



COUGAR CORNER

Winter-Sports Update

Winter schedules and results available on the Metro League Website www.metroleaguewa.org.

BASKETBALL



All three basketball teams are showing much improvement in the new year, and varsity started 2023 with three strong conference wins. On Friday, January 13, HNA celebrated a program 'sweep' under the dome as all three squads defeated their respective opponents!

—Head Coach Emily McKenzie



Stream Home Basketball Games LIVE

HNA streams all home games to the [Holy Names Academy Athletics YouTube channel](#). Be sure to subscribe to HNA's channel and watch the Cougars play from the comfort of your own home!

Click the image to view HNA's Athletics YouTube channel.

Online Ticketing for Basketball Games

Tickets for HNA home basketball competitions are available for purchase through HomeTown Ticketing on the [Online Ticket Sales](#) page of the HNA website. You can also download the Hometown Fan app from the App Store or Google Play to purchase your tickets at the gate. No tickets will be sold at the gate for home basketball games. You will be asked to show your QR code or confirmation email for game entry. Physical tickets will no longer be sold at the game.

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Winter Season Highlights (Cont'd)

BOWLING



It's been a very exciting and closely contested season! The bowlers are currently battling it out for a place at districts against three other teams with matching records that are all within two-hundred total season pins of each other. It is going to be an exciting finish to the season. Congratulations to Elli Briant '24 and Sophia Kilbourne '24, who qualified for the State Tournament.

—Head Bowling Coach Natalie Radich

CHEER



The HNA Cheer team has showcased their talent at several HNA basketball games this season. We look forward to honoring our three senior team members—Maida Camero, Kalieyah Johnson, and Precious Muriithi—at halftime during the final home basketball game against Garfield on February 1.

—Athletic Director Lacey London

Winter Season Highlights (Cont'd)

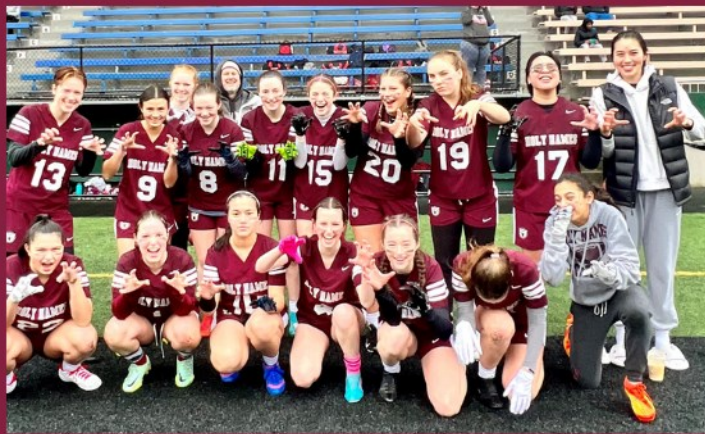
CREW



HNA crew is wrapping up the winter grind with many personal records in the weight room and on the ergs. Soon we will be getting ready for our very first early spring races against local Teams.

—Head Crew Coach Chris Marr

FLAG FOOTBALL



The Flag Football team has come a long way in a short period of time, working hard learning the fundamentals and strategies of a new sport. The enthusiasm of the team and the fun that we have has been on display at practice and the games. We are at the halfway point of the season and are looking to stay in the top half of the league to make the playoffs.

—Head Coach Grant Kauno

Winter Season Highlights (Cont'd)

GYMNASTICS



The gymnastics team has continued to excel this season, with weekly top three placements on every event. Ruthie, Ava, and Hailey continue to improve their individual scores in their events every single meet, always matching or beating their score from the week prior. Competition has been both competitive and fun, and our team continues to bond with each other every day. At our first and last home meet in January, we were able to celebrate our senior captain Hailey Pittiglio, honoring her commitment and leadership to the team.

—Head Coach Erin Saunderson

Post-Season Ticket Prices: Basketball, Gymnastics

Post-season Metro and District tournament fees for basketball and gymnastics are \$7 for adults and students without activity cards, \$5 for students with activity cards and for senior citizens. Ticket prices for the State tournament events can be found here: [State Championship Ticket Prices](#).

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 **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](#).

Spring Sports Begin: Feb. 27

DEADLINE TO REGISTER: FEBRUARY 16

Students planning to turn out for crew, lacrosse, softball, tennis, track & field, or ultimate frisbee must have their [sports physical](#) on file in the Athletic Office by Thursday, February 16. 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.

TRYOUT/PRACTICE INFORMATION

Lacrosse

The Lacrosse tryout schedule is as follows:

| Date | Time | Location |
|----------------|------------------|--------------------------|
| Mon., Feb. 27 | 5:15 – 7:15 p.m. | Delridge Playfield South |
| Tues., Feb. 28 | 3 – 5 p.m. | Miller Playfield |
| Wed., Mar. 1 | 3:15-5:15 p.m. | Washington Park |
| Thur., Mar. 2 | 2:50-4:30 p.m. | Miller Playfield |
| Fri., Mar. 3 | 2:50-4:30 p.m. | Miller Playfield |

Please note that the HNA Lacrosse field schedule will rotate based on field availability. Coaches will share additional field schedules for practice and games.

Softball

Tryouts will run Monday–Friday, February 27 – March 3. All athletes should report to Magnuson #9 at 3 p.m. on Monday, February 27. The schedule for the rest of tryout week will be announced that day.

Tennis

Tryouts for JV and Varsity will run Monday – Wednesday, February 27- March 1 at Amy Yee Tennis Center. Tryouts are from 3:00 – 4:15 p.m. Please arrive on time and prepared to play. There is a facility to change clothes, but please be on the court at 3:00 p.m. Interested athletes may contact [Coach Venus](#).

Track & Field (a no-cut sport)

Meet in the HNA Gym on Monday, February 27, at 3 p.m. and do a local workout from 3:15 to 5 p.m. Athletes will travel to the track (West Seattle Stadium) Tuesday through Friday. Appropriate clothing, shoes, and water required.

Opportunities to Get Involved

BECOME AN HNA COACH

HNA has the following open coaching positions. If you or anyone you know may be interested, please reach out directly to HNA Athletic Director [Lacey London](#).

For more information about the specific positions, please follow the links below:

- [Head Ultimate Frisbee](#)
- [Assistant Tennis Coach](#)
 - Head JV
 - Assistant Varsity
- [Assistant Track & Field Coaches](#)
 - Throws Coach

BECOME 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. Read more information [here](#).

Cougar Coach Spotlight: Coach Jeff Woods

JVC Basketball

“Coach Jeff Woods is a passionate coach who goes the extra mile for his athletes. This year when our JVC coaching candidate fell through at the last minute, Coach Woods willingly stepped in to coach the JVC team and it has been so fun to watch them grow together as coach and athletes. His dedication to the HNA basketball program is evident and we are so lucky to have him on our team!”

—Lacey London, Athletic Director

“Coach Woods dedicates so much time and care to his role at HNA. He truly loves the game of basketball and has a wealth of knowledge he shares every day. Coach Woods believes in every athlete's potential and puts in extra work to make everyone better.

—Varsity Basketball Coach Emily McKenzie '01

“It is a very special thing to be coached by someone and now coach alongside them. Coach Woods has always shown his passion of the game through his tireless dedication to the girls and the basketball program. His intense coaching is partnered with his

deep care for youth development, as a player and as a person. I am grateful to have experienced it in both aspects. Thank you, Coach Woods!”

—JV Basketball Coach Rachel Fracisco '15

“Coach Woods is a very passionate coach who is committed to making us better basketball players. He pushes us to improve our own individual game and to grow as a team.”

—Emia Beaver '25, Varsity Basketball

“Coach Woods is very understanding about our outside commitments, but he also pushes the team to work competitively and together.

—Avie Schneider '25, JVC Basketball



Coach Woods coaches JVC last weekend.

Cougars Welcome New Coaches to HNA Track & Field!

“I am pleased to welcome Onna Turner and Trinna Miranda to the HNA Track & Field program! Coach Onna Turner will serve as the new Head Track and Field Coach with a focus on sprints and hurdles, while Coach Trinna Miranda will serve as the horizontal jumps coach. Both coaches have competed at the collegiate level and coached high school track and field locally in the Seattle region. We look forward to having them bring their expertise to the HNA program.”

—Lacey London, Athletic Director



Coach Turner (L) and Coach Miranda.