HOLY NAMES ACADEMY Cougar Corner:
All-Sports Meeting Tonight for Parents of Athletes

If your daughter plans to play any sport during the 2019-2020 school year, a parent or guardian should plan to attend the All Sports Parent Information Night on Monday, August 26, at 7 p.m. in the HNA auditorium. This meeting is required 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.

Student Jogathon on Sept. 18: Vital Support for HNA’s Top-Ranked Athletic Program

HNA’s annual Jogathon event, planned for Wednesday, September 18, promises another fun afternoon as all four class years rally together in support of their athletic program. Cougar sports teams continue to be recognized at the league, district, state, regional, and national levels. With exceptional coaching and more than 80% of our students participating in the athletic program, the Academy is sure to continue its notable successes this year.

What’s a Jogathon?
HNA’s teams could not attain their outstanding achievements without the financial support generated by the Jogathon. Students will soon be contacting family and friends by postal mail to gather contributions for their laps around the Montlake Playfield track. They greatly appreciate the HNA community’s enthusiasm for athletics, not only in your attendance at sports events but also in support of the Jogathon. This event makes many resources available to our teams, such as field/pool rentals, new uniforms and warm-ups, coaches’ education and first-aid/CPR certification, championship banners and plaques, and additional weight-room equipment.

We appreciate the support of parents as your daughters collect 15 names (or more) to whom they will postal-mail a form letter that explains the fun of the Jogathon and the cause the event supports.

Support Your HNA Athletic Community
Be aware that the mailing list each student generates is used solely for the Jogathon and is returned to the student’s academic folder, which is maintained while she attends the Academy. The Jogathon is an ideal time for parents, relatives, friends, and alumnae to support our community. Parents who wish to have their daughter excused from writing solicitation letters may instead send a check for $275; all students must still participate in the Jogathon events on September 18. Classes are dismissed at 11:25 a.m. for lunch; students report to the track by 1 p.m. They may walk from HNA or make other arrangements. Dismissal for the day is at 2:30 p.m. from the Montlake track.

Directions and transportation information will be distributed to students through their homerooms in mid-September. If you have questions, please call the Athletic Office at (206) 720-7831.

Cougar Corner, Continued:

Fall Sports Tryouts This Week

Tryouts for most fall sports will run Monday–Friday, August 26 to 30. Athletes must be present the entire week. Exception: The crew program will welcome novices in early September; students 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-Sport Tryout Information

SOCCER Tryouts  Varsity Head Coach: Julianna Sackeyfio
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.
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  Varsity Head Coach: Larry Garcia
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 2 to 4 p.m. tryout session in the St. Joseph gym.
• 10th-, 11th-, and 12th-graders will attend the 4 to 6 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  Head Coach: Erin McCormick
Cross-country practice 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.

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.
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 will be at Rainier Beach Pool. Our regular practice location (Medger Evers Pool) is currently closed for refurbishment and not scheduled to re-open until October.

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 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 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 updates and reminders of events.

Metro League Website
Results, standings, and schedules, can be found on HNA’s page on Metroleaguewa.org on the WPA Network.

Metro League Ticket Information for Fall Sports
There is no charge for regular-season Metro League contests in the league sports in which HNA competes in the fall (cross country, golf, soccer, swimming, volleyball). Metro League football games, such as O’Dea High School’s, have an admission charge. For HNA post-season Metro competitions, prices will be $7 for adults and students without activity cards, $5 for senior citizens and students with activity cards.

Athletic Bags
Students may purchase a sturdy, roomy athletic bag in school colors through the Athletic Office for $70. Students may have bags personalized with their names. Contact Mrs. London (llondon@holynames-sea.org).

Cougar Club Merchandise
HNA Cougar Club Merchandise is available for sale through the Athletic Office. A list of available items is available on the website. Please contact Ms. Lacey London (llondon@holynames-sea.org) with requests.

Download the HNA Cougars App
HNA Athletics has partnered with SuperFanU to create a custom app to promote Cougar sports and enhance the spectator experience. Search “Holy Names Academy” in the Apple App Store or Google Play and download the free app. Fans earn points and rewards by checking in at athletic events and sharing on social media.