Cougar Corner:

Winter Sports: Basketball, Gymnastics, Bowling
All Off to Winning Starts

BASKETBALL


Highlights: The Cougar basketball program includes 19 athletes from the Class of 2023; these new students are working hard and learning quickly—and three of them made varsity in their first year! The varsity team took two of its first three Metro League contests, beginning with a dominating, 56–24 win over Chief Sealth in the first game on HNA’s temporary “home” court at O’Dea High School. In the last week of school before holiday break, varsity fell to Lakeside but rebounded with a 41–34 win over Sammamish. JVC started the season with a 32–18 win over Garfield, while JV’s 6–1 record includes strong Metro wins over Chief Sealth, Bainbridge, and Lakeside.

Standouts: Hannah Martin ’20 leads the varsity Cougars with 14 points per game. Varsity is also getting big contributions from soccer standouts Aliyah Dockter ’23 and Julia Causbie ’21.

Where to see them: Basketball action was scheduled to resume on January 3 with games for varsity and JV against Rainier Beach and on January 4 at West Seattle. On Wednesday, January 8, both squads play at Garfield. JVC resumes play on Thursday, January 9, at Seattle Prep. Complete schedule details and results on the Metro League page for HNA basketball. Go, Cougars!
Cougar Corner, Continued:

Gymnasts’ Goal: State Title ‘Four-Peat’; Bowlers Have Promise to Spare

GYMNASTICS

Record: 2-1.
Highlights: The defending WIAA State gymnastics champions have scored well in the new season. On December 6 at Roosevelt High School, Cougar gymnasts recorded 170.75, barely a point behind Ballard (172.0). The squad returned to Roosevelt in strong fashion on December 13, scoring 164 to the host school’s 152, Franklin’s 24, and Garfield’s 22. Our gymnasts capped pre-holiday competition—and outscored six rival schools!—while hosting their first annual Winter Solstice meet on December 21.

Standouts: In the first meet, Cait McNeill ’20 placed first on floor (9.65), first on bars (9.2), and second in the All-Around (36.5). Elena Kline ’20 tied for 5th on floor (9.0). Laury Nakamura ’20 placed first on beam (9.05). Sierra Snavlin ’21 placed second on floor (9.6), and 5th in the All-Around (33.9).

Where to see them: Cougars return to action on Friday (January 10) on their home floor at Metropolitan Gymnastics in Kent in a four-way meet with Bainbridge, Ingraham, and West Seattle at 7 p.m.

BOWLING

Record: Varsity: 4–2. JV: 5–0.
Highlights: Cougar athletics’ newest squad, “The Holy Rollers,” had an impressive 3–0 start to their inaugural season before falling to seasoned competitors West Seattle and Seattle Prep.

Standouts: Rylie Shaeffer ’22 bowled a 164 versus West Seattle. The top three 2-game series scores belonged to Tess Forster ’21 at 256, Alana Ross ’20 at 242, and Gracy Raben ’21 at 265.

Where to see them: Cougar bowlers have matches every Tuesday and Thursday, with venues rotating. They return to action on January 7 and 9 at West Seattle Bowl (versus Garfield and Ingraham, respectively). The regular season wraps up the week of January 20, followed by the District Tournament on February 1 at West Seattle Bowl.

Cougar gymnasts set sights on HNA’s fourth consecutive State championship.

Varsity bowlers show off newest Cougar uniforms: L-R: Rylie Shaeffer ’22, Avry Vranesh-Chubelashvili ’20, Avery Brennan ’22.

(Cougar Corner continued on next page)
Spring Sports: Online Registration, Physical Forms for Most Sports Due Feb. 12

Athletes who wish to turn out for softball, lacrosse, tennis, track & field, and Ultimate Frisbee must have their sports-physical forms on file in the Athletic Office by Wednesday, February 12. For crew participants, the deadline is Wednesday, January 22. The forms for a physical, which must be signed by a physician, are good for 13 months.

Turnouts for spring crew begin Tuesday, February 4; lacrosse begins Monday, February 24; and softball, tennis, track & field, and Ultimate Frisbee start Monday, March 2. In addition to providing proof of a current sports physical exam, students must also register for their spring sport on Family ID by February 12.

IMPORTANT: Please note that those students who participated in a fall or winter sport must still register for their spring sport on Family ID. The re-registration process is very quick. Registration instructions can be found on the website under Athletics—Eligibility & Registration.

Spring Crew Preview

Spring Crew Program Information
Please review the Spring 2020 Program Information and Registration Instructions.

HNA Returns to Brentwood Regatta:
Passports/Enhanced ID Requirement
After a one-year hiatus, HNA Crew will return to Mill Bay in Victoria, B.C., April 24–26 to compete in the 50th Brentwood Regatta. Therefore, all spring crew participants—experienced and novice—must provide proof of a passport or enhanced Washington State ID valid for travel between the U.S. and Canada. The deadline for submitting this information to the coaches is Monday, March 9.

Spring 2020 HNA Crew Events
March 13–15: Shamrock Regatta at Redwood Shores, Calif. (Varsity boats, top 20–27)
March 21: Green Lake Regatta at Green Lake (Experience & Novice).
April 4: Husky Open Regatta at Montlake Cut (Experienced).
April 13–17: Spring Break optional practices, varsity-level athletes should attend.
April 18 or 19 (TBD): SRA Scrimmage (Experienced & Novice).
April 24-26: Brentwood Regatta at Mill Bay, Victoria, B.C. (All Team).
May 2: Windermere Cup/Opening Day Regatta at Montlake Cut (Varsity 8+).
May 14-17: Northwest Youth Championship at Vancouver Lake (All Team).
Week of May 25: HNA Crew Banquet at HNA (All Team).
June 7: HNA Crew Experience at LWRC (Volunteers).
June 8-15: USRowing Youth National Championships in Sarasota, FL (qualified boats only).

Coaching Positions Open
Looking for a way to contribute to the growth of young women as student/athletes? Or do you know someone who is? Holy Names Academy currently seeks a Head Coach for varsity tennis (spring sport), an Assistant Coach for lacrosse (spring sport), and Assistant Coaches for volleyball (fall sport). Click the links below for complete job descriptions:

Head Varsity Tennis Coach  Assistant Lacrosse Coach  Assistant Volleyball Coaches