



COUGAR CORNER

Jogathon 2025: A Great Success!

The Jogathon event on September 17 featured a sunny, exciting, and colorful day of student bonding—and one that is on track to successfully raise funds to support the teams in the 16 Cougar sports. The Montlake track was adorned in class colors of **Cadets** yellow (Class of '26), **Skippers** red ('27), **Pipers** blue ('28), and **Clovers** green ('29), while DJ Bradon from Radio Parties played their favorite tunes. Thank you to all our students for their great effort, and, of course, to the friends and family who so generously supported their efforts.

Not too late: If you would like to make a contribution to the Jogathon fundraising efforts please visit our [Jogathon fundraising page](#). We strongly encourage families to share our campaign on their social media pages to help us expand our fundraising reach.



Cougars are Back in Action!

The HNA Cougars are off to an exciting start this fall! With impressive wins and hard-fought battles, our athletes are showing growth and great teamwork. From shaving seconds off race times to sharpening skills on the field and court, Cougar athletes are pushing themselves and supporting one another every step of the way. We are proud of their progress and cannot wait to see what they accomplish as we head into the second half of the season. We look forward to seeing you out at the field, gym, pool, course, and lake this October. You will be able to find the most up to date schedules on the [HNA Metro League website](#).



HNA Crew Hosts Tail of the Lake Regatta

HNA Crew is excited to sponsor and host the annual [Tail of the Lake Regatta](#) on Sunday, October 5, on Lake Union—for the 31st consecutive year! Prime viewing is available at Gas Works park. Special thanks to HNA's Crew families and volunteers for their help to make this amazing event happen. Come out and support HNA Crew!

Winter Sports

PHYSICAL FORMS AND ONLINE REGISTRATION DEADLINE: NOV. 7

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 the spring sport 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. **Please note that registration for winter sports must be completed by November 7, 2025, or before their first day of season.**

TRYOUTS BEGIN IN NOVEMBER

If your daughter plans to tryout for basketball, bowling, or gymnastics, please note these important tryout dates:

- Bowling & Winter Crew – November 3
- Gymnastics – November 10
- Basketball and Flag Football – November 17

National Coaches Appreciation Day: October 6

National Coaches Appreciation Day is October 6, 2025. HNA is fortunate to have more than 50 amazing coaches working under the dome with our student athletes. If you would like to share your appreciation for an HNA coach, you may email a note of thanks to hnaathletics@holynames-sea.org by October 5. All messages will be shared with our awesome coaches. Roll Cougs!

Reminders From Athletic Training Room

Please remember to get a clearance note every time your student athlete receives any medical care (doctors appointment, dental injury, etc.). Medical clearance notes can be written by a Medical Doctor (MD), Doctor of Osteopathy (DO), Advanced registered Nurse Practitioner (ARNP), Physician's Assistant (PA), and Naturopathic Physician.

For additional information about services provided by our Athletic Trainer, including the Concussion return-to-learn and return-to-play protocols, please [click here](#).

Follow Us on Instagram



Follow along with the HNA Athletic Department Instagram: [@hnacougarathletics](#).

Cougar Merchandise

COUGAR GEAR ON HNA'S WEBSITE

Browse the [HNA website Cougar Merchandise page](#) for an updated list of sweatshirts, PJ pants, lanyards, and more! Then visit the [ArbiterSports link](#) to make your purchase. We will email you when your merchandise is available for pick-up.

ATHLETIC BAG ORDERS

HNA Athletic bags may ordered through this [ArbiterSports link](#) for \$95. Bags may be personalized with the student's name. **The next bag order will be placed on April 27, 2026.**

HNA ATHLETICS SIDELINE STORE

HNA 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](#).