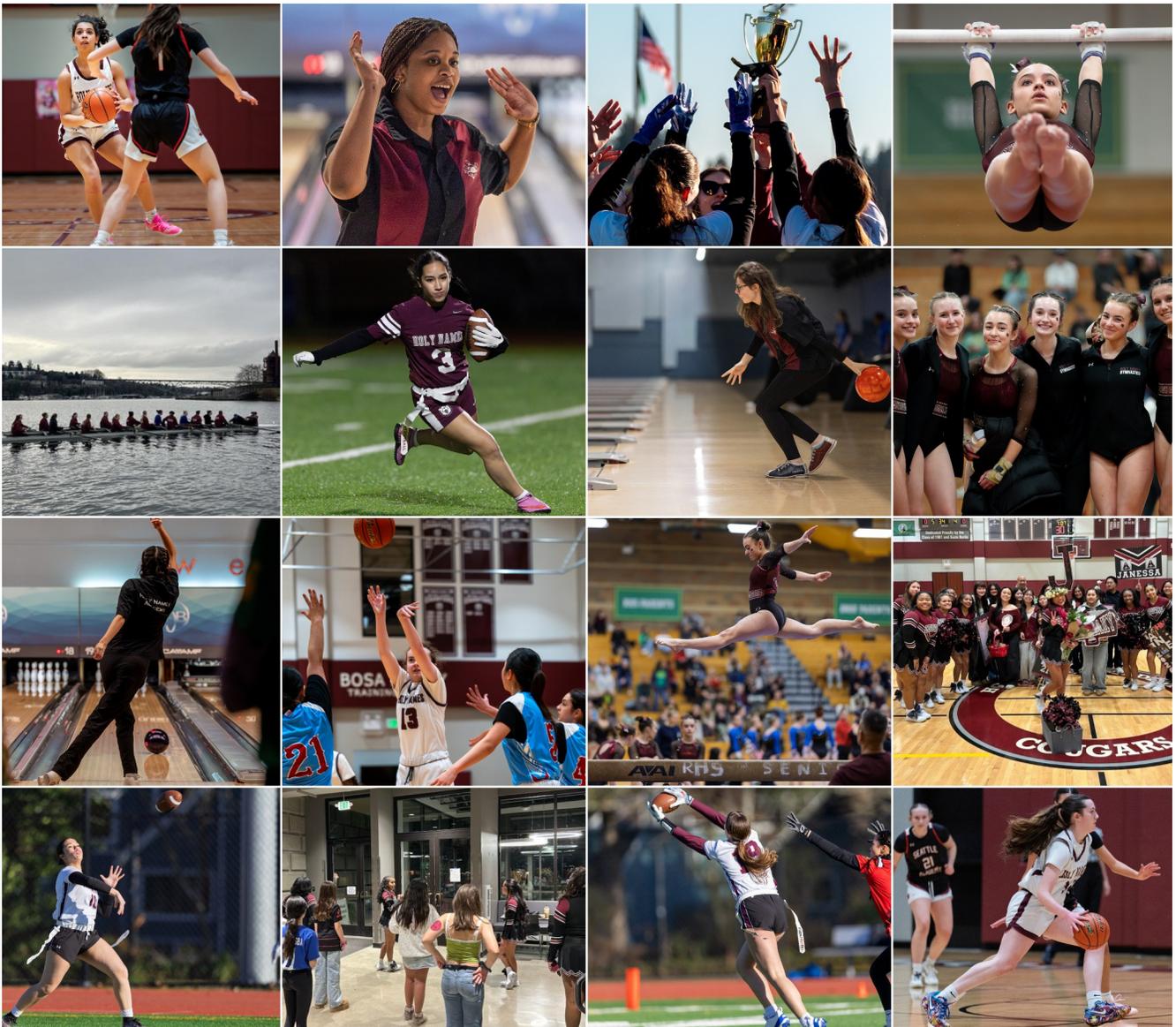




COUGAR CORNER

Winter Sports Recap

Our Winter Sports season was full of standout achievements! Bowling sent two athletes to State, and Ellie Okada earned All-League Honorable Mention. Basketball defeated Franklin in the Metro Tournament, and Lexi Rac was named Second Team All-Metro. Cheer brought great spirit at home and away games all season. Flag Football won the Metro Championship, reached the State quarterfinals, earned ten All-League honors, celebrated Lee Smedstad as Metro Offensive MVP, and was named the WIAA Academic State Champion. Gymnastics placed 3rd in Metro, qualified four athletes to Districts and State, and celebrated top State finishes from Tessa Young, Emma Allen, and Alannah Elrod. Crew has launched into spring with their first regatta on March 14, and Lacrosse began their season last week with all other spring sports starting March 2. Roll Cougs!



For New Families

SPORTS INFORMATION NIGHT: APRIL 21

All incoming 9th graders (Class of 2030) and their parents, as well as incoming transfer students and their parents, are invited to an informational evening about the HNA athletic program on Tuesday, April 21, at 7 p.m. in the HNA gym. Families new to the school can learn about our program and meet the coaches.

Spring Sports Underway

The spring sports season has begun, as student-athletes head outdoors for crew, lacrosse, softball, tennis, track/field (a no-cut sport), and Ultimate Frisbee. The spring crew program has been at work throughout February, preparing for the first spring events.

REMINDERS FOR PARENTS

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

- Make sure they dress appropriately for outside practices 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!

SPORTS PARENT MEETINGS

A general sports parent meeting covering the HNA *Athletic Department Handbook* was held on August 28, 2025. Parents of lacrosse, softball, tennis, track and field, and Ultimate Frisbee team members will be notified of sport-specific parent meetings once teams are determined.

ATHLETIC FEE

The Sports Participation Fee is \$200 per season for all student athletes and \$600 for Spring Crew athletes. The Spring Sports Participation and Spring Crew Fee will be invoiced through FACTS on March 30, 2026.

LOOKING FOR SPORTS SCORES?

Find Metro League results for spring teams competing in the Metro League (softball, tennis, golf, track & field, flag football) on the [Metro League website](#). Lacrosse information for the entire state is at wslax.org; [HNA lacrosse has a team page](#).

Cougar Merchandise

COUGAR MERCHANDISE

The entire selection of Cougar Gear is available for purchase online. Browse the [HNA website Cougar Merchandise page](#) for an updated list of merchandise, including our new "Defend the Den" t-shirt! After completing your purchase online, 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 27, 2026**. Students or parents who wish to purchase a sturdy, roomy athletic bag in HNA school colors may preorder one through the [ArbiterSports Cougar Gear link](#) for \$95. 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](#).

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, 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

Washington Women's Lacrosse Officials

Association is also recruiting officials! Get more information here: [Washington Women's Lacrosse Officials Association](#).

HNA Athletics is Hiring!

Please help us spread the word about the open coaching opportunity at HNA!

- [Assistant Track & Field \(Jumps and Sprints\)](#)