



Cougar Corner:

Online Meet This Monday for Parents of Athletes

Virtual All-Sports Parent Meeting: Monday, August 31, 7 p.m.

If your daughter plans to play *any* sport during the 2020-2021 school year, please plan to log into the **All-Sports Parent Information Night** on Monday, August 31, at 7 p.m. This virtual meeting is mandatory for at least one parent/guardian of all HNA athletes—regardless of the season(s) in which your daughter will compete. We will cover the latest updates from the Washington Interscholastic Activities Association (WIAA) regarding pandemic-based schedule changes and special precautions. And we'll go over HNA Athletic Department policies and procedures for this very unusual sports year and ways in which we're working to keep athletes engaged and in shape while classes remain online-only.

The Athletic Department will host a second virtual meeting prior to the kickoff of the new WIAA Season 2 (following Christmas break). This meeting will discuss plans for WIAA Seasons 2, 3 and 4. Coaches will be available to answer sport-specific questions. As a reminder, below is a list of the tentative dates for the realigned seasons and which HNA teams will compete in them. Note that **no HNA teams will compete this fall during the WIAA's new Season 1.**

REALIGNED COUGAR SPORT SEASONS, 20-21 SCHOOL YEAR (subject to change)		
WIAA Season 2	Dec. 28 – Feb. 28	Basketball, Bowling, Gymnastics
WIAA Season 3	March 1 – May 2	Cross Country, Golf, Soccer, Swim/Dive, Volleyball
WIAA Season 4	April 26 – June 27	Lacrosse, Softball, Tennis, Track/Field, Ultimate Frisbee

Crew Update

The HNA crew season will start virtually with curated training plans and weekly check-ins with coaches. Experienced athletes will begin virtual practice on Monday, August 31. Novices will begin Tuesday, September 8.

If safety precautions allow, we may begin to offer optional in-person workouts as early as September 28. Families who are registered for crew [on FamilyID](#) will receive instructions on how to opt in to these optional trainings.

Other Sports: Possible Fall Workouts Sept. 28 – Nov. 30

The WIAA Executive Board has approved an out-of-season coaching period during the fall for all sports. During this time, coaches may provide sport-specific coaching and conditioning. Information will be shared with students via homeroom announcements and direct e-mail.

(Cougar Corner continued on next page)

**Join HNA Parent Sports Meeting
Mon., Aug. 31,
7 p.m.**

**You must register in advance on Zoom:
[Click Here](#)**

After registering, you will receive a confirmation e-mail with instructions on how to join the event. You will need to register for a free Zoom account if you don't already have one.



The Cougar will be taking attendance!



Cougar cross-country athletes at State. Under the special schedule realigned by the WIAA, HNA cross country's season will move to early spring 2021.



Cougar Corner, Continued:

HNA Student Jogathon: Vital Support for HNA Athletics

Event Postponed, Campaign Continues

HNA's annual Jogathon event, a fun afternoon at which all four class years rally together in support of their athletic program, has been postponed until the spring due to pandemic concerns. But students will still raise funds this fall in order to maintain the vital goal of Jogathon: to keep the Cougar athletic program thriving.

What's Jogathon?

HNA's teams could not attain their winning achievements without the financial support generated by the Jogathon campaign. Soon, students will contact family and friends (by e-mail or social media) to gather contributions. They greatly appreciate the HNA community's enthusiasm for athletics, not only in your attendance at sports events but also in support of the Jogathon fund-raising campaign. Jogathon makes many resources available to our teams, such as field and pool rentals, new uniforms and warm-ups, coaches' education and first-aid/CPR certification, championship banners and plaques, and weight-room equipment.

We appreciate the support of parents as your daughters collect 15 names (or more) to whom they will e-mail a link to our fundraising site, which will be hosted soon on **GoFundMe Charity**. The site will explain the cause the Jogathon campaign supports. The contact list each student generates is used solely for this purpose and not for any other HNA solicitations. This is an ideal time for parents, relatives, friends, and alumnae to support our community. Parents who wish to have their daughter excused from soliciting may instead send a check for \$275 to HNA, attention Athletics; we will also have an online option for this purpose. Details will be announced soon. Note that all students must still participate in the Jogathon festivity events in the spring, date to be announced.

Athletic Permission Forms Due Before Tryouts

Students planning to turn out for a sport at HNA this year must have their sports physical form on file in the Athletic Office before participating in tryouts. See the HNA website [Athletic Eligibility](#) page for details. Students must also register for their respective sport through the FamilyID website.

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 bags, 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 Cougar Wear Options?

HNA has an online store, open 24/7 and 365 days a year, with custom, HNA-branded merchandise for the athlete or sports fan in your family. Visit our [Sideline Store](#) site.



Jogathon: Current seniors celebrate Skipper Power at previous event.



View Cougar Gear on the HNA website.