Cougar Corner:

Stay Home and Stay Healthy, Cougs!

**Some tips for parents and students from HNA’s PE and Health Teachers**

- **Maintain a regular sleep schedule:**
  The National Sleep Foundation recommends that teens get 8-10 hours of sleep each night. Stick to a regular routine and implement healthy boundaries with electronic devices.

- **Wash your hands often:**
  You can help yourself and your loved ones stay healthy by washing your hands often, especially during the following key times when you are likely to get and spread germs:
  - Before, during, and after preparing food
  - Before eating food
  - After blowing your nose, coughing, or sneezing
  - Upon returning to your home

- **Healthy eating**
  Fueling your body and mind is important to maintain focus and energy. Make sure you are eating regular meals and snacks throughout the day consisting of fruits, veggies, protein, whole grains, etc. Drink LOTS of water; staying hydrated will help with your energy level throughout the day. Most health organizations recommend the “8x8 rule”: drink 8 glasses of 8 fluid ounces of water per day at a minimum.

- **Stay active**
  Be active as a family! Get outside and go for a neighborhood walk/run or crank up the music and have a family dance party. Students can use their skills from PE class and develop a circuit training workout at home or choose from online workout videos available on YouTube, Amazon Prime, Netflix, etc.

- **Utilize the resources provided by the School Counselors**
  The HNA School Counselors are posting healthy tips and resources on the School Counseling channel in the Student Resources team on Microsoft Teams. Be sure to check back regularly for updated information.

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**Cougar Gymnasts Win State Academic Championship**

Congratulations to HNA gymnastics for winning the WIAA State Academic Championship for 2020—with a team average GPA of 3.805. It is the second State Academic title in the gymnastics program’s 11-year history, following a win in 2017—and HNA’s 24th such statewide honor since 1996.
The HNA Cougar spring-sports season was whistled to a halt on March 11 when the COVID-19 pandemic closed the school’s doors. Just one day later, the spring coaching staff rallied together to brainstorm ideas on how to support their student-athletes in this unprecedented time. The focus changed from a season of competition to a season of community. The Athletic Department’s goal this spring is to continue to form team bonds, be students of our sports, maintain routine, and to stay active while the school remains closed.

Heading into week three, many student-athletes are actively engaging with their teammates on a regular basis. Athletes participate in virtual team meetings, practices, and chalk-talk sessions. Coaches post workouts on their respective sport’s page on Microsoft Teams page and create fun challenges for their squads to attempt. While the specifics look different for each sport, the common bond is that our coaches are all in for our athletes.

What Next for Spring Athletes?
The WIAA has announced plans to host State tournaments as scheduled in May for golf, softball, tennis, and track & field, although that could change, depending on health advisories and the governor’s decision on when to reopen schools. View the WIAA’s statement here. Decisions about our independent sports—crew, lacrosse, and Ultimate—are anticipated in the coming weeks; USRowing has already canceled the crew team’s regional and national regattas, which were scheduled for May and June respectively.

COACHES’ GALLERY: Above: Softball Head Coach Kelly Hinderberger’s team question of the day.

For track & field’s virtual workout, Julia Causbie ’21 shared a selfie.

ABOVE: Lacrosse Head Coach Natalie Ceis leads a virtual workout.

RIGHT: Coach Lindsay Weaver competes in the lacrosse team virtual stick challenge.

ABOVE: Crew team’s Tech Tuesday lesson explained the muscle groups involved in different parts of the rowing stroke.