



COUGAR CORNER

Important Dates

FALL SPORTS ATHLETIC PERMISSION FORMS DUE: AUG. 18

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 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. **Please note that registration for fall sports must be completed by August 18, 2025.**

FALL SPORTS TRYOUTS: AUG. 25-29

Tryouts and practice for fall 2025 sports—golf, soccer, volleyball, swim & dive (no-cut), cross country (no-cut) and experienced crew (no-cut)—will be: Monday – Friday, August 25 – 29, 2025. Athletes must be present the entire week of tryouts. Novice rowers begin practice Tuesday, September 2. Cheer trainings will run August 27 – 29 with cheer tryouts taking place on Tuesday, September 2.

ALL-SPORTS PARENT INFORMATION NIGHT: AUG. 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 various sports. Your daughters are welcome but are not required to attend.

Athletic Fee

The Sports Participation Fee is \$200 per season (\$575 for fall crew) for all student athletes. The fee will be invoiced through FACTS once rosters are finalized.

Cougar Merchandise

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](#).

Open Coaching Positions

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

Fall Sports Tryout/Practice Information

Cheer Tryouts	
Head Coach	Mia Davis
Cheer Training and Tryout Details	<p>Cheer training sessions will be held after school on the following dates:</p> <ul style="list-style-type: none"> • Wednesday, August 27, 1:30 – 3:30 p.m. • Thursday, August 28, 2:30 – 4:30 p.m. • Friday, August 29, 3 – 5 p.m. <p>Cheer tryouts will be held on Tuesday, September 2, from 3 – 4:30 p.m.</p>

Crew Practice	
Head Coach	Rachel Wong
Experienced Team (Athletes with 1+ years rowing experience)	Daily practice for the Experienced Team begins on Monday, August 18, and runs every Monday-Friday, 3:15 - 6 p.m., at the Lake Washington Rowing Club (LWRC) boathouse.
Novice Team (Athletes of any age with little to no previous rowing experience)	<p>Novice Crew starts on Tuesday, September 2, and runs every Monday-Friday, 3:15 - 6 p.m., at the Lake Washington Rowing Club (LWRC) boathouse.</p> <p>HNA bus transportation from HNA to the boathouse is provided. Fall Crew is a no-cut sport that intentionally starts after all the other sports finalize their rosters. We would love to have athletes who did not make the final roster for other sports join our program. We are looking for good teammates who like to work hard.</p>

Cross Country Practice	
Head Coach	Molly McKeon and Meg Gayman
Racing Team (athletes of any age who can run 3 miles at the start of the season and can commit to racing the full competitive calendar. There is no pace or race time standard.)	<p>Daily practice for the squad will begin on Monday, August 25. Practice the first week will occur:</p> <ul style="list-style-type: none"> • Monday: 1-3 p.m. at HNA with the 5k Development Squad • Tuesday: 1-3 p.m. at Lower Woodland • Wednesday: 1-3 p.m. at HNA • Thursday: 3-5 p.m. at HNA • Friday: 3-5 p.m. at Lower Woodland • Saturday: 9-11 a.m. at Lower Woodland (optional) <p>After the first week, practices will occur every Monday - Friday from 3-5 p.m. at off-site locations (Lower Woodland, Magnuson) 3-4x a week and at HNA 1-2x a week.</p> <p>Calendar to be provided. We welcome athletes who meet the standards to this team (if they did not make final rosters for another sport).</p>
5k Development Squad (athletes of any age with little to no previous running experience, will have an expectation to run a 5k by the end of the season)	<p>The 5k development squad practice will begin on Monday, August 25. Practice the first week will occur:</p> <ul style="list-style-type: none"> • Monday: 1-3 p.m. at HNA with the Racing Team. • Tuesday and Wednesday: 1-2 p.m. at HNA • Thursday and Friday: 3-4 p.m. at HNA. <p>After the first week, practices for the Dev Squad will happen 4x a week at HNA from 3-4 p.m. with one practice a week off site (Lower Woodland or Magnuson) from 3:15-4:15 p.m.</p> <p>We welcome any athletes to this program who did not make final rosters of another sport. We are looking for athletes who would like to improve their endurance and strength...and have some fun along the way!</p>

Fall Sports Tryout/Practice Information, Cont'd

Golf Tryouts	
Head Coach	Nathaniel Colo
Tryout Dates & Location	<p>Monday - Friday, August 25-29, at the Bill Write Golf Complex at the following times :</p> <ul style="list-style-type: none"> Monday, 8/25: 1:00 – 3:00 p.m. Tuesday, 8/26, and Wednesday, 8/27: 2 – 5 p.m. <p>Practice times for remainder of the week will be announced during tryouts</p>
Tryout Details	Athletes will be responsible for their own transportation to and from tryouts. Athletes should bring their own golf clubs.

Soccer Tryouts	
Head Coach	Julie Raney
Tryout Dates & Location	<p>Monday-Friday, August 25-29, Miller Playfield</p> <p>On Monday, 8/25:</p> <ul style="list-style-type: none"> 9th-graders (Class of 2029) report to Miller Playfield from 1 to 3 p.m. 10th, 11th, 12th graders report to Miller Playfield from 3 to 5 p.m. <p>All athletes will tryout together for the remainder of the week at Miller Playfield:</p> <ul style="list-style-type: none"> Tuesday, 8/26: 2-4 p.m. Wednesday, 8/27: 2-4 p.m. Thursday, 8/28: 3-5 p.m. Friday, 8/29: 3-5 p.m.
Tryout Details	<p>During tryout week, all athletes should be at their assigned field no later than 10 minutes before the start of the session to confirm eligibility and check in. Cleats and shin guards are required. Bring multiple water bottles as there is no water refill station at field.</p> <p>Athletes will be expected to attend their assigned session each day all week unless otherwise directed by the coaches. Athletes will be responsible for their own transportation to and from tryouts.</p>

Fall Sports Tryout/Practice Information, Cont'd

Swim & Dive Practice	
Head Coach	Stacy Chung
Practice Dates	Practices during the first two weeks of the season, August 25 – 29 and September 2 – 5, will run from 5:30 – 7 a.m. at Medgar Evers Pool (500 23rd Ave E, Seattle). Beginning Monday, September 9, coaches will also offer afternoon sessions on Tuesday's from 2:50 – 4:00pm at Medgar Evers Pool. Additional practice times will be shared with families registered on Final Forms and Swimtopia.
Season Details	Swim & Dive is a no-cut sport, open to all interested students. In addition to registering for Swim & Dive on FinalForms , families must also register on Swimtopia every year. Swimtopia is the team website where the team schedule and important announcements are posted. It is also where athletes sign up for meets. Both parents and athletes must register on Swimtopia. Once in the site, click on the green "Register now" button.

Volleyball Tryouts	
Head Coach	Mo Coverdale
Tryout Dates & Location	Monday-Wednesday, August 25-27, HNA gym: <ul style="list-style-type: none"> • 9th graders (Class of 2029) will attend the 3 – 5 p.m. tryout session • 10th, 11th, and 12th graders will attend the 5 – 7 p.m. tryout session Practices will continue through the end of the week.
Tryout Details	Athletes will be expected to attend their assigned session each day all week unless otherwise directed by the coaches. Tryout sessions for the rest of the week will be announced during tryout week.

