Congratulations to the 12 graduating Cougar student-athletes who participated in HNA’s virtual Signing Day event last Thursday (April 30). The most recent group of Class of 2020 athletes to sign their NCAA letters of commitment to compete in college athletics gathered via Zoom with immediate family members beside them, while other supporters attended the celebration virtually.

**Adrienne Johnson:** Basketball – Rochester Institute of Technology  
**Allyson Yao:** Swim – Harvey Mudd College  
**Anna Charnyshou:** Crew – Georgetown University  
**Audrey Donahue:** Lacrosse – Claremont McKenna  
**Avery McCammon:** Cross Country & Track – Washington University in St. Louis  
**Bria Stokes:** Track & Field – College of St. Rose  
**Elena Kline:** Track & Field – Cal Poly San Louis Obispo  
**Grace Duffy:** Crew – Boston University  
**Hannah Martin:** Basketball – Undecided  
**Lucy Kerr:** Soccer – Linfield College  
**Olivia Bay:** Crew - Notre Dame  
**Sanjna Battepati:** Swim – Pomona College

**Spring Sports Stay Vital— Virtually**
While Cougar spring-sport programs will have no official competitions this year due to COVID-19, coaches continue to meet virtually with their teams. Many programs are doing workouts together via Zoom or chalk-talks via Microsoft Teams, while several are hosting team challenges for their athletes. The HNA Athletic Department serves as a space for students to connect with their teammates, maintain routines, and stay active.

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

HNA Sports Physical Forms Now Good for 2 Years

**Policy Change:** Effective immediately, Holy Names Academy has extended the valid date for the physical evaluation form submitted for all athletes in all sports from 13 months to **24 months after the initial exam date**. The new, more relaxed rule conforms to the policy of the Washington Interscholastic Activities Association.

The WIAA has also adopted an updated version of the [Preparticipation Physical Evaluation form](#) (click here).

---

**Welcome, Newest Cougars**

**Incoming 9th Graders and Transfer Students**

The HNA Athletic Department wants to know about your daughter's athletic interests, as well as her contact information for off-season workouts and tryout schedules: [Click here](#) to take a short survey.

**Sports Information Event Replay for New Families**

Thank you to families who participated in Holy Names Academy's April 6 sports-information webinar for families new to HNA and to the excitement of Cougar athletic participation. If you weren't able to join us, no problem: [here's a link to the video](#) (46 mins.)

**Create Her Own Athlete Video on Flipgrid**

We invite incoming HNA students to submit their own FlipGrid video on the [Meet the New Cougs](#) site. [Click here for instructions and to submit](#). Click the blue TOPICS dropdown and choose “Meet the New Cougs.”

---

**Cougar Gear Available Online**

Even though HNA’s Cougar Den store is closed, the entire selection of Cougar Gear is available for purchase online through FamilyID. Browse the [HNA website](#) for an updated list of sweatshirts, pj pants, lanyards, and more! Then visit our new [FamilyID Cougar Gear link](#) to make your purchase. We will contact you via e-mail when your merchandise is available for pick-up at HNA. Go, Cougs!

Looking for more options? HNA has a 24/7/365 online store with custom merchandise for the athlete or sports fan in your family. Visit our [Sideline Store](#) site.