



COUGAR CORNER

Winter Sports Post-Season Update

BASKETBALL



Both JV and JVC teams showed great improvement over the season and ended the year with big wins at home! Varsity also pulled off a huge upset over top ranked Hazen to open the district playoffs. Genesis Hopkins '24 was voted by Metro coaches as one of the top players in the league, winning 2nd Team All-Metro. Holy Names basketball is so grateful to everyone that came out to support us during this amazing season. —Head Coach Emily McKenzie

BOWLING



The Holy Rollers finished out a competitive season, sending two bowlers to Districts and then to State as individuals. Elli Briant '24 and Sophia Kilbourne '24 had great days at the State competition, scoring over seven hundred pins each, while Elli PR'd with a score of 180! —Head Coach Natalie Radich

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Winter Season Highlights (Cont'd)

FLAG FOOTBALL



HNA's Flag Football inaugural season was a tremendous success with a lot of positives and achievements by all. We had a lot of unknowns leading into this endeavor, with players having little to no experience in flag football. But from day one, they worked hard to learn new skills, understand the premise/flow of the game, and get on the same page as a team as quickly as possible. They all came ready to be coached and to have a good time, as evidenced by all the laughs at practice! We ended our season 4th place in the Metro League after giving the top teams in the league quite a scare during our final two games! While other teams are graduating several seniors, we are a young team and excited about the future of HNA Flag Football! —Head Coach Grant Kauno

GYMNASTICS



The team worked hard to gain new skills and perfect old ones and consistently placed in the top 5 in every event and all-around every meet. Ava '25 and Hailey Pittiglio '23 outperformed dozens of other gymnasts at Metro's and Districts to conclude their season at the State meet last Thursday. Ava qualified for the all-around, while Hailey qualified for three events! Ruthie Bridgeman '24, Aria Lewis '24, and Kenzie Harrington '26 all made significant contributions to the team score at the Metro meet. Ruthie had qualifying marks on floor and bars and Aria won the Metro League All-Around Competition! As coaches, we could not be prouder of the progress the girls made this year. A special shout out to our Team Captain, Hailey, whose positive attitude and commitment to the team, will be missed tremendously. —Head Coach Erin Saunderson

Spring Sports Underway

The spring sports season has begun, as student-athletes head outdoors for crew, lacrosse, softball, tennis, track/field (a no-cut sport), and Ultimate Frisbee. The spring crew program has been at work throughout February, preparing for the first spring events.

REMINDERS FOR PARENTS

A few helpful reminders to assist your student-athlete have a successful season:

- Make sure they dress appropriately for outside practice and games, as the weather can change day to day.
- Encourage daily communication on when and where to pick up your student-athlete after practice and after games.
- Promote healthy eating and drinking plenty of fluids to refuel the active athlete's body.
- Check the HNA website's [online calendar](#) for the latest schedule for your daughter's sport, or call the Athletic Office at (206) 720-7831 with questions about game sites and times. Many spring 2023 competitions are already listed on

the online calendar, which will be regularly updated as changes or postponements arise. You can customize the calendar for particular sports and set it to send you email or text reminders and updates on schedule changes.

- Attend games, matches, and races to support your Cougars!

SPORTS PARENT MEETINGS

A general sports parent meeting covering the HNA *Athletic Department Handbook* was held on the first day of school for all sports. Parents of lacrosse, softball, tennis, track and field, and Ultimate Frisbee team members will be notified of sport-specific parent meetings once teams are determined.

CREW

"Spring Season is starting off strong with our first two small scrimmages against Mt Baker and Green Lake. We are all very excited to see the speed and depth of our team on the racecourse as we start to polish up our racing skills after a long dark winter."

—Head Coach Chris Marr

For New Families

SPORTS INFORMATION NIGHT: APRIL 3

All incoming 9th graders (Class of 2027) and their parents, as well as incoming transfer students and their parents, are invited to an informational evening about the HNA athletic program on Monday, April 3, at 7 p.m. in the HNA gym. Families new to the school can learn about our program and meet the coaches.



HNA Gymnasium

Cougar Merchandise

COUGAR GEAR

Cougar Gear is available for purchase online through FamilyID. First, browse the [HNA website Cougar Merchandise page](#) for an updated list of sweatshirts, PJ pants, swim towels, lanyards, and more! Then visit the [FamilyID Cougar Gear link](#) to make your purchase. 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 24, 2023. Students or parents who wish to purchase a sturdy, roomy athletic bag in HNA school colors may preorder one through the [FamilyID Cougar Gear link](#) for \$80. Bags may be personalized with the student's name.

HNA ATHLETICS SIDELINE STORE

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

Sampling of merchandise available on [HNA's website](#).



Want to be an Official?

Are you looking for a way to make a positive contribution to sports in your community while earning some additional income? The Washington Official's Association is recruiting game officials of all ages for a variety of interscholastic sports. To find out how to become an official in your area, go to [WOA Home Page](#). Each association provides its own training program. You may also click on the links below for specific sport information.

- WOA – [woa-officials.com](#)
- Basketball – [pnboa.org](#)
- Football – [pnfoa.org](#)

- Volleyball – [gsvo.org](#)
- Softball – [smsua.org](#)
- Baseball – [nbua.net](#)
- Soccer - [wareferees.org](#)

Washington Women's Lacrosse Officials

Association is also recruiting officials! WWLOA is offering a \$100 bonus for any new adult who trains to be an official, gets rated and refs five high school games this season! Get more information here: [Washington Women's Lacrosse Officials Association](#)

Looking for Sports Scores?

- Find Metro League results for spring teams competing in the Metro League (softball, tennis, golf, track & field) on the [Metro League website](#).
- Lacrosse information for the entire state is at [wslax.org](#); HNA lacrosse has a [team page](#).
- Ultimate Frisbee has combined with the Bush School for the 2023 spring season. Schedules and results can be found on [The Bush School Athletic Website](#).