Cougar Corner:

Thinking of a Fall Sport at HNA? Register Her Now

Is your daughter considering playing a sport this fall at Holy Names Academy? Sign her up now, using the FamilyID website (click to access). **New this year:** your daughter may register for more than one of HNA’s six fall sports at this time. While students can only play one sport per season (fall, winter, spring), by registering now students can receive summer communications via e-mail from coaches for more than one sport about summer workouts and open-gym opportunities—in the event health authorities re-authorize in-person athletic practices this summer. Fall sports: Crew (no-cut), cross country (no-cut), golf, soccer, swim & dive (no-cut), volleyball,

Gaining familiarity with more than one team and coach can be particularly helpful if your daughter opts to try out for a cut sport, such as soccer or volleyball, and is not chosen for the roster. She’s then welcome to join a no-cut sport.

**Note about crew:** Your daughter may register for fall crew now with no registration payment due at this time. Crew is the only HNA sport—in any season—for which a registration fee is required. (Students who have a financial-aid application on file in the Business Office may request SAFE funds to assist with non-tuition needs, including crew.)

Registering now does not commit your daughter to play a sport; neither does it entitle her to a position on the roster of a no-cut sport.

Visit FamilyID now to sign up for fall sports.

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**Fall Sports Athletic Permission Forms Due Monday, August 10**

Students planning to try out for soccer, volleyball, golf, swimming, cross country, or crew this fall must have their sports physical form on file in the Athletic Office by Monday, August 10. **New this year:** physical forms are now good for 24 months from the date they are signed by a physician (instead of the previous 13 months).

Students must also register for their respective sport through HNA’s page on the Family ID website. See the Athletic Eligibility page on the HNA website for details and links to the sports-physical form and the FamilyID page.

**FALL ATHLETIC DATES:**

**Fall Sports Tryouts Are August 24-28**

Please mark the dates Monday–Friday, August 24–28 (the first week of school), if your daughter would like to try out for soccer, volleyball, golf, swimming (no-cut), or cross country (no-cut). Athletes must be present the entire week for consideration for a cut sport. The crew program will welcome novices in early September; athletes will receive further information during the first week of school. Athletes MUST have their athletic eligibility forms on file in the Athletic office to participate in tryouts (above).

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**IMPORTANT PANDEMIC REMINDER**

All in-person school events and dates cited will depend on health & safety protocols in effect at that time. Watch for updated information about cancellations or rescheduling as virtual events.

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Cougar Corner, Continued:

More Fall-Sport News for 2020

All-Sports Parent Information Night: Monday, August 31
If your daughter plans to play any sport during the 2020-2021 school year, including crew, at least one parent should plan to attend the All-Sports Parent Information Night on Monday, August 31, at 7 p.m. at HNA. This meeting will cover the Athletic Department policies and procedures for the year, and is required for at least one parent of all HNA athletes. There will be a general meeting in the auditorium for all parents, followed by breakout sessions for the various sports. Your daughters are welcome, but not required to attend.

Cougar Gear Available Online
The entire selection of Cougar Gear is available for purchase online through FamilyID. Browse the HNA website Cougar Merchandise page 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.

Thank you and Farewell, Coach Anne Quigg
Cougar Athletics says a fond farewell to Anne Quigg, with thanks for her eight dedicated and winning years as Head Golf Coach, as well as her additional service as official scorekeeper for varsity and JV basketball, bus driver, and all-around Cougar supporter!

New Golf Coach: Curt Breitfuss
Curt Breitfuss will step into the position of Head Golf Coach for HNA this fall. Coach Breitfuss joined the HNA community last winter as the JVC basketball coach. Before moving to Seattle, he played Division I-level golf at California State University, Fullerton, then coached boys golf for six years at Carmel High School. He holds a BA in Finance from Cal State Fullerton and an MBA from the University of Nevada, Reno.

Coaching Positions Open at HNA: Volleyball, Swim
Are you 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 an assistant coach and a JVC coach for volleyball and an assistant coach for swim. Click the links below for complete job descriptions:

Volleyball: Assistant Varsity Coach, Head JVC Coach
https://www.indeed.com/job/volleyball-coach-assistant-726c1590c30f840d

Swim/Dive: Assistant Swim Coach
https://www.indeed.com/job/assistant-swim-coach-0f88ce2d87519beb