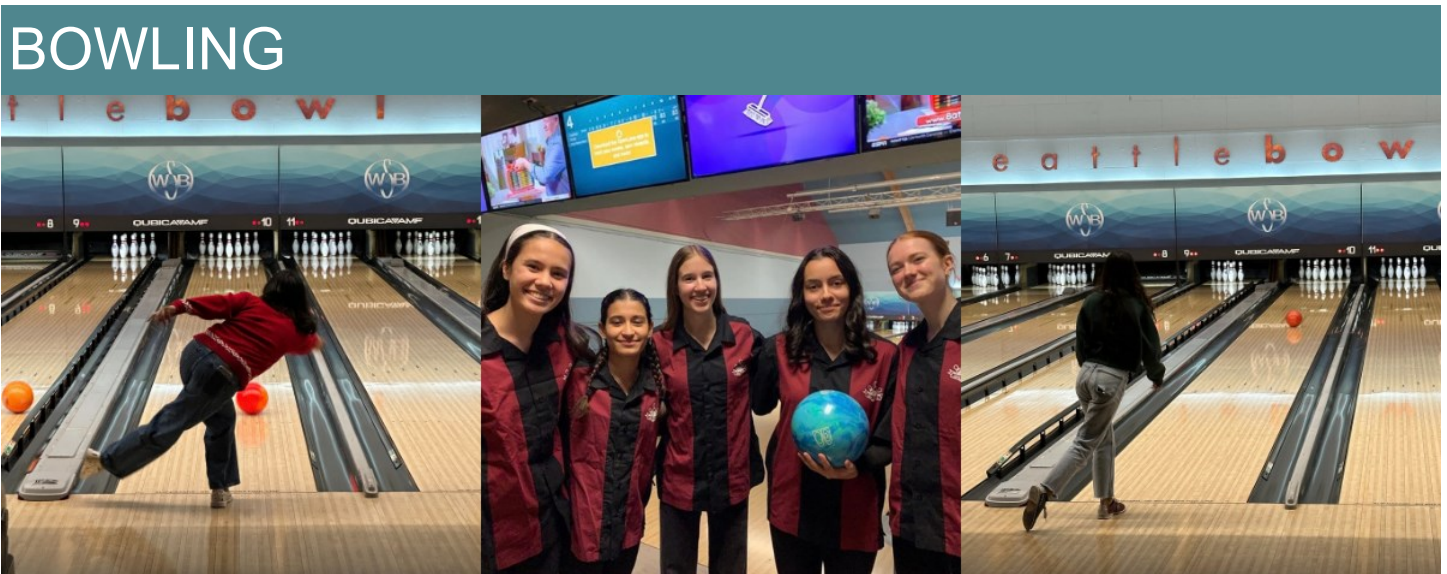
Tickets for all regular season Metro League basketball games are now purchased through HomeTown Ticketing. Tickets for the upcoming week of games go live on Monday at 10 a.m. Tickets for HNA home games can be purchased through the [HNA box office](#) or the HomeTown App. Additional information about digital ticketing along with links to the Seattle Public School box office can be found [here](#).

STREAM HNA HOME BASKETBALL GAMES LIVE

HNA streams all home games to the [Holy Names Academy Athletics YouTube page](#). Be sure to subscribe to our channel and watch the Cougars play from the comfort of your own home!

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WINTER SEASON HIGHLIGHTS (CONT'D)



“The Holy Rollers are off to a great start to the season. They are currently leading the league with a 7-1 record. Both JV and Varsity players are growing and improving their season averages.”

—Head Bowling Coach Natalie Radich



“The Cheer team is excited to show off the hard work they put in this fall preparing for the winter basketball season. The team has worked incredibly hard and brings a new level of excitement to HNA basketball games. As the season progresses, they prove every day that they bring something different to the table and look forward to developing and showcasing their new cheers.”

—Head Coach Mia Davis

WINTER SEASON HIGHLIGHTS (CONT'D)

CREW



“HNA crew has been enjoying the opportunity of winter training with lots of time on the machines and in the weight room! We have had lots of athletes ringing the PR bell after retesting our one rep max lifts and our first 2k of the season. The team did our annual winter Glow Row and had been enjoying some flat water in small boats. We have even had some recent alums drop by to arch practice and stay connected with the team. Shout out to Kate Hendershott '24 for making the Top 10 HNA record board in her 6k this fall and her 2k last week.”

—Head Coach Chris Marr

FLAG FOOTBALL



“It’s the second year of the HNA Flag Football program, and we are off to a great start. We have 42 athletes out for the program this year and both Varsity and JV are working hard through rain and cold to learn and improve our football skills. The players show up with energy and excitement, which makes the environment a fun experience. We are looking forward to our first games of the season on January 6 at Memorial Stadium.”

—Head Coach Grant Kauno

GYMNASTICS



“HNA gymnastics had a strong showing at our first meet of the season on December 8. As we prepare for our second competition, we are one week stronger. New skills are being added across the roster that are geared toward a post season run. Stay tuned!”

—Head Gymnastics Coach Donny Gallegos

ATHLETIC FEE

HNA has implemented a Sports Participation Fee of \$200 per season for all student athletes (\$330 for winter Crew 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 Winter Sports Participation and Winter Crew Fee was invoiced through FACTS on January 1 and is due by January 10.

SPRING SPORTS DEADLINE: FEBRUARY 15

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 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 spring sports must be completed by Thursday, February 15.**

COACHING OPENINGS

HNA has the following open coaching positions. For more information, please follow the links below:

⇒ Lacrosse Coaches

- Head Varsity Coach
- Assistant Lacrosse Coach
- Head JV Lacrosse Coach

⇒ Tennis Coaches

- Head JV Tennis Coach
- Assistant Tennis Coach

Cougar Gear

COUGAR MERCHANDISE

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, 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 **April 22, 2024**. 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? HNA has a 24/7/365 online store, offering custom merchandise for the athlete or sports fan in your family. Visit our [Sideline Store site](#). Enter code **NY24** through 1/7 to receive 24% off orders of \$100 or more.