Cougar Corner:
Fall-Sport Start Dates Await State Ruling; Decision Expected Late in July

The Washington Interscholastic Activities Association is expected to announce a decision for the timing of fall-sport competitions by July 21; parents should anticipate more information in the early-August edition of the HNA parent newsletter. If your daughter is considering playing a sport this fall at HNA, sign her up now, using the FamilyID website. This year your daughter may register for more than one of HNA’s six fall sports. While students can only play one sport per season (fall, winter, spring), athletes who register now can receive summer communications via e-mail from coaches for more than one sport about possible summer workouts and open-gym opportunities.

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. 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 to sign up for fall sports.

Metro All-Sports Trophy: This Close...

For the first time in 13 years, Cougar athletes failed—by just two points—to win the annual Metro League All-Sports Trophy, given to the school with the highest combined finishes for league play in all Metro League girls’ sports for the school year.

During the asterisked school year of 2019-20, Metro athletes competed only in fall and winter sports; spring competition was canceled due to the COVID-19 pandemic. HNA athletes finished two points behind league rival Seattle Prep for the abbreviated year. Congratulations to our Panther friends at Prep, and to HNA’s fall and winter athletes for coming so close to a lucky 13th consecutive trophy.

The quest for a new dozen years of Cougar ownership of the trophy begins today, ladies. Go, Cougs!

(Cougar Corner continued on next page)
Fall Sport Permission Forms Due Mon., Aug. 10

Students planning to turn 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. 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. New families, please note: The required athletic eligibility forms include proof of a recent physical examination, signed by a licensed physician and good for 24 months. You may need to schedule an appointment with your daughter’s doctor.

TENTATIVE: Dates for Fall Tryouts: Aug. 24–28
Depending on WIAA decisions for re-opening high-school sports in Washington, (see previous page), HNA has tentatively scheduled fall tryouts for Monday–Friday, August 24–28. Be sure to check the early-August edition of this newsletter for an update. Athletes must be present the entire week for consideration.

TENTATIVE: Fall Crew Dates—Experienced & Novices
HNA crew will follow the WIAA schedule decisions for re-opening fall sports; for now, here are tentative HNA crew start dates for fall:

- **Experienced** crew (current HNA rowers and incoming 9th-graders with rowing experience) would begin Monday, August 24, 3:15–6:15 p.m. at Lake Washington Rowing Club (910 N. Northlake Way, Seattle). Click here for Crew Fall 2020 program & registration information.

- **Novice** crew (athletes new to rowing) would begin Tuesday, September 8. An information meeting for novice rowers will held during the first week of school.

- **Cougar Crew Camp** sessions for this summer have been canceled.

All-Sports Parent Information Night: Mon., Aug. 31
If your daughter plans to play any sport during the 2020-21 school year, including crew, at least one parent should plan to participate in the All-Sports Parent Information Night on Monday, August 31, at 7 p.m. Whether this presentation will be in person at HNA or virtual on Zoom is TBD.

Parent Information Night will cover the Athletic Department policies and procedures for the year, and is required for at least one parent of all HNA athletes. Your daughters are welcome, but not required to attend/view.

Coaching Positions Open at HNA: Soccer, Swim/Dive
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 JV and JVC coaches for soccer and an assistant coach for swim. Click below:

**Soccer:** Head JV Coach, Head JVC Coach
https://www.indeed.com/q-Holy-Names-Academy-l-Seattle,-WA-jobs.html?vjk=3d0b0b96879aa320

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