Cougar Corner:

HNA Rowers to Compete with World’s Best

Congratulations to HNA crew athletes Belle Battistoni ’20, Hannah Diaz ’19, incoming transfer student Gabrielle Graves ’21, and varsity head coach Caitlin McClain ’01 for being chosen to represent the United States as part of the Under-19 team in this month’s World Rowing Junior Championships in Tokyo, Japan. The event, which draws the top young rowers from around the world, will occur August 7–11.

- **Belle** Battistoni will row the #3 position in the Women’s Four competition.
- **Hannah** Diaz will cox the Women’s Eight boat for the U.S. As a recent HNA grad, Hannah will then start her college life at Princeton University, joining the Tigers’ rowing program.
- **Gabrielle** Graves, who is transferring to HNA from Vashon High School, will also compete in the Women’s Eight boat, rowing in the #4 position. Gabrielle rowed last summer in the same world competition for the United States Under-19 team.
- **Coach McClain** will guide the U.S. Women’s Quadruple Skulls in Tokyo. Good luck, ladies!

Fall Tryouts: Aug. 26-30

Tryouts for most fall sports will run Monday–Friday, August 26–30. 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. Except for the three no-cut fall sports (cross country, swimming, and crew), teams will be chosen by the coaches. Due to the large number of students who turn out for soccer, transportation by HNA minibuses will not be available during tryout week. Parents are responsible for drop-off and pick-up of their daughters at the locations indicated below.

Fall Sports Athletic Permission Forms Due Monday, August 12

Students planning to turn out for soccer, volleyball, golf, swim & dive, cross country, or crew 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 HNA website Athletic Eligibility page for details.

Mandatory All-Sport Parent Meeting: August 26

If your daughter plans to play any sport during the 2019-2020 school year, a parent should plan to attend the All-Sports Parent Information Night on Monday, August 26, at 7 p.m. This meeting is mandatory for at least one parent/guardian of all HNA athletes—fall, winter, or spring—and will be the only meeting for parents of athletes during the school year. We will cover Athletic Department policies and procedures for the year, first with a general meeting in the auditorium, followed by breakout sessions for various sports. Your athlete daughter is welcome, but not required to attend.

Fall-Sport Tryout Information

**SOCCER Tryouts**

Soccer tryouts will run Monday–Thursday, August 26–29. Coach Sackeyfio asks all athletes planning to try out for soccer to fill out a brief sign-up form online. During tryout week, all athletes should be at their assigned field no later than 15 minutes before the start of the session to confirm eligibility and check in.

(Continued on next page)
Cougar Corner, Continued:

Fall-Sport Information: Soccer, Volleyball, Cross Country

Soccer tryout information, continued:
On Monday, August 26 and Tuesday, August 27:
• 9th-graders (Class of 2023) report to Miller Playfield from 1 to 3 p.m.
• 10th, 11th, and 12th graders report to Miller Playfield from 3 to 5 p.m.

Wednesday, August 28 and Thursday, August 29:
• All grades report to Miller Playfield from 3 to 5 p.m.

Athletes will be expected to attend their assigned session each day all week unless otherwise directed by the coaches. Practice sessions for Friday, August 30, will be announced during tryout week.

Volleyball Tryouts
Tryouts for volleyball will be held in the St. Joseph School Wyckoff Gym, Monday–Thursday, August 26–29.

On Monday, August 26, and Tuesday, August 27:
• 9th graders (Class of 2023) will attend the 1 to 3 p.m. tryout session in the St. Joseph gym.
• 10th-, 11th-, and 12th-graders will attend the 3 to 5 p.m. tryout session in the St. Joseph gym.

Athletes will be expected to attend their assigned session each day all week unless otherwise directed by the coaches. Tryout sessions for the rest of the week will be announced during tryout week.

Cross Country Practice
Cross-country practice will begin on Monday, August 26. Practices will run Monday–Friday from 2:45 to 5 p.m. during the first week, as well as all subsequent weeks. Meet on the first day at 2:45 in Ms. Hiatt's room (Room 109).

All participants are expected to commit to the daily practice attendance. Cross-country team is a no-cut sport and we welcome runners of all speeds. However, the program has an endurance requirement; all interested participants must demonstrate the ability to run continuously for 2 miles in the first week of practice. Participants do not have to be able to run this distance in any particular time, but they should be comfortable running 2 miles without stopping. This standard is in place for the training safety of participants. During the season, participants are expected to run daily in preparation for meets. All meets are between 2 and 3.1 miles in length; competitions begin in the third week of the season. We have at least one meet a week for the duration of the season.

In preparation for the season, participants are strongly encouraged to run consistently throughout the summer in order to enter the season with a solid running base. Consistent summer running prepares participants for the rigor of daily training that the season entails. That preparation also decreases the likelihood of injury, as the body will also be adapted to frequent and consistent running.

After tryout week, those who are cut from other sports and interested in cross-country should contact Head Coach McCormick about joining the team. Visit the HNA Cross Country page on athletic.net for schedule and additional information. Questions can also be e-mailed to Head Coach Erin McCormick at emccormick@holynames-sea.org.
Cougar Corner, Continued:

Swim & Dive, Golf, Crew Information

**SWIM & DIVE Practice**  
Head Coach: Rachel Loy

The Swim and Dive team will use the Seattle University Redhawk West Pool for practice from August 26 to September 20. Practices will run 3–4:30 p.m. daily (except for meet days). The practice location after September 20 has not been finalized at this time. Our regular practice location (Medger Evers Pool) is currently closed for refurbishment and not scheduled to re-open until October.

**It is imperative that all swim & dive families register on Family ID ASAP.** Once practice plans are finalized, an e-mail will be sent out to all registered families. Please note that practice could be in the morning or afternoon, depending on pool availability.

**GOLF Tryouts**  
Head Coach: Anne Quigg

Tryouts will be Monday, August 26, through Thursday, August 29, from 3 p.m. to 5 p.m. at Jefferson Golf Course.

Coach Quigg will provide bus transportation to and from HNA; athletes should meet at HNA (by the buses) at 2:30 p.m. to check in and board the bus for practice.

**CREW Practice**  
Head Coach: Caitlin McClain ’01

Experienced athletes (current HNA rowers and incoming 9th-graders with rowing experience) will begin Monday, August 26, 3:15 to 6:15 p.m. at Lake Washington Rowing Club (910 N. Northlake Way).

Registration information is available on the HNA website and on the FamilyID website.

Fall crew is a no-cut sport. Novice athletes (athletes new to rowing or who attended the HNA summer crew camp) begin Tuesday, September 3. An information meeting for novice rowers will be held during the first week of school. Parents of all crew athletes (including parents of novice rowers) are required to attend the All-Sports Parent Meeting on Monday, August 26, at 7 p.m. in the HNA auditorium.

**Athletics Calendar on the HNA Website**

The Athletics Calendar on the HNA website is always the most current source for all sport schedule information, and includes map links to locations of most Cougar athletic events. The calendar can be customized to show or download events in one or more sports only; you can also set it to automatically send you reminders of events or updates, should times change.

**Metro League Website**

Results and standings, as well as schedules, can be found on HNA’s page on Metroleaguewa.org on WPA Network.

**HNA Coaches Extend Leadership Skills**

In July, three current members of the HNA coaching staff began an ACCEL Coaching Certificate Program through the University of Washington Center for Leadership in Athletics. Erin McCormick (cross country and track), Donny Gallegos (gymnastics and swim & dive conditioning), and Kelly Hinderberger (softball) are all participating in the certificate program.