



COUGAR CORNER

Spring Sports Season Highlights

CREW



HNA Crew had a fun and fast first regatta of the season, with the whole team competing together at Green Lake. The Team earned six 1st-place finishes, three 2nd-place finishes, and one 3rd-place finish and showed a high level of speed and depth across the team. As we get into the full swing of our main competitive season, we are gearing up for our next regattas in the Montlake Cut; San Diego; Victoria, Canada; and Vancouver, Washington. —Head Coach Chris Marr

LACROSSE



The 2023 Cougar lacrosse season is underway with 30 athletes participating across the program. Varsity kicked-off the season with two tough losses against Issaquah and Lake Sammamish, but is putting in the hard work at practice to secure a win at their next match against Blanchet. JV welcomed a team of athletes that are brand new to the sport. They've been enjoying playing their first games and have been quick to pick up the fundamentals of the game!

—Head Coach Natalie Ceis

Spring Sports Season Highlights (Cont'd)

SOFTBALL



HNA Fastpitch is off to a strong start this Spring after competing in a jamboree hosted by Mercer Island High School and wrapping up our first week of regular season games. While we work hard to take home the Metro Championship this year, the team is having lots of fun bonding at practice and on our game day bus rides. This team really knows how to pump each other up and put together a playlist to get the energy flowing.

—Head Coach Kelly Hinderberger

TENNIS



Holy Names Academy Varsity Tennis is in full swing for spring season. While our reigning state champion is wearing college colors this year, the team is led by a strong cadre of returning players determined to reach the state championships. Team Captains, Seniors Katie Loughran and Kira Smith, and Junior Claire Murphy, welcomed the addition of several outstanding freshman and former JV players. We started our season off with a dominant 4-1 win over Ingraham, and we aim to continue this success throughout our season.

—Head Coach Venus Velazquez

Spring Sports Season Highlights (Cont'd)

TRACK & FIELD



The start of this season has been phenomenal. We had a great showing at our first meet with lots of great starting marks, such as winning the long jump, 4x800 relay, and breaking the meet record in the sprint medley relay. We are excited to bring this energy to the entire season!

—Head Coach Onna Turner

ULTIMATE FRISBEE



This year, HNA has joined forces with the Bush School to form the Blazing Cougars! The team is working hard under the leadership of Bush's Head Coach Kate Kingery and showing improvement every day. On March 23, the Blazing Cougars played an exciting game versus Eastside Prep with tons of opportunities to score, a huge comeback at the end of the game, and enthusiastic sidelines. The team will travel north to participate in the Seattle Invite April 1-2.

—Athletic Director, Lacey London

COUGAR COACH SPOTLIGHT

Coach Venus Velazquez

Tennis Varsity Head Coach



Coach Venus with Tennis team

“Coach Venus has been a fantastic addition to the HNA coaching staff. Since joining the team, she has brought new life to our tennis program. Her energy and enthusiasm are contagious, and she has done a fantastic job advocating for the needs of her student athletes. We are so lucky to have her under the dome!”
—Lacey London, Athletic Director

“Coach Venus is incredibly dedicated to our tennis team. She goes above and beyond to support us both as individuals and as tennis players. She shares our passion for the sport and is always encouraging us to have confidence in ourselves.”
—Katie Loughran, Senior Captain

For New Families

SPORTS INFORMATION NIGHT: APRIL 3

All incoming 9th graders (Class of 2027) and their parents, as well as incoming transfer students and their parents, are invited to an informational evening about the HNA athletic program on Monday, April 3, at 7 p.m. in the HNA gym. Families new to the school can learn about our program and meet the coaches.

When you arrive at HNA for this event, please park in the parking garage. If you are unable to attend, but would like to learn more about a specific sport, please contact Athletic Director [Lacey London](#).



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. Click on the links to the right 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 – [wwloa.org](#)

Looking Ahead

REMINDERS:

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. Please pick up athletes in timely manner.
- Promote healthy eating and drinking plenty of fluids to refuel the active athlete's body.
- Note that all schedules are subject to change due to weather.
- Attend games, matches, and races to support your Cougars.

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: NEW PLATFORM LAUNCHING APRIL 5

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 will be posted on HNA's website (under "Eligibility & Registration" in the Athletics section) beginning April 5.

Cougar Merchandise

COUGAR GEAR

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 24, 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.



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](#).