Cougar Corner:

SWEETER BY THE DOZEN: HNA Athletes Sweep 12th Consecutive Metro League All-Sports Trophy

Congratulations to the athletes and coaches of Holy Names Academy for continuing a genuinely amazing streak of sports dominance in 2018-2019. For an unprecedented 12th year in a row, Cougar sports have collectively won the Metro League All-Sports Trophy for girls athletics. The 17-school league’s most coveted trophy is awarded annually to the member school with the highest average finish in league contests across all Metro sports for all three seasons of competition.

What’s more, it’s the 14th time in the last 19 years that the All-Sports Trophy has resided on 21st Avenue East. Ten of HNA’s 13 sports programs compete in the Metro League: basketball, cross country, golf, gymnastics, soccer, softball, swimming, tennis, track & field, and volleyball.

In 2018-19, HNA gymnastics and track & field both won first place in Metro en route to each team’s respective State championships. Cross country and golf also contributed significantly to the Cougars’ All-Sports Trophy point count this year by each placing second in league competition.

Crew at Nationals: Double Medals and Three Top-20 Finishes

Highlights: For the 16th year in a row, HNA crew qualified boats to compete at the USRowing Youth National Championships—the highest level of competition for high-school rowers nationwide.

Three HNA boats and 18 Cougar athletes competed June 6 through 9 in Sarasota, Fla. All three boats progressed to a final in their respective categories, and all finished among the top 20 in the nation—with the Lightweight 4+ winning a silver medal and the Varsity 8+ winning a bronze. HNA’s Nationals medal count now stands at nine in six years.

Standouts: The Lightweight 4+ (Isabel Angulo ’19, Lily Longawa ’20, Caroline Wynne ’21, Kallie Dimaris ’20, Bridget O’Hearn ’19) posted the third-fastest time in the opening round of racing, then placed second in the semi with the third-fastest time, then placed third in the semi to earn a spot in the A final. There, they came from behind to clinch the bronze medal by a razor-thin .016 of a second (see photo at left).

The Varsity 8+ (Hannah Diaz ’19, Tess Miller ’19, Bella Lysaker ’21, Belle Battistoni ’20, Miranda Lambert ’20, Naomi Ferrero ’19, Sophie Longawa ’19, Flannery Dunn ’20, Olivia Bay ’20) also progressed directly from the time-trial to the semi with the third-fastest time, then placed third in the semi to earn a spot in the A final. There, they came from behind to clinch the bronze medal by a razor-thin .016 of a second (see photo at left).

The Cougars’ Varsity 4x boat (Emma Meyer ’19, Stephanie Westlund ’19, Clare Widzewski’19, Mattie Wellnitz ’20) placed 4th in the C final for 16th-place overall in their category.
Cougar Corner, Continued:

HNA Softball Wins State Academic Crown for 5th time in 6 Years

Congratulations to the scholar/athletes of HNA’s softball team for winning the 2019 Academic State Championship by having the highest combined GPA—3.836—of all 3A softball teams in the state. This is the fifth time Cougar softball has won the State academic trophy in the last six years (and seventh time in the last 11 years). Congratulations to the athletes and their coaches.

New Families: Still time to register for Cougar Crew Camp
Three sessions (July 1–11, July 15–25, and July 29–August 8) remain of HNA’s summer rowing camp. This is a great way for incoming students to learn the sport and meet their classmates before school starts. For more details and to register, follow this link to Family ID.

Summer Fitness Opportunities for All Current & Incoming Students

Fitness Center Open to Current Students
During summer break, the fitness center is open for current and incoming HNA students to work out. Hours: Mondays and Wednesdays, 1 to 3 p.m. Tuesdays and Thursdays, 10 a.m. to noon. Students must enter and exit through the main school entrance on 21st Avenue East.

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.

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

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, and 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 hosts 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 Wednesdays (8–11 a.m.) and Saturdays (9 a.m. – noon). The cost is $15/session or $120/month. Contact Head Coach Donny Gallegos with questions: dgallegos@holynames-sea.org.

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

Information for Fall-Sport Athletes and Parents

Fall Sports 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 form 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 a link to the FamilyID page where students must register for all sports participation.

New families, please note: The required athletic eligibility forms include proof of a recent physical examination, signed by a licensed physician. You may need to schedule an appointment with your daughter’s doctor.

Fall 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 above).

Fall Crew Practice Schedule: Experienced & Novices
Experienced crew (current HNA rowers and incoming 9th-graders with rowing experience) will begin Monday, August 26, 3:15–6:15 p.m. at HNA crew’s boathouse, Lake Washington Rowing Club (910 N. Northlake Way, Seattle). Click here for Crew Fall 2019 Program & Registration Information.

Novice crew (athletes new to rowing or who attended the HNA summer crew camp) begin Tuesday, September 3. An information meeting for novice rowers will held during the first week of school.

Mandatory All-Sports Parent Information Night: Mon., Aug. 26
If your daughter plans to play any sport during the 2019-20 school year, one or both parents are required to attend the All Sports Parent Information Night at 7 p.m. on Monday, August 26 (first day of school and of fall sports tryouts). This is the only parents meeting for sports during the 2019-20 school year, and is mandatory for at least one parent or guardian of all athletes (including crew). A general meeting in the auditorium for all sports will be followed by breakout sessions for the various sports.

Your athlete daughter is welcome, but not required to attend.