



COUGAR CORNER

All-Sports Trophy Returns to HNA!

The Metro League All-Sports Trophy is awarded annually to a member school with the highest finish in league tournaments across all three seasons of competition. This year, 11 of HNA's 14 sports programs that compete in the Metro League, earned a total of 64 points to bring home the All-Sports Trophy for the 15th time in school history!

This trophy is truly a team effort! Below are the points for the Cougar finishes that made up the victory:

METRO CHAMPIONS

10 points each

- Golf
- Soccer

2ND PLACE IN METRO CHAMPIONSHIP MEET

8 points each

- Swim & Dive
- Gymnastics

3RD PLACE IN METRO TOURNAMENT

6 points each

- Softball

4TH PLACE IN METRO CHAMPIONSHIP TOURNAMENT/MEET

5 points each

- Cross Country
- Bowling
- Tennis
- Track & Field

8TH PLACE IN METRO TOURNAMENT

1 point each

- Volleyball
- Basketball



Roll Cougs!

Summer Planning Reminders

FALL SPORTS TRYOUTS:

AUGUST 22-26

Please mark the dates Monday–Friday, August 22–26, if your daughter would like to try out for soccer, volleyball, golf, experienced crew, swimming (no-cut), or cross country (no-cut). Athletes must be present the entire week for consideration. 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 (see next item).

FALL SPORTS ATHLETIC PERMISSION FORMS DUE:

MONDAY, AUGUST 15

Students planning to turn out for soccer, volleyball, golf, swimming, cross country, crew, cheer, or slowpitch softball this fall must have their [sports physical](#) on file in the Athletic Office by Monday, August 15. 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 SPORTS PICTURES:

SATURDAY, AUGUST 27

Please save the date for our fall sports photo day at HNA. On Saturday, August 27, the [Designer Portrait studio](#) will be on campus to take team and individual photos for all fall sports. Individual and team photos will be available for purchase. Additional information about the photo day schedule will be available in August.

ALL-SPORTS PARENT INFORMATION NIGHT:

MONDAY, AUGUST 29

If your daughter plans to play any sport during the 2022-2023 school year, including crew, at least one parent should plan to attend the All-Sports Parent Information Night on Monday, August 29, at 7 p.m. 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 gym for all parents, followed by breakout sessions for the various sports. Your daughters are welcome, but not required to attend.

Slowpitch Softball to be Added in Fall 2022

Slowpitch Softball will be added to the HNA fall sports lineup beginning Fall 2022. HNA will compete against other Metro League schools who offer the sport.

The season will begin on Monday, August 22, 2022, and will run through late October 2022. Additional information about the season will be shared in the August newsletter.

Athletes who are interested in joining the HNA softball team should register on FamilyID now by [clicking here](#).



COUGAR COACH SPOTLIGHT

Rachel Francisco

Assistant Basketball and Assistant Lacrosse



Coach Rachel with the JV Basketball team

Coach Rachel Francisco '17 made an immediate impact on the HNA Athletic Department this year. As a former HNA student athlete herself, she understands what it means to be a Cougar! Coach Francisco successfully navigated a challenging covid season and led the JV basketball team to a winning record. In addition to her work with the JV squad, Coach Francisco could regularly be found in the gym before and after practice working with members of the JVC and Varsity basketball players on skills they wanted to perfect outside of practice. Coach Rachel is not afraid of a challenge! When I approached her about helping with the varsity lacrosse team this season, she immediately said yes and although she does not have a background in lacrosse, she quickly discovered the parallels between the two sports. It was a privilege to watch Rachel grow as a student athlete here at HNA and I am thrilled to have her back under the dome sharing her talents with the next generation!

—Lacey London, Athletic Director

Coach Rachel has made a seamless transition from player to coach. She has a vast knowledge of the game of basketball which she can clearly and effectively teach to her athletes. Coach Rachel is hard-working and

dedicated, she shows up fully every day willing to put her all into Holy Names Basketball. She cares deeply about growing as a coach and a person, an excellent role model for the players.

—Emily McKenzie, Head Basketball Coach

Rachel was a tremendous addition to the Varsity Lacrosse coaching staff this season. I couldn't have imagined coaching the team without her! While Rachel comes from a basketball background, she was quick to learn the strategy of the game and did a fantastic job coaching the athletes. She added immense value to every huddle and practice and truly put her heart into the job!

—Natalie Ceis, Head Varsity Lacrosse Coach

Coach Rachel is absolutely committed to her work and Holy Names athletes. She pushes us and always has our back in the process. She is someone that inspires me every day, and she has made my last year at Holy Names so memorable.

—Kaylen Moore, Varsity Basketball and Varsity Lacrosse Athlete

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, 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 September 12, 2022. 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](#).