



COUGAR CORNER

Welcome Back, Cougs!

HNA Cougars are back in action! Fall tryouts concluded on August 26, and competitions will kick off September 6. You can find the most up-to-date schedules on the [HNA Metro League website](#).

NOVICE CREW

The Novice Crew program will run September 6 – November 22. Families have the option to choose a Monday, Wednesday, Friday schedule OR a Tuesday, Thursday, Friday schedule. Registration is now open on [FamilyID](#). All participants must have a current physical and float test on file in the Athletics Office. Transportation from HNA to the boathouse will be provided.

CHEER TRYOUTS

Cheer tryouts are tentatively scheduled for Tuesday, September 6, from 3 – 5 p.m. Students interested in trying out for HNA's new cheer squad should register on [FamilyID](#). Additional information will be shared with registered athletes once we finalize season plans.

ALL-SPORTS PARENT INFORMATION NIGHT: AUGUST 29

Athletic Director Lacey London led the All-Sports Parent Information Night on Monday, August 29. The meeting covered Athletic Department policies and procedures for the year and also provided breakout sessions for fall sports families.

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

COACHES' TRAINING



On August 15, 25 Cougar coaches gathered for a three-hour pre-season meeting. In addition to discussing HNA policies and procedures, the coaching staff reviewed the SNJM Core Values and discussed which of the Core Values they feel their program embodies and/or will focus on this year. Hannah Olson, Director of the University of Washington Center for Leadership in Athletics, led a discussion on new ways of building relationships and providing feedback. The coaches also participated in an activity during which they coached each other in a new skill while only asking questions and being recorded by another coach.

HNA JOINS WOMEN OF WILL

HNA is partnering with BSN SPORTS and Under Armour through their co-sponsored Women of Will Program, the first high school sponsorship program designed distinctly for women's athletic programs. The uniform and apparel agreement outfitting athletes and coaches in Under Armour gear will debut Fall 2022, unlocking partnership benefits for the HNA as members of the exclusive Women of Will Program.

Partnership benefits for the Cougars Athletic Program include custom Women of Will branding and apparel packages, fanwear platforms and branding designs through BSN SPORTS over the next three years.

"We are thrilled for the opportunity to partner with Holy Names Academy, who continue to establish their presence as a driving force in celebrating female athletes and supporting women's sports," said BSN SPORTS National Account Manager Emmy Walton.

Jogathon: September 21

HNA's annual Jogathon event, a fun afternoon during which all four class years rally together in support of their athletic program, will take place this year on **Wednesday, September 21**.

HNA's teams could not attain their winning achievements without financial support from the Jogathon campaign. Students will contact family and friends (by email or social media) to gather contributions. They greatly appreciate the HNA community's enthusiasm for athletics, not only in attendance at sports events but also in support of the Jogathon fund-raising campaign. Jogathon makes many resources available to HNA's 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 either email a link to our fundraising site or send a letter in a prepaid postage envelope. 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.

Students will receive instructions about the Jogathon fundraising process during designated homerooms. Your family may opt out of the fundraising process by submitting a donation of \$285 by 8 a.m. on September 13; [click here](#) to make your opt-out donation.

Note that all students must still participate in the Jogathon festivity events on September 21.



This year's seniors—Class of 2023—at Jogathon during their 9th-grade year.

Cougar Merchandise



Sampling of merchandise available through HNA's website.

COUGAR GEAR ON HNA'S WEBSITE

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.

ATHLETIC BAG ORDERS

Students or parents who wish to purchase a sturdy, roomy athletic bag in HNA school colors may order 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 HNA's [Sideline Store site](#).