Cougar Corner:

HNA Joins National Celebration of Women in Sport

Wednesday, February 5, marks the 34th annual National Girls & Women in Sports Day, a day to celebrate the extraordinary achievements of women and girls in U.S. athletics. The Women’s Sports Foundation has asked girls and women around the country to share how they are celebrating the “Lead Her Forward” theme, which honors the many ways that sports push girls and women to achieve excellence and realize their boundless potential.

HNA will feature stories that day of how sports has helped students and coaches alike achieve excellence and realize their potential. The stories will be shared on the school’s Instagram and Facebook pages, and students will be encouraged to “rep their sport” by wearing their favorite team’s gear on Wednesday.

HNA Cross Country’s Erin McCormick Voted State Coach of the Year

Congratulations to Cross Country Head Coach Erin McCormick for being named State 3A Coach of the Year by her peers in the Washington Cross Country Coaches Association! This is Coach Erin’s second such honor; she was voted State Coach of the Year in 2014, and was also named Metro League Cross Country Coach of the Year in 2014 and 2016. She has coached HNA cross country for 11 years.

Coach Erin’s 2019 Cougar cross country team swept the Metro League and District championships this past fall before finishing a close second at the State tournament. In both 2014 and 2016, HNA swept the State title as well as Metro and District. Her 2014 squad also won the Academic State Championship.

Winter-Sports Update: Gymnastics

Record: Overall Metro League score rank: 1st. Meet record: 4 firsts out of 7 meets.

Highlights: The defending State-champion gymnasts of Holy Names started 2020 on a strong note with Senior Night on January 10 at Metropolitan Gymnastics, scoring 174.9 against Bellingham School District (174.35), Bainbridge (169.4), Ingraham (162.05), and West Seattle (135.15). A week later, at Bainbridge HS, the Cougars finished a close second, scoring 163.95, a mark just .05 below host Bainbridge’s 164.0. On January 24 at Ballard, our gymnasts recorded a season-high bars score of 40.7, giving them a team score of 169.9 against Ballard (175.25), Sehome (166.7), Bellingham (145.6), Lincoln (128.7), and Chief Sealth (70.3).

Standouts: Cait McNeill ’20 and Elena Kline ’20 each posted career-high floor scores on Senior Night. Cait tied for first place on floor with a score of 9.8, with Elena close behind her at 9.75 and in a tie for third place. At Ballard HS, Abby Pierce ’21 placed second on vault (9.45), third on beam (9.3), and fourth in the all-around (35.85). Cait McNeill posted a 9.5 on bars for the second time this season, earning first place at Ballard.

Where to see them: This Friday (February 7), Cougar gymnasts will compete in the Metro League Championships at Roosevelt HS. The following weekend, on Saturday, February 15, will be District Championships, and Thursday, February 20, is the first day of the State Championship tournament.

Sofia Frazzini ’22 competes at Bainbridge tournament.
Winter-Sport Updates: Basketball, Bowling

Basketball


**Highlights:** Varsity hoops heads into the team’s final regular-season games fueled by eight consecutive victories, including an exciting, last-second win over Metro League division rival Bishop Blanchet, 55–53, on January 24. The JV and JVC teams both wrap up strong seasons at Seattle Prep on Friday (JV) and Thursday (JVC).

**Standouts:** Julia Causbie ’21 and Hannah Martin ’20 lead the varsity Cougars in scoring; Adrienne Johnson ’20 leads in rebounding.

**Senior Salute:** Senior Night was held Saturday (February 1) at O’Dea HS following varsity’s 47–33 win over Cleveland. We honored hoopster seniors Lizzy Hayes, Adrienne Johnson, Kate Laboda, Hannah Martin, and Bria Stokes along with team manager Carmen Polzin.

**Where to See Them:** Varsity basketball’s final pair of regular-season games are tonight (Monday, February 3, 7:30 p.m.) at league-leading Eastside Catholic, a make-up of a game postponed from January 15 for weather issues, and Friday (February 7), 7 p.m. at Seattle Prep.

**Basketball Post-Season Starts Monday, February 10**

Following Friday’s (February 7) match at Seattle Prep, the varsity squad begins their post-season journey on Monday, February 10, when Metro League playoffs begin. Check the Metro League website tournament bracket for playoff times and locations. Top finishers in the Metro playoffs advance to Sea-King District play February 15–22. Check the District Tournament bracket for playoff times and locations.

Bowling

**Record:** Varsity: 9–5. JV: 8–1

**Highlights:** Although they came up short to first-place West Seattle in their final regular-season match last Tuesday at Skyway Bowl, the “Holy Rollers” have had a fabulous inaugural season, finishing third in the Metro League behind seasoned competitors West Seattle and Seattle Prep. Varsity bowlers have knocked down 17,634 pins during competition this season!

**Standouts:** Ava Haines ’21 bowled a 291 two-game series versus Cleveland and Tess Forster ’21 had a 287 series against Rainier Beach. The top three single-game scores in the last weeks of January belonged to Tess Forster at 150, Ava Haines at 149, and Gracy Raben ’21 at 167.

**Post-Season:** In HNA bowling's first-ever District Tournament, the Cougars won the 3rd-place trophy at West Seattle Bowl on Saturday (February 1).
Cougard Corner, Continued:

Winter Crew Update; Cougar Gear Available

Post-Season Ticket Prices: Basketball, Gymnastics
Post-season Metro and District tournament fees for basketball and gymnastics are $7 for adults and students without activity cards, $5 for students with activity cards and for senior citizens. Ticket prices for the State basketball tournament can be found here: [http://www.wiaa.com/subcontent.aspx?SecID=332](http://www.wiaa.com/subcontent.aspx?SecID=332). For the State gymnastics tournament, February 20–21 at Sammamish High School, tickets are $20 adults, $14 students and seniors.

Crew

Highlights: HNA crew rounded out the winter training season at Northwest Ergomania on January 25 at Seattle’s Rainier Community Center. More than 50 Cougar rowers raced a collective 2,000 meters on indoor rowing machines in competition with athletes on other rowing teams from across the region.

Standouts: At Northwest Ergomania, HNA crew had five top-3 finishes. In the Junior 2k, Gabbie Graves ’21 was third out of 58. The Cougars went 1, 2, 3, in the Junior Lightweight 2k, with Olivia Bay ’20 placing first, followed by Grace Duffy ’20 in second, and Bri Hopper ’21 third. In the Junior Novice 2k, Katie Frissel ’23 placed first out of 22 competitors.

Where to see them: Cougar crew begins spring racing in March: On March 14–15, the travel team will compete at the Shamrock Invitational in Redwood Shores, Calif., while the home team contends the following weekend at the Green Lake Regatta.

Winter Sports Awards Evenings
With winter-sport teams still in action, details of awards evenings are yet to be determined. Coaches will e-mail families with more information. All end-of-season gifts to coaches should be modest in price and approved by the Athletic Director; all monies for gifts must be given directly to the Athletic Director.

Cougar Club Merchandise
HNA Cougar Club Merchandise is available for sale through the Athletic Office. A list of available items is on the HNA website. Please contact Ms. Lacey London ([llondon@holynames-sea.org](mailto:llondon@holynames-sea.org)) with requests. Merchandise may also be purchased from the Reception Office on the second floor.

Athletic Bags
Students who wish to purchase a sturdy, roomy athletic bag in school colors may order one through the Athletic Office. The cost is $70. Students may have bags personalized with their names.

Check out the goods: [Click image to view available Cougar items on the HNA website. Note that merchandise may be purchased in the 2nd-floor Reception Office.](http://www.holynames-sea.org)

(Cougar Corner continued on next page)
Cougar Corner, Continued:
Spring Sports Tryout Schedules Set

**Spring Crew** begins Tuesday, February 4, at Lake Washington Rowing Club. Final rosters will be announced by February 13. Click for registration materials and detailed information.

**Track & Field** (a no-cut sport) will meet in the HNA Café on Monday, March 2, at 3 p.m. and do local workouts from 3 to 5 p.m. Athletes will travel to the track Tuesday through Friday. Appropriate clothing, shoes, and water required.

**Lacrosse**: Monday–Friday, February 24–28, from 3 to 5 p.m. On Monday, February 24, all athletes should report to Delridge Playfield at 3:15 p.m. for tryouts. The schedule for the rest of the week will be announced that day. Please note that HNA’s home field will rotate throughout the week. The practice rotation and games schedule will be posted on the HNA Athletics Calendar.

**Ultimate Frisbee**: Monday–Friday, March 2–6. Students will gather at HNA for a brief meeting on Monday, March 2, then proceed to Volunteer Park or Miller Playfield for tryouts from 3 to 4:30 p.m. The schedule for the rest of the week will be announced that day. Athletes should bring the following to tryouts: cleats, running shoes, water, white shirt, and dark shirt

**Softball**: Monday–Friday, March 2–6. All athletes should report to Magnuson #9 at 3 p.m. on Monday, March 2. The schedule for the rest of tryout week will be announced that day. Bus transportation will be available for tryouts.

**Tennis**: Returning players will meet Monday, March 2, at Volunteer Park courts; new athletes trying out for tennis will meet at Miller Playfield tennis courts, 3 to 5 p.m.

**Spring-Sport Parents Meetings**
A general sports parent meeting covering the HNA Athletic Department Handbook was held at the beginning of the school year for all sports. Parents of lacrosse, softball, tennis, track & field, and Ultimate Frisbee athletes will be notified of sport-specific parent meetings once teams are determined.