Track & Field Sweeps State, District, and Metro Championships, HNA’s Second State Title This Year

TRACK & FIELD: 3A State Champions Sweep Post-Season; Julia Causbie Wins State Gold Medal in 300-M Hurdles

Cougar track & field athletes wrapped up a perfect spring season with 1st-place finishes at the League, District, and State levels, and an unbeaten record. It’s the fifth time HNA’s track program has swept all three post-season tournaments, a feat previously accomplished by the State-champion track squads of 1998, 1999, 2000, and 2005.

It was the second State title won by Holy Names Academy athletes this school year, following the similar Metro-District-State sweep by Cougar gymnastics this past winter.

Young Squad Bound for State

This year’s young track & field team was represented at the WIAA State tournament at Mt. Tahoma High School in Tacoma by Brit Brown ’19, Maeve Hoffman ’19, Elena Kline ’20, Lizzy Hayes ’20, Bria Stokes ’20, Emma Velling ’20, Julia Causbie ’21, Christina Crow ’21, Grace Kelly ’21, Sarah Mirkin ’21, Ally Neiders ’22, and Maasai Thornton ’22.

On Day 1 at State, Lizzy Hayes competed in discus and finished 13th out of 18 participants, with a PR of 111-04. Sarah Mirkin took 5th in the 1600 meters with a PR time of 5:03.33, and Maeve Hoffman finished 7th with a PR time of 5:04.36. Emma Velling just missed the podium, finishing 9th with a PR time of 5:05.85.

On Day 2 at State, Bria Stokes finished 15th in the shot put with a throw of 35'11; pole vaulters Elena Kline and Ally Neiders finished 4th (Elena, 12'6) and 8th (Ally, 11'6) despite difficult weather conditions. The 4x100m relay team of Julia Causbie, Ally Neiders, Elena Kline, and Maasai Thornton ran a 50.08 in the prelims, finishing 9th and just missing finals.

On Day 3 of State

Lizzy Hayes returned to compete in javelin throw, finishing 16th with a throw of 88'00 against strong headwinds. Julia Causbie ran a PR time of 44.62 and won State 1st in the 300m hurdles; Julia then competed in the long jump, earning 2nd place with a PR jump of 17'8.25, breaking the HNA record she set last year. Cougar runners dominated the 800 meters, with Sarah Mirkin finishing 3rd (2:14.78), Maeve Hoffman 4th (2:15.68), and Emma Velling 5th (2:15.68).

The Cougars capped off a memorable day and clinched the 3A State title when the 4x400m relay of Julia Causbie, Emma Velling, Sarah Mirkin, and Maeve Hoffman finished 2nd with a PR time of 3:58.50.

Several Cougar track & field State athletes savor championship medals. Clockwise from top-left: Maeve Hoffman, Sarah Mirkin, Elena Kline, Emma Velling, Ally Neiders, Julia Causbie.
Cougar Corner, Continued:

**Tennis, Softball, and Lacrosse Advance to State Tourneys**

**TENNIS: In State Doubles, Anna Miller & Natalie Fuller Medal**

Metro: Cougar tennis had a great season, finishing in 3rd place in the Metro team tournament. As a team, their three losses of the spring were all tough, 3-2 matches, two against Lakeside and one versus Seattle Prep.

Three Cougar doubles teams placed in the top 10 in Metros and advanced to Districts: **Anna Miller ’19 & Natalie Fuller ’22 (3rd)**, **Erin & Megan Skrobut ’19 (5th)**, and **Darby & Morgan Hunter ’21 (9th)**.

District: In the first round of the District tournament, both HNA doubles teams comprised of twins—the Skrobuts (Erin & Megan) and the Hunters (Darby & Morgan) lost hard-fought, first-round matches to Prep and Lakeside. But Anna Miller and Natalie Fuller advanced to future round and finished 5th overall, qualifying for State.

State: Anna and Natalie made a strong start in the State doubles tournament in Kennewick, defeating the top team from Shorecrest in the first round. In the quarterfinals, the Cougar duo averaged a 6-2, 6-1 District tournament loss to a pair from Bellevue’s Interlake High School, this time winning 7-6, 1-6, 6-4. Advancing to the State semifinals, Anna and Natalie lost a tough 6-4, 6-2 match against the top-seeded doubles team from Lakeside. In the playoff round for 3rd place, the Cougars lost to Prep and placed 4th overall.

**SOFTBALL: Advanced to State**

Highlights: Cougar softball finished the regular season with an 11-3 Metro League record, second in the Mountain Division. They earned a bye in the first round of the Metro tournament, then defeated Bainbridge 7-3 in the second round. After close losses to Garfield (1-3) and Roosevelt (6-7), HNA finished 4th in the Metro Tournament.

In the SeaKing District 2 tournament, HNA defeated Nathan Hale 11-1 in the first round, then beat division rival Bishop Blanchet, 8-4, to clinch a berth in the State tournament in Lacey. HNA played well at State, but came up short in two exciting games against Hermiston (8-5) and Meadowdale (4-1); **Caitlin Manning ’19** hit homeruns in both games. Cougar softball finished the spring with a 16-12 record overall.

All League Honors: Four Cougars were named to the 2019 Metro All-League Softball team: **Logan Luebbe ’19** (pitcher), **Emily Flora ’19** (2nd base), **Nicole Johnson ’19** (outfield), and **Caitlin Manning ’19** (outfield). Metro All-Mountain Division honors: **Maesun Dier-Markley ’21** (catcher), **Amelia Tamez ’20** (1st base), **Sydney Esterberg ’19** (3rd base), **Molly Jones ’19** (outfield). **Selina Rojas ’19** and **Chloe Saxton ’22** earned honorable mention.

**ULTIMATE FRISBEE: Second Consecutive State Appearance**

Highlights: For the second time in the program’s six-year history, HNA’s Ultimate team qualified for the State bracket! Cougars solidified their spot in the State bracket by defeating Waldorf and Lakeside twice each, going 4-0 in league play. This gave the team a much higher seed than last year, and they played Cleveland in quarters. The Cougars came out fired up to start, getting D’s and scores more efficiently than in earlier games this season. Neither team had more than a two goal-lead. The game went down to double -game point tied at 9, with the Cougars pulling and starting

(Cougar Corner continued on next page)
Cougar Corner, Continued:

Lacrosse and Golf to State, Crew Pulls in Record Medal Haul

Ultimate (Continued)
on defense. Whoever scores at this point wins and advances to semis. The Cougars threw zone, but Cleveland had the patience and focus to not take risky shots; after many passes, Cleveland got the hold and won the game.

Standouts: On defense, Nori Catalano '19 got a layout block that lead to a score and Sydney Reynolds '20 caused several clutch deflections. On offense, Mimi Park '21 ran relentlessly and gained substantial yard and field position. Coach Molly McKeon '05 is tremendously proud of this team and the individual work every athlete put in.

LACROSSE: Qualified for State
Highlights: The Cougars had a strong 2019 season, finishing 8–5–0 and making it to the first round of playoffs for the first time in four years. A tough loss to Mercer Island ended the season on May 6, but the ladies are already eager for next year!

Standouts: Midfielder Isabella Holmes '19 lead the Cougars in overall stats with 34 points, 32 draw controls, and 29 ground balls. Anna Greenshields '19 led the attack with 37 total points; Riley Wells '22 was team leader in ground balls (31) and caused turnovers (16). Congratulations to Isabella Holmes for being named to the All-Conference lacrosse team.

GOLF

Post-Season Highlights: Five Cougar golfers represented HNA in the SeaKing District 2 golf tournament at Riverbend Golf Course in Kent on May 14: Greta Acarregui '21, Delaney Dermody '21, Riley Esteban '21, Ana Louie '21 and Sabrina Poole '22. HNA finished ninth in the team competition.

CREW: Record Medal Haul at Regionals
Highlights: HNA crew celebrated a record, 20-medals finish at the Northwest Youth Championships in Vancouver, Wash., May 17–19, earning nine golds, eight silvers, and three bronzes as well as winning the Women’s Point Trophy. Five Cougar boats qualified for Youth Nationals and three will row for HNA at the prestigious event next week in Florida.

Standouts: The success at NW Youths was felt across the team with medals earned in multiple boat classes across the experience levels. Gold medaling boats: Varsity 8+, Varsity 4+, Lightweight 4+, 4 Varsity 8+, 3 Varsity 4+, 2 Novice 4+, 5 Varsity 4+, Novice 2x, High School 8+. Silver medalists: 3 Varsity 8+, Novice 8+, 2 Novice 8+, 2 Varsity 4+, 4 Varsity 4+, 2 Varsity 2x, 3 Varsity 2x A & B. Bronze medals: Varsity 2- and Varsity 4x.

Athletes headed to Nationals in the V8+, V4x, and L4+ boats are: Isabel Angulo '19, Belle Battistoni '20, Olivia Bay '20, Hannah Diaz '19, Kallie Dimaris '20, Flannery Dunn '20, Naomi Ferrero '19, Miranda Lambert '20, Lily Longawa '20, Sophie Longawa '19, Bella Lysaker '21, Emma Meyer '19, Tess Miller '19, Bridget O’Hearn '20, Mattie Wellnitz '20, Stephanie Westlund '19, Clare Widzgowski '19, and Caroline Wynne '21.

Where to see them: USRowing Youth Nationals are June 6–9 in Sarasota, Florida. Follow @HNACougars on Twitter and Instagram for updates, or go to http://www.usrowing.org/event/2019-youth-national-championships/ to stream events live.

Other crew news: Congratulations to Hannah Diaz '19, Belle Battistoni '20, Grace Collins '21, Jenny Cook '21, Gwyn Harrison '21, Audrey Kline '21, and Caroline Wynne '21, who will represent HNA at USRowing U19 Camps in New London, Conn., and Ashland, Ore. this summer.

(Cougar Corner continued on next page)
Summer Information for HNA Athletes and Parents

Scholar/Athletes Honored
Three senior athletes are chosen each year to represent Holy Names Academy at the Washington Athletic Club 101 Scholar/Athlete banquet in May. The awards honor Metro League-school scholar/athletes who have shown high scholastic achievement, won at least two varsity athletic awards, and demonstrated excellent character, sportsmanship, and citizenship. The HNA Class of 2019 recipients: Hannah Diaz (crew), Olivia Acarregui (soccer), and Lyra D’Souza (Ultimate).

Summer Information for HNA Athletes & Parents

HNA Fitness Center Open to Current Students During the Summer
The fitness center in the Mary Herche Pavilion will be open during the summer for current HNA students to work out.

Hours: Monday & Wednesday: 1 to 3 p.m. Tuesday & Thursday: 10 a.m. to 12 noon

Fitness-center hours are subject to change; check the HNA Athletics calendar for latest information. Time changes or cancellations will be updated on the calendar one hour before the fitness center is scheduled to be open.

Open Gym Information Summer 2019: Basketball and Volleyball
Open gym is a great opportunity to meet the HNA coaches and other student athletes. Open gyms are optional and are open to ALL current HNA students (and to incoming 9th graders as of June 10).

HNA will host basketball and volleyball open gyms at the Wyckoff gym at St. Joseph School this summer. Please check the HNA Athletics calendar for specific dates and times.

Please e-mail Head Coach Emily McKenzie (basketball) EMcKenzie@holynames-sea.org or Larry Garcia (volleyball) LGarcia@holynames-sea.org with questions.

Open-gym hours are subject to change; check the HNA Athletics calendar for latest information. Time changes or cancellations will be updated on the calendar one hour before the open gym is scheduled.

All-Sports Parent Information Night: Monday, August 26
If your daughter plans to play any sport during the 2019-2020 school year, including crew, at least one parent should plan to attend the All-Sports Parent Information Night on Monday, August 26, at 7 p.m. This meeting will cover the Athletic Department policies and procedures for the year, and is required for at least one parent of all HNA athletes. There will be a general meeting in the auditorium for all parents, followed by breakout sessions for the various sports. Your daughters are welcome, but not required to attend.

HNA Summer Sports Camps 2019
Information and applications for all Cougar summer sports camps are available on the HNA website; camps are open to HNA incoming 9th-graders and to middle-school students. Click here for more information and to register on Family ID. Advance enrollment strongly encouraged; camps fill up quickly. Students entering 9th grade this fall must be enrolled at HNA.

• Basketball Camp: June 24–27: Open to girls in grades 4–8 and incoming HNA 9th-graders. (At St. Joseph Gym.)
• Soccer Camp: June 24–27: Open to girls in grades 4–8 and incoming HNA 9th-graders. (At Miller Playfield.)
• Volleyball Camp: July 8–11: Open to girls in grades 5–8 and incoming HNA 9th-graders. (At St. Joseph Gym.)
• Crew Camp: Four 2-week sessions available: Open to girls in grades 7–8 and incoming HNA 9th-graders. (At Lake Washington Rowing Club in Fremont.)

Also, see above for information on the HNA Crew Experience event on Sunday, June 2. HNA also offers Coding Camp and Leadership Academy! Click here for more information and to register.
Summer Cross Country Training
All interested HNA students are encouraged to participate in summer cross country training. Summer training includes an introduction to running drills, continuous running, core and strength work as well as games. The cross country team is comprised of runners of various speeds and abilities, so any student who is willing to run is welcome to participate! Summer practices are fun and low key, offering an opportunity to build substantial pre-season mileage and friendships prior to the fall season. Summer practices last about two hours and will be held as follows: Mondays at Lower Woodland (9 a.m.), Wednesdays at Lincoln Park (7 p.m.), Fridays at Miller Playfield (9 a.m.), Saturdays at Lower Woodland (9 a.m.). Practices are run by the 2019 team captains: Avery McCammon ’20, Olivia Mohn ’20, and Emma Velling ’20.

Please e-mail Head Coach Erin McCormick for information or questions: emccormick@holynames-sea.org.

Summer Gymnastics Training
Head Coach Donny Gallegos is hosting summer gymnastics trainings for any current or incoming HNA student interested in preparing for the upcoming season. HNA's gymnastics team is the current, three-time defending WIAA State champion. Trainings are held at Metropolitan Gymnastics on Wednesday’s (8–11 a.m.) and Saturday’s (9 a.m. – noon) this summer. The cost is $15/session or $120/month.

Contact Head Coach Donny Gallegos with questions: dgallegos@holynames-sea.org.

SUMMER PLANNING REMINDER:
Fall Sports Tryouts Are August 26-30
Please mark the dates Monday–Friday, August 26–30, if your daughter would like to try out for soccer, volleyball, golf, swimming (no-cut), or cross country (no-cut). Athletes must be present the entire week for consideration. The crew program will welcome novices in early September; athletes will receive further information during the first week of school. Athletes MUST have their athletic eligibility forms on file in the Athletic office to participate in tryouts (see next item).

Fall Sports Athletic Permission Forms Due Monday, August 12
Students planning to turn out for soccer, volleyball, golf, swimming, cross country, or crew this fall must have their sports physical on file in the Athletic Office by Monday, August 12. Students must also register for their respective sport through HNA’s page on the Family ID website. See the Athletic Eligibility page on the HNA website for details and links to the sports-physical form and the FamilyID page.