



COUGAR CORNER

Highlights

CREW



HNA Crew sent two boats to the Youth National Championships June 11 – 16, 2025. The V4- (Leah Hanken '26, Anna Lazar '26, Alexa Moore '26, Sawyer Town '26) placed 13th overall, and the V2- (Marin Rubel '27 and Amelie Smith '27) placed 19th overall. The Cougars were joined by interim Head Coach Maddy Holzman-Klima and Assistant Coach Anita Sarrett.

Summer Training Opportunities

Open gyms and summer trainings are a great opportunity for athletes to meet the HNA coaches and other student athletes. Open gyms and summer trainings are optional and are open to all current HNA students (including incoming 9th graders). Open-gym and summer training hours are subject to change; check the HNA Athletics calendar for latest information. Time changes or cancellations will be updated on the calendar one hour before the open gym is scheduled.

SUMMER STRENGTH TRAINING WITH HNA'S ATHLETIC TRAINER

HNA's Athletic Trainer, Julia Olson, will lead one-hour strength and conditioning sessions throughout the summer, Monday – Thursday, at 12:30 p.m., 1:30 p.m., and 2:30 p.m. These sessions are free of charge and open to all current and incoming students. Students do not need to be an HNA athlete to participate but must

be cleared in FinalForms, including having a sports physical and signatures. Participants will learn proper lifting techniques, run, work on power drills, and become more familiar with the weight room. These sessions will be offered on the following dates: June 23-26, July 7-10, July 14-17, July 21-24, July 28-30. Dates may be added in August, depending on interest. Please check the HNA online calendar for any updates.

CROSS COUNTRY

Cross Country coaches will lead summer cross country trainings at HNA and Lower Woodland this summer. Specific information will be sent to all students registered for Cross Country on FinalForms.

SOCCER TRAINING AND CONDITIONING

- *Outdoor Captains Training – Tuesday s (8:30-10 a.m.) at Lower Woodland #7.* - Meet at the west end of field by tennis courts - Bring cleats, shin guards, soccer ball, water bottle, sunscreen. These sessions will be run by returning varsity players.
- *Indoor Open Gym Sessions – Thursdays (8:30-10 a.m.) through 7/31/25 in HNA Athletic Complex –* Come to Gym Lobby Door on 21st Avenue (west side of HNA) – Bring tennis shoes/indoor shoes for gym floor, water bottle. These sessions will be run by Coach Julie.

****All updates and last-minute changes to schedules will be posted only on HNA's Soccer Instagram account: @hna_soccer. Contact Head Coach [Julie Raney](#) with questions.**

SUMMER VOLLEYBALL OPEN GYMS

Volleyball open gyms will take place in the HNA Athletic Complex. Come to the gym lobby door on 21st (west side of the gym).

Bring shoes, kneepads, and water bottle. Open gyms will generally run Mondays and Wednesdays from 4-6 p.m. Be sure to check the HNA calendar for up-to-date information. Contact Head Coach [Mo Coverdale](#) with questions.

HNA SUMMER CAMPS

HNA offers athletic and special interest summer camps for young women entering Grades 4 through 8, and to any student starting Grade 9 at HNA in the fall. The athletic camps are designed to offer quality instruction from the HNA coaching staff, players, and alumnae in a fun, welcoming environment. All skill levels are welcome. Special interest camps are instructed by HNA faculty and staff. [Click here](#) for more details and to register.

EXPERIENCED CREW SUMMER CAMP

The High School Experienced Camp is for athletes with at least one year of rowing experience. This is a great camp to spend time in small boats, working out, and training in a non-competitive environment and is a great way to get ready for the coming fall. Incoming 9th graders with 1+ year of competitive rowing experience may also register for this camp.

Sports Physical Required for Summer Open Gyms & Training

HNA requires all students participating in summer training opportunities to be cleared through [FinalForms](#) before they are eligible to participate in any school-sponsored HNA open gym or training. Families must register their student on FinalForms, complete all forms, and upload a current sports physical before their daughter may participate in trainings. As a reminder, sports physicals are good for 24 months.

Important Dates for 2025-2026 Athletics

FALL SPORTS TRYOUTS: AUGUST 25-29

Tryouts and practice for fall 2025 sports—cross country (no-cut), experienced crew (no-cut), golf, slowpitch softball, soccer, swim & dive (no-cut), and volleyball—will be: **Monday – Friday, August 25 – 29, 2025.**

Athletes must be present the entire week of tryouts.

Novice rowers begin practice Tuesday, September 2.

REGISTER FOR 2025-26 SPORTS

Students planning to turn out for a sport during the 2025-26 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 summer training and the fall, winter, and spring seasons.* Note that you should upload your daughter's sports physical and float test (if applicable) directly to FinalForms. [Click here](#) for instructions on uploading.

The registration deadlines— by when your athlete must be registered and have the current sports physical uploaded in FinalForms—are: June 2, 2025 (summer trainings); August 18, 2025 (fall sports); November 3, 2025 (winter sports); February 23, 2026 (spring sports).

Important Dates for 2025-2026 Athletics (cont'd)

ALL-SPORTS PARENT INFORMATION NIGHT: THURSDAY, AUGUST 28

If your daughter plans to play any sport during the 2025-2026 school year, including crew, at least one parent should plan to attend the All-Sports Parent Information Night on Thursday, August 28, 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 HNA gym for all parents, followed by breakout sessions for the fall sports. Your daughters are welcome but are not required to attend.

ATHLETIC FEE

The Sports Participation Fee is \$200 per season for all student athletes. The fee will be invoiced through FACTS once rosters are finalized.

Coaching Position Openings

HNA has position openings for assistant crew coaches. [Click here](#) to learn more about these positions.

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
- Lacrosse – [Washington Women's Lacrosse Officials Association - Home \(wwloa.org\)](http://Washington Women's Lacrosse Officials Association - Home (wwloa.org))

Cougar Gear

COUGAR GEAR

Cougar Gear is available for purchase online. First, browse the [HNA website Cougar Merchandise page](#) for an updated list of sweatshirts, PJ pants, swim towels, lanyards, and more! Then visit the [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

The next order for personalized sports bags will be placed on **September 8, 2025**. Students or parents who wish to purchase a sturdy, roomy athletic bag in HNA school colors may preorder one through the [Cougar Gear link](#) for \$95. 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](#).