Cougar Corner:

That's a Wrap for Winter Athletes; Spring Cougars Take the Field in 7 Sports

WINTER-SPORT WRAP-UPS

GYMNASTICS

Record: 3–3

Metro League tournament: 2nd place.
District 2 tournament: 4th place.

Post-season highlights: At the Metro meet on February 7, Cougar gymnasts took 2nd place with a team score of 174.425, less than a point behind first-place Ballard (175.175). On February 15, the Cougars finished 4th at the District 2 meet, with season-high team score of 176.575. At District, seven HNA gymnasts qualified individually for the State meet: Vault: Abby Pierce ’21, Cait McNeill ’20, Sierra Snalvin ’21, Emily Hawkins ’22, Elena Kline ’20. Uneven Bars: Cait McNeill, Sarah Klute ’22; Balance Beam: Cait McNeill, Abby Pierce, Lauren Salerno ’21, Sierra Snalvin. Floor Exercise: Abby Pierce, Lauren Salerno, Sierra Snalvin.

Standouts: In Metro/District: Abby Pierce placed 7th on vault (9.325). At Metros, Sierra Snalvin tied for 4th on floor (9.55), with Abby Pierce right behind her in 6th place (9.475), and Cait McNeill taking 7th (9.45). At Districts, Cait placed 4th on uneven bars (9.55).

Gymnastics State tournament: All the Cougar individual qualifiers gave impressive performances at the WIAA State tournament on February 20 at Sammamish High School in Bellevue. Abby Pierce scored 9.25 on vault and tied for 8th place on floor with a 9.475, qualifying for event finals the following day. Cait McNeill scored 9.325 on bars, qualifying her for the bars finals. Cait then placed 2nd in the finals with a 9.475, only 0.025 behind the first-place Sammamish gymnast (9.5). Sarah Klute was a State event qualifier on bars and Sierra Snalvin was a State event qualifier on beam.

(Cougar Corner continued on next page)
Cougar Corner, Continued:

Winter Warriors Take a Bow

BASKETBALL


Highlights: The JV team ended their season with an amazing win over Seattle Prep’s previously undefeated JV. Varsity’s advance to the SeaKing District tournament ended just one game short with a tough loss to Bainbridge on February 13. The Cougars were sad to see the season end but are exceptionally grateful to the HNA community for all the support during the 2019-20 season.

Standouts: Hannah Martin ’20 was chosen by league coaches as a top performer in the 17–team Metro League. She was one of 15 athletes chosen for All-Metro honors.

BOWLING

Congratulations to HNA’s inaugural bowling team—aka the Holy Rollers—on a great first season this winter as bowling joined the ranks of Metro League sports and became the 14th sport in which Cougar athletics fields teams. Despite their newness to the sport as an interscholastic competition, Cougar bowlers finished third in the Metro League and went on to win the 3rd-place trophy in the District tournament.

On senior night, Kate Laboda ’20 gets congratulatory hugs from Head Coach Emily McKenzie ’01 and (right) Assistant Coach Erika Johnson ’11.
The spring sports season has begun, as student athletes head outdoors for crew, softball, lacrosse, tennis, track/field (a no-cut sport), and Ultimate Frisbee. The spring crew program has been at work throughout February, preparing for the first spring events, the Shamrock Invitational in Redwood Shores, Calif., on March 14-15, the Green Lake Spring Regatta on Saturday, March 21, and the Burton Beach Invitational on Vashon Island on Sunday, March 22.

Reminders for Parents
A few helpful reminders to assist your student-athlete have a successful season:

• Make sure she dresses appropriately for outside practice and games, as the weather can change day to day.
• Encourage daily communication on when and where to pick up your daughter after practice and after games.
• Promote healthy eating and drinking plenty of fluids to refuel the active athlete's body.
• Check the HNA website’s online Calendar for the latest schedule for your daughter’s sport, or call the Athletic Office at (206) 720-7831 with questions about game sites and times. Many spring 2020 competitions are already listed on the online calendar, which will be regularly updated as changes or postponements arise. You can customize the calendar for particular sports and set it to send you e-mail or text reminders and updates on schedule changes.
• Attend games, matches, and races to support your Cougars!

New Cougar Tennis Coach
This month, HNA welcomes Zachary Dillard as the new varsity coach of Cougar tennis. Coach Dillard is a USPTA-certified tennis pro who hails from Wichita Falls, Texas, where he served as head professional at Hamilton Park Tennis Center and as head tennis coach at Wichita Falls High School and Christ Academy.

As a student/athlete at Midwestern State University, where he received a B.S. in Psychology, Coach Dillard played on the nation’s No. 2-ranked doubles team, advancing twice to the NCAA tennis tournament’s Sweet 16 and once to the Elite 8.

Sports Parent Meetings
A general sports parent meeting covering the HNA Athletic Department Handbook was held on the first day of school for all sports. Parents of lacrosse, softball, tennis, track and field, and Ultimate team members will be notified of sport-specific parent meetings once teams are determined.

Looking for Sports Scores?
Find Metro League results for spring teams competing in the Metro League (softball, tennis, golf, track & field) on the Metro League website www.metroleaguewa.org. Lacrosse information for the entire state is at wslax.org; HNA lacrosse has a team page.

Sports Information Night for New Parents & Students: April 6
All incoming 9th graders (Class of 2024) and their parents are invited to an informational evening about the HNA athletic program on Monday, April 6, at 7 p.m. in the auditorium. Families new to the school can learn about our program and meet the coaches.

HNA Team-Branded Items for Spring-Sport Teams—Deadline to Order: Mon., March 9
The Athletic Department has an HNA Team Store for each school sport. This store is the main source of branded gear for team members. Find order forms on the HNA website here:

Lacrosse • Softball • Tennis • Track & Field • Ultimate Frisbee

Orders must be submitted to the Athletic Office by 3 p.m. on Monday, March 9. In addition to the unique team stores, athletes, parents, and fans are encouraged to check out the dozens of designs and hundreds of items available and shipped directly to you from our 24/7/365 Sideline Store.