



COUGAR CORNER

Fall Sports Highlights

The Cougars are closing out an incredible fall season! Golf wrapped up just shy of a team district berth, but 9th grader Isla Oh will represent HNA individually next May. Cross Country placed 6th at Metros, and Elise Pinelli '26 qualified for State. Swim & Dive placed 3rd in Metros. HNA Crew dominated the Tail of the Lake Regatta, winning every U17 and U19 experienced event entered, and finished their fall season at the Head of the Lake with 1st, 2nd, and 3rd place finishes. Volleyball ended the regular season strong with a win over West Seattle and faces Franklin in the Metro Tournament on November 4. Soccer defeated West Seattle in the first round of Metros and will take on Roosevelt at 5 p.m. on November 4. From start to finish, our athletes have made us proud—let's keep the Cougar spirit strong as we charge into the postseason! [Click here](#) to see the Metro Volleyball tournament bracket. [Click here](#) to see the Metro Soccer tournament bracket.



Winter Sports Registration Deadline: November 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.

Cougar Merchandise

COUGAR GEAR

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

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

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](#).

Winter Sports Tryouts

Basketball	Tryouts: November 17 & 18, 3-5:30 p.m. All participants must be signed up on Final Forms and have a current physical on file. Please direct any questions to Head Coach Emily McKenzie .
Bowling	November 3 & 4, 3:30 – 5 p.m. at West Seattle Bowl. All participants must be signed up on Final Forms and have a current physical on file. Please direct any questions to Head Coach Natalie Radich .
Flag Football	Tryouts will run the week of November 17 - 21. Regular season practices will be held daily at Miller Playfield from 3 – 4:30 p.m. All participants must be signed up on Final Forms and have a current physical on file. Please direct any questions to Head Coach Grant Kauno .
Gymnastics	Practices begin Monday, November 10, at Cascade Elite Gymnastics. Regular practices will run Monday – Friday, from 3:30 – 6 p.m. and Saturdays 9 a.m. – 12 p.m. All participants must be signed up on Final Forms and have a current physical on file. Please direct any questions to Head Coach Donny Gallegos .
Winter Crew	Winter Crew began Monday, November 3. Please register on FinalForms for Winter Crew if you are planning on joining this winter. Please direct any questions to Head Coach Rachel Wong .

School-Provided Student Accident Insurance – Coverage Details

To support families with medical expenses from school-related injuries, HNA provides **School-Time Accident Insurance** for all students—at **no cost to families**. This secondary insurance helps cover costs not paid by your primary health insurance.

Coverage applies when injuries occur:

- On campus during regular school hours, including **one hour before and after classes**.
- During **school-sponsored and directly supervised activities**, such as **interscholastic sports**.
- While traveling **directly between home and school** or to school events, **when arranged by the school**.
- **At any time while riding in a school vehicle**.

Please review [this brochure](#) for details and contact [HNA's Business Office](#) with any questions.