



COUGAR CORNER

Important Dates

FALL SPORTS TRYOUTS: AUG. 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, slowpitch softball, 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: AUG. 15

Students planning to turn out for soccer, volleyball, golf, swimming, cross country, crew, slowpitch softball, or cheer 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: AUG. 27

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 shared during tryouts.

ALL-SPORTS PARENT INFORMATION NIGHT: AUG. 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.

Cougar Merchandise

COUGAR GEAR

The entire selection of 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.



Sampling of merchandise available through HNA's website.

ATHLETIC BAG ORDERS

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. The next bag order will be placed on September 12, 2022, which is the last order before Christmas break.

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 our [Sideline Store site](#).

Use code **AUGUST22** through August 31, and receive 15% OFF any order of \$90 or more at the Sideline Store.

Cougar Corner continued on page 2

Fall Sports Tryout/Practice Information

Cheer Tryouts

Head Coach	TBD
Tryout Dates	Tentatively scheduled for Tuesday, September 6, 3-5 p.m.
Tryout Details	Students interested in trying out for HNA's new cheer squad, should be sure to register on FamilyID . Additional information will be shared with registered athletes once we finalize our season plans.

Crew Practice

Head Coach	Chris Marr
Experienced Team (Athletes with 1+ years rowing experience)	Daily practice for the Experienced Team begins on Monday, August 22, and runs every Monday-Friday, 3:15-6:15 p.m. Registration is open on FamilyID , and athletes should register by August 15.
Novice Team (Athletes of any age with little to no previous rowing experience)	Novice Crew starts on Tuesday September 6. Registration is open on FamilyID , and athletes should register by Monday September 5. Novice athletes have the option to register for practice either Monday, Wednesday, Friday OR Tuesday, Thursday, Friday. Practices are 3:15 p.m. – 6 p.m. at the LWRC boathouse in Fremont. The deadline to register for crew is after other Fall sport tryouts, and we strongly encourage athletes that did not make it through tryouts to come try a new sport and learn to row.

Cross Country Practice

Head Coach	Erin McCormick
Practice Dates & Location	Practice will be held from 3-5 p.m. beginning Monday, August 23. In that first week, practice will be held at the following locations: <ul style="list-style-type: none"> Monday, Tuesday: Lower Woodland Wednesday, Thursday: Holy Names Academy Friday: Lower Woodland
Practice Details	All participants are expected to commit to the daily practice attendance throughout the season. Cross-country is a no-cut sport, and we welcome runners of all speeds. <u>Given the endurance demands of the sport (races of 2 mi to 5k distance), participants are expected to be able to run continuously for 2 miles at the start of the season.</u> Participants do not have to be able to run this distance in any particular time, but they should be comfortable running 2 miles without stopping. This standard is in place for the training and racing safety of participants. During the season, participants are expected to run daily of distances at least two miles, and races will be held weekly starting in the third week. In preparation for the season, participants are strongly encouraged to run consistently to enter the season with a solid running base. Consistent summer running prepares participants for the rigor of daily training that the season entails. That preparation also decreases the likelihood of injury, as the body will also be adapted to frequent and consistent running. After tryout week, those interested in cross-country should contact the head coach about joining the team. Participants must join by the end of the second week, as the roster will be set at that point. Visit the HNA Cross Country page on athletic.net for schedule and additional information. Questions can also be emailed to Head Coach Erin McCormick .

Fall Sports Tryout/Practice Information, Cont'd

Golf Tryouts	
Head Coach	Jim Donner
Tryout Dates & Location	Monday-Wednesday, August 22-24, 3 - 5 p.m., at Jefferson Golf Course
Tryout Details	Athletes will be responsible for their own transportation to and from tryouts.

Slowpitch Softball Tryouts	
Head Coach	Kelly Hinderberger
Tryout Dates & Location	Monday-Thursday, August 22-25, 3-5 p.m., at Magnuson Park Field #9
Tryout Details	<p>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 inaugural season will begin Monday, August 22, and run through late October.</p> <p>Softball experience is welcome, but not required. All are welcome to tryout.</p> <p>Athletes will be responsible for their own transportation to and from tryouts.</p>

Soccer Tryouts	
Head Coach	Julianna Sackeyfio
Tryout Dates & Location	<p>Monday-Friday, August 22-26</p> <p>On Monday, August 22:</p> <ul style="list-style-type: none"> 9th-graders (Class of 2026) report to Lower Woodland #7 Playfield from 1 to 3 p.m. 10th, 11th, 12th graders report to Lower Woodland #7 Playfield from 3 to 5 p.m. <p>On Tuesday-Thursday, August 23-25:</p> <ul style="list-style-type: none"> Tryouts will be at Lower Woodland #7 Playfield from 3 to 5 p.m. <p>On Friday, Friday, August 26:</p> <ul style="list-style-type: none"> Tryouts will be at Jefferson Playfield from 3 to 5 p.m.
Tryout Details	<p>Athletes will be expected to attend their assigned session each day all week unless otherwise directed by the coaches.</p> <p>Athletes will be responsible for their own transportation to and from tryouts.</p>

Fall Sports Tryout/Practice Information, Cont'd

Swim & Dive Practice	
Head Coach	Rachel Loy
Practice Dates	<ul style="list-style-type: none"> • August 22 – 26 and August 29 – September 2: practices run from 5:30 – 7:00 a.m. at Medger Evers Pool (500 23rd Ave. E.). • September 6 – 22: practices shift to Monday – Thursday, 3:00 – 4:30 p.m., to accommodate the Rainier Beach pool closure. • September 26: We anticipate returning to our regular Monday – Thursday morning practice session (5:30 – 7:00 a.m.) and an afternoon practice session on Mondays and Wednesdays (3:00 – 4:00 p.m.) • Meets will take place on Fridays, beginning September 9.
Season Details	<p>Swim and Dive is a no-cut sport, open to all interested students.</p> <p>In addition to registering for Swim & Dive on FamilyID, families must also register on Swimtopia every year. Swimtopia is the team website where the team schedule and important announcements are posted. It is also where athletes sign up for meets. Both parents and athletes must register on Swimtopia. Once in the site, click on the green registration now button.</p>

Volleyball Tryouts	
Head Coach	Larry Garcia
Tryout Dates & Location	Monday-Wednesday, August 22-24, HNA gym
Tryout Details	<p>On Monday, August 22, and Tuesday, August 23:</p> <ul style="list-style-type: none"> • 9th graders (Class of 2026) will attend the 3 – 5 p.m. tryout session in the HNA gym • 10th-, 11th-, and 12th-graders will attend the 5 – 7 p.m. tryout session in the HNA gym. <p>Athletes will be expected to attend their assigned session each day all week unless otherwise directed by the coaches. Tryout sessions for the rest of the week will be announced during tryout week.</p>

Open Coaching Positions for 2022-23 School Year

The HNA Athletic Department is hiring! If you or someone you know is interested in joining our amazing Cougar Coaching Staff, please contact Athletic Director [Lacey London](#). Complete job descriptions can be found on the WIAA Website under Jobs Wanted.

- [Head JVC Soccer Coach](#) – fall 2022
- [Head JVC Volleyball Coach](#) – fall 2022
- [Assistant Swim & Dive Coach](#) – fall 2022
- [Assistant Crew Coach](#) – fall 2022 – spring 2023
- [Head Bowling Coach](#) – winter 2022-23
- [Head Track & Field Coach](#) – spring 2023
- [Assistant Tennis Coaches](#) – Head Varsity and Assistant Varsity – spring 2023

