For an unprecedented 12 years in a row, Holy Names Academy has won the Metro League All-Sports Trophy, the league’s highest honor. In 2019-20, Cougar teams are collectively determined to make it 13 years! Our fall sports teams are off to a great start. Please come cheer on your favorite HNA teams at their competitions; your young women love the fan support.

New this Year: Cougar Bowling Team
Holy Names Academy will add a 14th sport to its roster of interscholastic athletics this year, when bowling joins the 2019-20 winter sports lineup. The Washington Interscholastic Activities Association (WIAA) added bowling as a sport 15 years ago. But the 2019-20 winter season will mark the first year that the Seattle Metropolitan League—in which HNA competes in all but three of its sports—will make bowling a Metro League sport. Tryout and coaching-staff information will appear in the November edition of Cougar Corner.

Winter-Sports Physical Forms and Online Registration Deadline: Oct. 28
Students planning to turn out for basketball, bowling, gymnastics or winter crew must have their online registration completed and their sports-physical form submitted to the Athletic Office by Monday, October 28. Go to the Athletic Eligibility page on the HNA website for instructions. Athletes must undergo a physical exam every 13 months to participate in any interscholastic sport. Fall-sport athletes must additionally register to play a winter or spring sport, but should find the process simple and quick, using the school’s FamilyID online registration process.

Jogathon 2019
The Jogathon event on September 18 featured a sunny, exciting, and colorful day of student bonding—and one that looks to have successfully raised funds to support the teams in the 14 Cougar sports. All the young women of our school walked or ran their 10 required laps! The Montlake track was adorned in class colors of Cadets yellow (Class of ’20), Skippers red (’21), Pipers blue (’22), and FreshMoney green (’23), while DJ Bradon from Radio Parties played their favorite tunes. Thank you to all our students for their great effort, and, of course, to the friends and family who so generously supported their efforts.

Not too late: If you would like to make a contribution to the Jogathon fundraising efforts, please visit the Jogathon donation page on the HNA website.

SOCCER UPDATE
Following last year’s exciting advance to the WIAA State Championship title match, Cougar soccer is off to a solid start, as its three squads near the halfway point of their seasons.

Records: Varsity: 3–1–2 (in Metro League Mountain Division 1–1–0). JV: 4–1–0. JVC: 2–2–0.

Highlights: The program has a collective 7–4–2 record; players at all levels are working hard and improving every day. The program is young, and building chemistry with the new talent has been a fun experience for all.
Fall-Sport Updates: More Soccer, Volleyball

Soccer standouts: Julia Causbie ’21 leads varsity with five goals in as many games. Aliyah Dockter ’23 was selected by the Sport and Spirit Officers as the inaugural “Athlete of the Week” for her contributions to the team. She’s started all five varsity games and has been contributing to the work in the midfield.

Where to see soccer: UPDATED
Varsity plays at home at Miller Playfield on October 1 and at Prep on October 3. JV is at Eastside Catholic on October 1 and at Miller on October 3. JVC plays at Ballard on October 2. Check the HNA Athletic Calendar for details.

SOCCER ROSTERS


VOLLEYBALL


Highlights: All teams have competed well to start the season. Varsity placed second in the annual Kent Meridian Tournament, losing in three sets to Issaquah, the defending 4A KingCo champion. Under new coaches, Kaleigh Nelson and Lauren Curtis, the JV and JVC teams continued to build momentum, with strong wins over Franklin, Garfield, and Redmond in September.

Standouts: Varsity leaders through five games are Claire Fitzgerald ’21 with a .340% hitting percentage and 33 kills, Lauren Sneifer ’20 with 46 digs, and Ella Peterchak ’22 with 74 assists

Where to see volleyball: All three teams play against Lakeside at home on Tuesday, October 1, and visit Bainbridge Island on Thursday, October 3. Check the HNA Athletic Calendar for details.

VOLLEYBALL ROSTERS


Cougar Corner, Continued:

Fall-Sport Updates: Cross Country, Swim & Dive

CROSS COUNTRY

Cougar cross country runs strong, with 53 participants this fall. To date, the team has participated in two league meets and one invitational meet.


**Cross country captains:** (all seniors) *Avery McCammon, Olivia Mohn, Emma Velling.*

Where to see HNA cross country: Two regular-season meets, both at Lower Woodland, remain before the Cougars head into the Metro League Championship Meet on Thursday, October 24. See the [HNA Athletic Calendar](#) for details.

**CROSS COUNTRY ROSTER**


**Cross country coaches:** Head Coach: Erin McCormick. Assistants: Rose DeBoer, Audrey Hiatt, Molly McKeon ‘05

SWIM & DIVE

**Another year of Cougar dominance:** Northwest Catholic Invitational Champions 2019, 11 years in a row! Even with the longer commute to the team’s new pool home at Rainier Beach Community Center, HNA’s team is the largest in the Metro League; nearly double the size of any other team. The talent this year was evident with three straight victories and shows great promise for the rest of the season.

With only three meets, the team already has 31 individual Metro qualifiers, 15 individual District qualifiers, and 2 State qualifiers.

**State qualifiers:** *Allyson Yao ‘20 (200 IM), Sanjna Battepati ‘20, Regan Rowe ‘22, Allyson Yao ‘20, Elise Scott ‘22 (200 Medley Relay)*


(Cougar Corner continued on next page)

Diving has a lot of new talent this year, joining the great competitors from last year. We are on our way to dominating the upcoming Dive Qualifier meet in October. We also see Dive winning Metros based on the abundance of talent.

Where to see Cougar Swim & Dive: HNA has three October swim meets and one dive competition prior to Metros: October 4 vs. Lakeside, October 11 vs. Bainbridge, and October 18 vs. Ballard and the Metro 11 Dive Qualifier on October 19. Check the HNA Athletic Calendar for details.

SWIM & DIVE ROSTER


GOLF

Record: 3–3

Highlights: HNA’s young yet balanced team (three from the Class of 2023, three from the Class of 2022, four Class of 2021, and three seniors) started the season on September 6 against perennially strong Seattle Prep, falling by only 9 strokes. The following week, Cougars rebounded with successive wins over Bainbridge and Garfield, and another victory against Blanchet on September 16. The team celebrated Senior Night on September 25 during a close loss to West Seattle.

Standouts: Sabrina Poole ‘22 leads all 14 team members with a personal average of 42 for 9 holes; Lauren Chan ‘23 is second with an average of 47.

Where to see them: HNA has four more matches in one week to finish out the regular season. They were scheduled to play Franklin on September 30, then against Lakeside on October 1, Eastside Catholic on October 3, and Cleveland on October 4. Metro Championships follow on October 15 and 17. See the Athletic Calendar for dates and locations.

GOLF ROSTER
Cougar Corner, Continued:

Crew Updates; Cougar-Branded Merchandise Available

**CREW**

**Highlights:** HNA crew’s first regatta of the season, Row for the Cure on Lake Union, was cancelled due to windy conditions. However, the fundraising race was won again by HNA Crew as our rowers successfully defended the title of top junior fundraising crew team in the Northwest by raising just over $10,000 and winning another “Pink Erg!” Organizers of Row for the Cure award top fundraising teams with a custom-painted Concept 2 ergometer, the indoor rowing machine universally known to crew athletes as “erg” machines. Seattle Row for the Cure supports the Susan G. Komen Foundation in the fight against breast cancer.

**Where to see crew:** October is a busy month for HNA’s rowers. After hosting the Tail of the Lake Regatta on Sunday, October 6, the Varsity rowers travel to Boston to race October 19–20 in the 55th annual [Head of the Charles Regatta](http://www.headofthecharles.org), one of the nation’s most prestigious rowing events.

**CREW ROSTERS**


**Head Crew Coach & Program Coordinator:** Caitlin McClain ’01.


Novices Coaches: Chris Marr, Noel Christiansen, Emma Delucchi ’15. Strength Coach: Mike Ng.

**Cougar Club Merchandise**

The HNA Cougar Den will be open at lunch the first and third Wednesdays of every month. Students and parents (please check in at the front desk) may stop by to see the latest offerings and purchase gear at that time.

A list of available Cougar Club items is available on the HNA website. Please contact Athletic Director Lacey London ([llondon@holynames-sea.org](mailto:llondon@holynames-sea.org)) with requests.

**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](mailto:llondon@holynames-sea.org)).