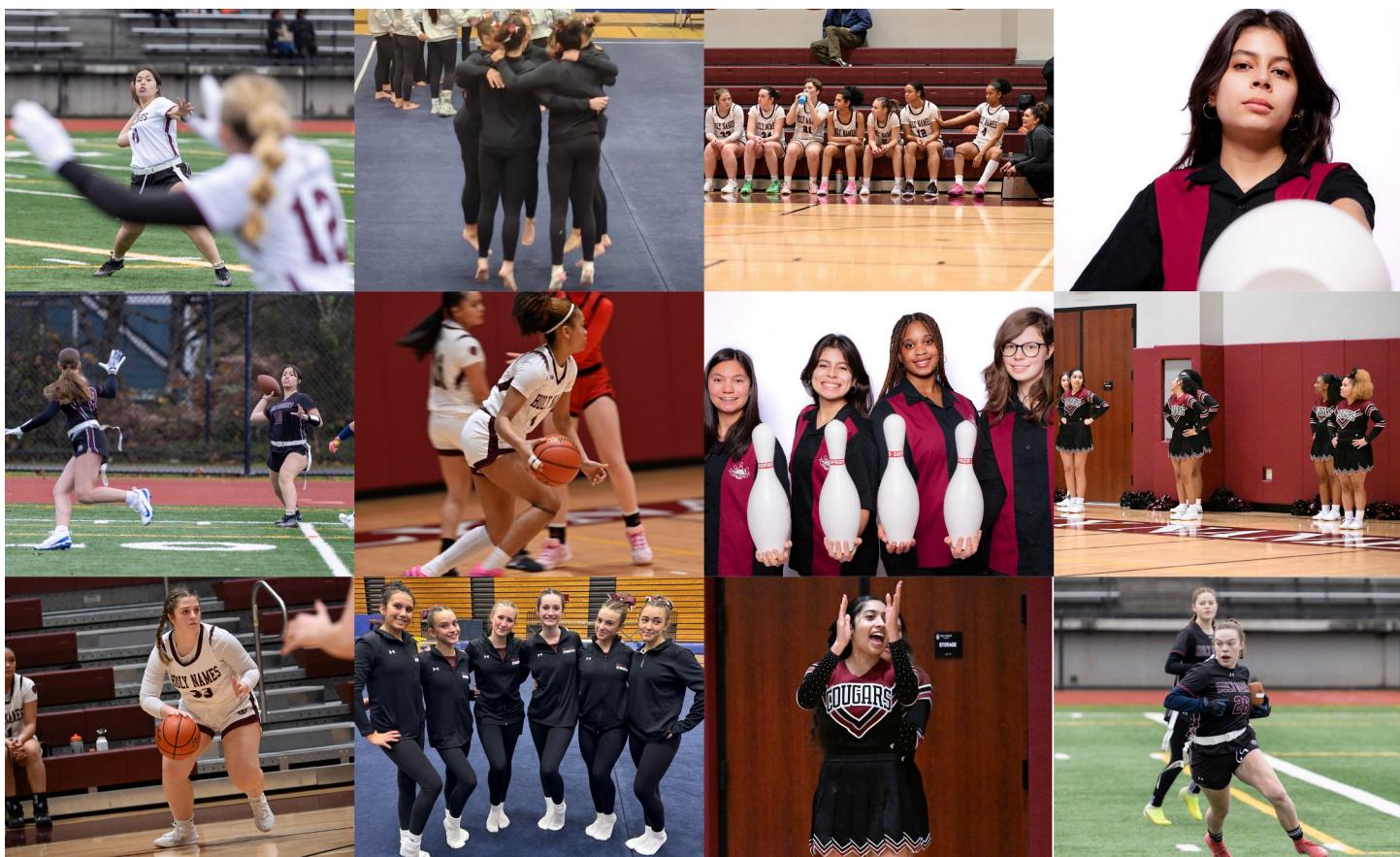




# COUGAR CORNER

## Winter Sports Are Off and Running!

The Cougars kicked off the winter season strong in December with basketball, bowling, flag football, and gymnastics delivering plenty of action! Flag football is dominating the league, holding the #1 spot. Basketball heads into January ranked 3rd in their division, while our bowling squad—the Holy Rollers—continues to improve and has five regular-season matches left before playoffs. Gymnastics is hard at work perfecting new skills and gearing up for an exciting competition schedule this month. Our cheer team has been bringing the spirit to basketball games, and crew is pushing for new PRs as training continues. The Cougars are back in action this January, and we can't wait to see what 2026 has in store. Roll Cougs!



*Cougar Corner continued on page 2*

## METRO LEAGUE TICKET PRICES

Tickets for all regular season Metro League basketball games are now purchased through HomeTown Ticketing. Tickets for the upcoming week of games go live on Monday at 10 a.m. Tickets for HNA home games can be purchased through the [HNA box office](#) or the HomeTown App. There is no charge for HNA students at home games.

Additional information about digital ticketing along with links to the Seattle Public School box office can be found [here](#).

## STREAM HNA HOME BASKETBALL GAMES LIVE

Holy Names Academy will livestream all home basketball games (JV, Varsity) free of charge this season on HudlTV. [Click here](#) to access the livestream.



## ATHLETIC FEE

The Cheer Team and Sports Participation Fee is \$200 per season for all student athletes and \$345 for Winter Crew athletes. The fee will be invoiced through FACTS on January 8 and due January 18.

## SPRING SPORTS DEADLINE: FEBRUARY 20

Students planning to turn out for a sport during the 25-26 school year must register on [FinalForms](#). Instructions on how to register your daughter on this platform are posted on HNA's website (under "[Eligibility & Registration](#)" in the Athletics section). You may now register your daughter for the spring sport season. Note that you should upload your daughter's sports physical and float test (if applicable) directly to FinalForms. [Click here](#) for instructions on uploading. Please note that registration for spring sports must be completed by Monday, February 23, 2026.

## COACHING OPENINGS

HNA has the following open coaching positions. Click the links below for more information.

- [JV Lacrosse Coach](#)
- [Assistant Track & Field – Springs and Jumps Coaches - 2 positions](#)
- [Assistant Ultimate Frisbee Coach](#)

## Cougar Gear

### COUGAR MERCHANDISE

The entire selection of Cougar Gear is available for purchase online. Browse the [HNA website Cougar Merchandise page](#) for an updated list of merchandise, including our new "Defend the Den" t-shirt! After completing your purchase online, we will email you when your merchandise is available for pick-up at HNA.

### ATHLETIC BAG ORDERS

The next order for personalized sports bags will be placed on **April 27, 2026**. Students or parents who wish to purchase a sturdy, roomy athletic bag in HNA school colors may preorder one through the [ArbiterSports Cougar Gear link](#) for \$95. Bags may be personalized with the student's name.

### HNA ATHLETICS SIDELINE STORE

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