Cross Country Handily Wins Metros; Crew Ranks Highest Ever Vs. Nation’s Best

Congratulations to all our young women for reaching the Jogathon fund-raising goal—and to all the parents, friends, grandparents, and other relatives who helped the students rally to support young women’s athletics at HNA! Because of their success, students will enjoy a Jogathon school holiday on Friday, February 14. Students can still earn another day off school if they reach “Super Goal”; Jogathon donations are still most welcome. Learn more about HNA’s Jogathon and donate online here.

FALL SPORTS: POST-SEASON UPDATE

CROSS COUNTRY: Metro Champs head to District Championship meet this weekend

Highlights: Congratulations to the entire HNA running squad, who won all three race divisions (JV, JV Championship, and Varsity) at the Metro League Championships on October 24. Varsity won with 52 points, 42 points ahead of the second-place team. The JV Championship squad won with 30 points, 61 points ahead of its closest rival. The JV open team won with 39 points, 18 points ahead of the second-place team.

Standouts: In the varsity race, all seven runners finished in the top 25. Two, Emma Velling ’20 (19:27) and Christina Crow ’21 (19:31), finished in the top-10, taking 5th and 7th place respectively. In the JV Championship race, all eight Cougars finished in the top 20: Bea Wingfield ’21 (1st), Lauren Barkley ’20 (2nd), Olivia Mohn ’20 (5th) and Lauren Laporte ’21 (8th). Sydney Jones ’22 (14th), Kyleigh Morrow ’22 (15th), Tess Shirley ’22 (16th), Virginia Nelson ’23 (17th). In the JV Open, seven HNA runners finished in the top 15: Olivia Chen ’21 (5th), Mary Farewell ’21 (6th), Ellie Costello ’20 (7th), Avery Brennan ’22 (10th), Grace Wiseman ’22 (11th), Carmen Hummel ’21 (12th), and Anasara Lysaker ’20 (14th).

Where to see them: Varsity advances to the King-Co District Championship on Saturday (November 2) at Lake Sammamish State Park. Good luck to the Cougars as they race to qualify for the State meet on Nov 9 in Pasco!

CREW: Top-20 Finishes at Head of the Charles in Boston, Five Golds at Tail of the Lake in Seattle

Another great October for HNA crew, highlighted by Tail of the Lake at home and success at the nationally renowned Head of the Charles in Boston, Massachusetts.

Highlights: On October 19-20, athletes competing in three boats—the Varsity 8+, 4+ and 4x+—travelled to Boston for the Head of the Charles regatta. Two of the boats (8+ and 4+) requalified HNA for next year by finishing in the top-half of their respective fields. The 4x+ narrowly missed the cut-off by one spot. The 8+ placed 6th and the 4+ placed 19th, both out of 85 in each event. The 4x+ was 22nd of 43 entries. The 8+ boat’s finish is the highest in that event in HNA program history.

On October 6, our rowers brought home 16 top-3 finishes at Tail of the Lake, highlighted by eight gold medals. Tail of the Lake is hosted by HNA crew and is a key fundraiser for the program. Parents make up the majority of the
nearly 50 volunteer positions and donate food and supplies to put on the popular event. This year, over 1,200 competitors from 39 local rowing clubs participated.

Where to see them: The final race of the fall crew season for the experienced team is Head of the Lake at home along the Montlake Cut on Sunday, November 3.

GOLF: 5th at Metros, On to Districts in Spring

Season Record: 7–3

Highlights: At Metros, six Cougar golfers played, and the four lowest scores combined to earn fifth place overall. This placement qualified the team to play in the District tournament in May.

Standouts: Sabrina Poole ’22 placed 8th overall with a two-day total of 176, improving 10 strokes over the course of the tournament. Greta Acarregui ’21 placed 11th with 182, Katja Albert ’23 placed 22nd and also improved 10 strokes the 2nd day. Asha Behrman ’22 placed 27th and Delaney Dermody ’21 placed 29th.

SWIM AND DIVE: Kicking off November with Metros

Record: Regular season: 5 wins, 2 losses; ranked 3rd in Metro.

Metro Championships: 50 HNA athletes will compete November 1-2 in Snohomish. Swim hopes to beat its current, third-place team ranking, while dive is ready to defend its No. 1 status. The team already has 21 District qualifiers and will likely add more this weekend.

District Qualifiers as of 10/31


Individual State Qualifiers
Swim: Allyson Yao ’20, 200 Medley Relay

Where to see Swim & Dive next: Come support Cougar Swim & Dive at Metros this Friday and Saturday (November 1-2) at Snohomish Aquatic Center. Districts will take place November 8–9 at Mary Wayte Pool on Mercer Island. The WIAA State tournament is Friday and Saturday, November 15–16, at King County Aquatic Center in Federal Way.

VOLLEYBALL: Metro League & Playoffs


Highlights: On October 24, JVC, JV, and Varsity volleyball all beat Bainbridge High School at home. The victories were followed by the annual Senior Night program to honor our seniors in their last home game.

Standouts: Special recognition goes to seniors Delaney DuCharm, Lauren Sneifer, Lizzy Hayes, Nia Santos, Noelle Santos, Justine Unbehend, Sydney Pytte for their dedication to the program.
Volleyball, continued: Where to see them: For varsity volleyball, postseason play for begins on Tuesday, November 5, at a location to be determined. Check the Metro League bracket for updates. Good luck, Cougars!

SOCCER

Record: Varsity: 9–4–4 (5–3–2 in Metro League). JV: 9–2–2 (6–2–2 in Metro League) and JVC: 7–3–0 (6–2–0 in Metro League) with one more game to play.

Post-Season Highlights: In Metro League tournament play, varsity soccer blanked Bainbridge, 6-0, in the first round and advanced to the quarterfinals, where they came up short in a tense, 2–1 contest vs. West Seattle. Depending on the outcome of a loser-out contest last night (Oct. 31) vs. Garfield, they may continue tournament play on Tuesday (November 5). Consult the Metro League bracket and HNA calendar for the latest.

FALL-SPORT COACHES: Corrections, Additions

Some of the fall-sport rosters published in the October edition of Keeping You Posted included lists of coaches that were incomplete or outdated. Here is a complete list of fall 2019 coaches:

Crew:
Head Coach & Program Coordinator: Caitlin McClain ’01.
Novices Coaches: Chris Marr, Noel Christiansen, Emma Delucchi ’15. Strength Coach: Mike Ng.

Cross Country
Head Coach: Erin McCormick.
Assistant Coaches: Rose DeBoer, Audrey Hiatt, Molly McKeon ’05.

Golf
Head Coach: Anne Quigg.
Assistant Coach: Bill Pharr.

Soccer
Varsity Head Coach: Julianna Sackeyfio.

Swim & Dive
Head Coach: Rachel Loy.
Assistant Coaches: Ed Artis, Jen Kelly, Kayla Loy.

Volleyball
Varsity Head Coach: Larry Garcia
Varsity Assistant Coach: Jerrell Tate. JV Coach: Kaleigh Nelson.
JVC Coach: Lauren Curtis.

END-OF-SEASON TEAM CELEBRATIONS

Coaches for all sports are responsible for planning any end-of-season awards celebration and may ask parents to help organize. Coaches will let athletes know about location, time, and date. For teams that choose to celebrate on campus, the Fall Awards Evening will be Monday, November 25, from 6 to 8 p.m. All end-of-season gifts to coaches should be modest in price and approved by the Athletic Director; all monies for the gifts must be given directly to the Athletic Director.
Winter-Sport Tryout Information

Winter-Sports Physical Forms & Online Registration Deadline
Students planning to turn out for gymnastics, basketball, bowling or winter crew are now due to have their online registration completed and their sports-physical form submitted to the Athletic Office. It is not too late to submit an updated sports physical or to register on Family ID. Go to the Athletics 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 register again to play a winter or spring sport, but should find the process simple with FamilyID.

Bowling Tryouts
Tryouts for the inaugural season of HNA’s newest interscholastic sport begin at West Seattle Bowl on Tuesday, November 5, and continue through Thursday, November 7. Athletes who are registered on Family ID will be notified of their specific tryout date/time.

Basketball Tryouts
Basketball tryouts begin at the Meredith Mathews East Madison YMCA gym on Monday, November 18, and continue through Wednesday, November 20. Specific tryout times schedule will be e-mailed to families via FamilyID.

Gymnastics Practice
Practice begins Monday, November 11 (a school holiday for Veterans Day), at Metropolitan Gymnastics in Kent. Regular practices will be Monday to Friday, 3:30 to 6:30 p.m., and Saturday, 9 a.m. to noon. (Note that November 13 and November 14 are early-dismissal days.) Families are responsible for pickup after practice from Metropolitan Gymnastics. Athletes should have two 1-pound ankle weights for practice.

Are There Parent Meetings for the Winter-Sport Teams?
A general sports parent meeting covering the HNA Athletic Department Handbook was held on August 26 for all sports. Parents of basketball, bowling, and gymnastics team members will be notified of sport-specific parent meetings once teams are determined.

PLAN AHEAD FOR CHRISTMAS

Deadline for Ordering Athletic Bags for Pre-Christmas Delivery: Monday, Dec. 2
Students or parents who wish to purchase a sturdy, roomy athletic bag in HNA school colors may order one through the Athletic Office for $65. Bags may be personalized with the student’s name. Orders must be placed by Monday, December 2, to receive the bags in time for Christmas. Please contact Athletic Director Lacey London (llondon@holynames-sea.org) for more information.

Cougar Club Christmas Sales Event
The HNA Parent Board’s Cougar Club will sell Cougar apparel in Cougar Den on Tuesdays, December 3 and 10, from 7 to 8 a.m., and Wednesdays, December 4 and 11, from 2:30 to 3:30 p.m. Check out our new merchandise well as always popular items such as hooded sweatshirts ($40) and HNA PJ pants ($30). We also have great stocking stuffer options!