Cougar Corner:

Holy Rollers! Winter Sports Lineup Adds Bowling to Gymnastics and Hoops

Winter’s here for Cougar athletes! Basketball, gymnastics, and HNA’s newest interscholastic sport, bowling, are all underway, with schedules available on the HNA website Athletics Calendar.

Athletic Results
Metro League results and standings, as well as schedules, are available on MetroLeagueWa.org.

Bowling: The “Holy Rollers” are off to a great start with their first league wins over Chief Sealth on November 21 and Garfield on November 26. Cougar bowlers will return from break with matches against Ingraham on Tuesday, December 3, and West Seattle on Thursday, December 5. Both matches are at Roxbury Lanes in West Seattle.

Cougar Gymnastics, the three-time defending WIAA Washington State champions, compete in their first meet of the new season on Friday (December 6), at Roosevelt High School at 4 p.m.

Basketball begins play next week, as Varsity and JV travel to Mount Si High School in Snoqualmie on Wednesday, December 4.
Due to construction of the new HNA Athletic Complex and Underground Parking Garage, Cougar hoopsters will play their seasons away from 21st Ave. East. this year. The first “home” games of the season for Varsity and JV will be at O’Dea High School on Friday, December 6, against Chief Sealth. JVC basketball will kick off their season with a game at West Seattle HS on Saturday, December 7.

Metro League Ticket Prices
Basketball: For all varsity and JV games at away sites, admission is $6 for adults and students without ASB cards, $4 for senior citizens and students with ASB cards. HNA students will be admitted free to games at O’Dea High School gym, but must present their student ID and are required to pay if they also wish to stay and watch the O’Dea teams.
Bowling: No charge.
Gymnastics: No charge until Metro playoffs begin.

Fall Sports Roundup:

SOCcer
Soccer Record: Overall program record 39-10-6. Varsity: 12-5-4. JV: 19-2-2. JVC: 8-3-0.
Post-Season Highlights: After a shutout 6-0 victory over Bainbridge to begin playoffs, varsity lost to West Seattle in the quarterfinal game of the Metro Tournament 2-1 on a “golden goal” in overtime. The Cougars then won three consecutive loser-out games: Garfield (4-0), Bishop Blanchet (2-0), and West Seattle (1-0). They placed fourth in Metro and went on to play—for the second year in a row—in the Metro-KingCo “pigtail game.” Despite a last-minute goal by Megan De Tuerk ’20 to send the match against Bellevue HS into double-overtime, the Cougars were unable to score. Goalkeeper Maya Murphy ’21, saved two out of the six penalty-kick shots taken and the Cougs’ season ended with the team one goal short.

(Cougar Corner continued on next page)
All Metro League Mountain Division Honors (voted by all league coaches):
1st Team: Megan De Tuerk ’20, Corrigan Rayhill ’20, Maya Murphy ’21, Julia Causbie ’21, Nala Young ’22, Hannah Gray ’22.

Soccer All-Metro 2nd Team: Lucy Parkhurst ’21, Malia Morgan ’21, Reese Ruegamer ’22, Anna Treat ’22, Aliyah Dockter ’23.


CROSS COUNTRY

Post-Season Highlights: The Cougars had a dominating post-season, winning both the Metro League Championship and the Sea-King District 2 Championship, then advancing to the State meet in Pasco on November 9, where they placed 2nd in the 3A division. All seven runners at State placed among the top 50 runners (160 total in race) and all ran their fastest times of the season. Five of the runners ran their all-time personal best 5k. The team averaged a time of 19:18, and the spread between the first runner and seventh runner was 46 seconds. Their State performance places this squad in the top five teams in the entire state, regardless of school classification.

Post-Season Standouts: Emma Velling ’20 and Christina Crow ’21 placed in the top-10 runners (5th and 7th respectively) at Metro Championships. Christina, Emma and Sarah Mirkin ’21 placed in the top-10 runners (7th, 8th and 9th respectively) at the Sea-King District 2 Championship. Sarah led the squad at State, placing 16th overall and earning a spot on the podium for her individual placement. Christina placed 20th, Riley Wells ’22 placed 24th, Emma placed 28th, Avery McCammon ’20 placed 37th. Two first-year runners, Maisie McManus ’23 and Kathleen Raab ’23, ran massive personal bests, finishing within steps of each other for 47th and 49th place.

All-Metro Cross-Country 1st Team: Sarah Mirkin ’21, Christina Crow ’21, Riley Wells ’22
All-Metro Cross-Country 2nd Team: Emma Velling ’20, Avery McCammon ’20
All-Metro Cross-Country 3rd Team: Maisie McManus ’23

Head Coach Erin McCormick was named Metro League Coach of the Year (for Girls’ Teams)

SWIM & DIVE


Metro League 1st Team: Sanjna Battepati ’20, Regan Rowe ’22, Hope Gelfand ’23, Stella Cross ’21 (200 Medley Relay); Regan Rowe ’22 (100 Breast); Hannah Richey ’20 (11 Meter Dive).
Metro League 2nd Team: Allyson Yao ’20, Cassidy Wells ’20, Elise Scott ’22, Claire Douglas ’22 (200 & 400 Free Relay); Elise Scott ’22 (200 IM & 100 Fly); Allyson Yao ’20 (100 Fly & 100 Breast); Cait McNeill ’20 (11 Meter Dive).


(Italicized athletes were not able to compete but made the qualifying times.)


Records: Regan Rowe ’22 broke the 2005 record 1:05.32 (previous set by Meredith Bush 1:05.42). Stella Cross ’22 tied the HNA school record in the 50 Free with 24.61 (previously set by Malia Morgan 24.61)

State Results:
200 Medley Relay — 6th (Sanjna Battepati, Regan Rowe, Elise Scott, Stella Cross, Allyson Yao, Claire Douglas, Hope Gelfand, Cassidy Wells)
200 IM — 3rd (Allyson Yao), 10th (Regan Rowe) and 14th (Sanjna Battepati)
50 Free — 11th (Stella Cross)
Dive — 15th (Hannah Richey) and 18th (Cait McNeill)
100 Fly — 7th (Allyson Yao) and 9th (Elise Scott)
200 Free Relay — 8th Place (Stella Cross, Cassidy Wells, Allyson Yao, Regan Rowe, Elise Scott, Grace Kelly, Gabby Smith, Sanjna Battepati)
100 Backstroke — 9th (Sanjna Battepati)
100 Breast — 6th (Regan Rowe) and 13th (Cassidy Wells)
400 Free Relay — 7th (Elise Scott, Cassidy Wells, Sanjna Battepati, Allyson Yao, Stella Cross, Claire Douglas, Hope Gelfand, Caroline Crow)

Coach Rachel Loy would like to thank the teacher/bus drivers who helped transport the team to practice at the beautiful Rainier Beach pool and Ms. Kelly for making her coaching return to the HNA Swim & Dive program. The “SWIVE” community is full of dedicated parents who help run meets, drive carpools and cheer on our wonderful team. We are so lucky to have you all on our team. Congratulations on a great season Cougars!

VOLLEYBALL


Metro League Tournament: The varsity Cougars beat Ingraham, 3-0, before losing to West Seattle in the Metro League Tournament.

Metro League Awards: Congratulations to Claire Fitzgerald ’21 and Lauren Sneifer ’20 for making Second Team All-Metro League and Bridget “Beep” Day ’21, Noel Davis ’21, and Ella Peterchak ’22 for Honorable Mention.

Volleyball Seniors Salute: Congratulations to the seven Class of 2020 athletes who contributed to the our program: Delaney DuCharm, Justine Unbehend, Lauren Sneifer, Sydney Pytte, Lizzy Hayes, Nia Santos, and Noelle Santos.
Senior Athletes Commit to Colleges, Winter Sport Rosters

CREW

Head of the Lake: Crew concluded its fall season with Head of the Lake for the experienced team on November 3. HNA had 15 entries and placed in the top half in all events entered, including a 1st-place finish in the Jr 4+ and a second place in the Jr 4+. Varsity 4+: Jenny Cook ’21, Belle Battistoni ’20, Bella Lysaker ’21, Flannery Dunn ’20, and Olivia Bay ’20. Varsity 8+: Jenny Cook ’21, Belle Battistoni ’20, Bella Lysaker ’21, Flannery Dunn ’20, Miranda Lambert ’20, Gabbie Graves ’21, Olivia Bay ’20, Lily Longawa ’20, and Grace Duffy ’20.

Signing Day: Cougar Class of 2020

Congratulations to this school year’s first group of Cougar student-athletes to sign NCAA letters of commitment to compete in college athletics. More Class of 2020 athletes are expected to commit as the year progresses. The first seven participated in a signing celebration in the HNA library on November 20. Photo courtesy Eugene Lambert.


Winter Sports Rosters

BASKETBALL


**Cougar Corner, Continued:**

**More Winter Rosters; Christmas Gear Information**

**BOWLING ROSTER**

**COACH:** Jenny Wielbruda.

**GYMNASTICS ROSTER**
Sofia Frazzini ’22, Bella Gunning ’21, Emily Hawkins ’22, Maya Hegde ’21, Caroline Johnson ’21, Samara Kaplan-Zenk ’21, Elena Kline ’20, Sarah Klute ’22, Nora Leonard ’21, Cait McNeill ’20, Laurny Nakamura ’20, Abby Pierce ’21, Hailey Pittiglio ’23, Lauren Salerno ’21, Ella Schattenkirk ’21, Kira Smith ’23, Sierra Snaylin ’21

**COACHES:** Head Coach: Donny Gallegos. Assistants: Ethan Williamson, Natalie Mostello ’12, Katie Rock ’12.

**WINTER CREW ROSTER**


**CREW COACHES:** Experienced Crew: Head Coach & Program Coordinator: Caitlin McClain ’01. Assistant Coaches: Erin Boehm, Ana Delucchi ’15, Megan Del Pozzi ’15, Aidan O’Sullivan. Strength Coach: Mike Ng. Novices Crew Coaches: Chris Marr, Noel Christiansen.

**PLAN AHEAD FOR CHRISTMAS**

**Athletic Bag Orders**
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. The due date to receive orders by Christmas was November 26. Orders placed in December will not be delivered until the new year. Please contact Athletic Director Lacey London (london@holynames-sea.org) for more information.

**Cougar Club Christmas Sales Event**
The HNA Parent Board’s Cougar Club will sell Cougar apparel in the Cougar Den on Tuesdays, December 3 and 10, from 7 to 8 a.m., and Wednesdays, December 4 and 11, from to 2:15 to 3:15 p.m. **The first three parking spaces in the back parking lot will be reserved for this event.** Please enter the building through the main entrance and check in with the receptionist before heading down to the sale. 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!

**Grand Opening of HNA Athletics New Sideline Store**
HNA is excited to launch a new 24/7/365 online store with custom merchandise for the athlete or sports fan in your family. Check out the dozens of designs and hundreds of items available and shipped directly to you at [http://sideline.bsnsports.com/schools/washington/seattle/holy-names-academy](http://sideline.bsnsports.com/schools/washington/seattle/holy-names-academy). Customers must place their orders before December 11 in order to receive delivery by December 25.