



# COUGAR CORNER

## Fall Sports Highlights

See current schedules and standings on the [Metro League website](#).

### CHEER



"The cheer team has worked hard this fall season which was capped off with a dance performance at the Fall Sports Assembly. The team is super excited to roll into the winter season and show off the progress they've been making. Thank you for all the support—the cheer team really appreciates it. We cannot wait to see everyone at the basketball games!" – Head Coach Mia Davis

### CREW



"Our Head of the Charles boats both performed well, and both re-qualified for next year! The 8 came in 37th out of 90th and was 12% off the winning time, and the 4+ came in 26th out of 90th and was 7.62% off the winning time. Both boats represented the team well, and were kind, confident, capable, and competitive. They treated each other and those around them with respect and focused on keeping their interactions positive and focused on making their boats go fast! All athletes handled the ups and downs of the weekend well, including a 5 hour delay on the flight home.

**On Saturday, 11/2**, our Novices will race at the Green Lake Frostbite Regatta, at the Green Lake Small Craft Center in Seattle, for some 1000m sprint racing! **On Sunday, 11/3**, our experienced team will race at the Head of the Lake Regatta on Lake Union, and Lake Washington in Seattle. This race will be a 5000m head race, and our final head race of the fall." – Head Coach Chris Marr



FALL SEASON HIGHLIGHTS (CONT'D)

## CROSS COUNTRY



"We are a week into championship season, and our program is off to a strong start. At the Metro League Championships, varsity runners Sophia Bazzi '25 and Hannah Bazzi '27 placed in the top 10 of the Varsity race (5th and 9th respectively). The following runners ran their all-time or season record in the Metro League Championship races (Varsity and JV): Hannah Bazzi, Maddie Chung '28, Grace Hanley '27, Olivia Hull '27, Greta Kirschner '26, Riley Mack '26, Elise Pinelli '26, Isobel Saffitz '28, Savanna Scott '27, Ella Smits '28. The Varsity squad of Sophia Bazzi, Hannah Bazzi, Ava Karman '25, Elise Pinelli, Olivia Askew '25, Shanice Sanders '28, Ella Smits, Gabby Knipe '25, and Grace Hanley will compete at District Championships on 10/31 at Lower Woodland." – Head Coach Erin McCormick

## GOLF



"The golf team has handled adversity really well this season. I could not be more proud of how well they did during the regular season, as well as how well they performed in the Metro League tournament. HNA finished tied for 3rd place in Metro, and we're excited to see what happens in the spring during Districts and hopefully State!" – Head Coach Nathaniel Colo

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## FALL SEASON HIGHLIGHTS (CONT'D)

### SLOWPITCH SOFTBALL



*Photo credit: Jacob Fincher*

“The Slowpitch team came together at the end of the season for an exciting finish, falling just one win short of going to the State tournament and finishing 3rd overall in the District tournament. As coaches, we are proud of the improvements the team made this season, with several individuals, who were beginners at the start of the season, making huge strides. Delanie Gilda and Vivian Ombrellaro were named first team All-Metro, and Avie Schneider and Gabi Wilbur were named honorable mention. I want to thank the entire team and especially the seven seniors for coming together for a great end of the season.” – Head Coach Scott Dillinger

### SOCCER



“October was a month full of many games for our three teams. Our JVC team completed their season with learning, development and some close games and great victories. We are excited for these young athletes for the next few years. Our JV team has had an excellent season to date. Heading into the last week of October, they are currently sitting in 2nd place in the league. The Varsity squad completed the regular season and is a 3-Seed heading into the Metro League Tournament. We were able to celebrate our wonderful seniors with victories for the Varsity and JV on their special days. Although we are not finished yet, we are grateful for the leadership and passion our seniors have shown over the last four years.” – Head Coach Julie Raney

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## FALL SEASON HIGHLIGHTS (CONT'D)

### SWIM & DIVE



*Photo credit: Jacob Fincher*

"HNA Swim & Dive is moving quickly into championship season, taking 30 swimmers & two divers to the Metro league championships November 1 and 2. Coaches Sam, Stacy, Katie, & Hannah '20 are so excited and proud of the members of SWIVE for their hard work & amazing sportsmanship throughout a busy swim season. We have an energetic, inclusive, and enthusiastic team going into championship season, and we're looking forward to some fast water at the post-season pools!" – Head Coach Sam Brayer

### VOLLEYBALL



*Photo credit: Jacob Fincher*

"With one match left if Metro League Conference play, Varsity is currently in 5th place of a once again extremely competitive Mountain division and poised to make a deep run in the Metro League and District Tournament leading up to the State Tournament in Yakima. The Junior Varsity is currently in 6th place (6-8) and JVC team in 5th place (3-9) in Metro Mountain as we prepare for our final matches against West Seattle.

We have been training since August with our sites set on November progressing from Discovery, Sharpening, Becoming, and Flow. With seven seniors leading our 'Flow' into conference play, we'll be ready to compete. Go Cougars!" – Head Coach Larry Garcia

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## Winter Sports

### PHYSICAL FORMS AND ONLINE REGISTRATION DEADLINE: NOV. 8

Students planning to turn out for a sport during the 2024 -25 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 winter and 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 fall sports must be completed by November 8, 2024.

### WINTER-SPORTS TRYOUTS

<b>Basketball</b>	Tryouts: November 18 and November 19 from 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 <a href="#">Emily McKenzie</a> .
<b>Bowling</b>	Monday, November 4 – November 5, 3:30 – 5:00 p.m. at West Seattle Bowl.
<b>Flag Football</b>	Tryouts will run the week of November 18 - 22. Regular season practices will be held daily at Memorial Stadium from 3 – 5 p.m.
<b>Gymnastics</b>	Practices begin Monday, November 11, at Metropolitan Gymnastics. Regular practices will run Monday – Friday, from 3:30 – 6 p.m. and Saturdays 9 a.m. – 12 p.m.
<b>Winter Crew</b>	Winter Crew begins Monday, November 4. Please register on FinalForms for Winter Crew if you are planning on joining this winter.

## 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

Students or parents who wish to purchase a sturdy, roomy athletic bag in HNA school colors may order one through the [ArbiterSports Cougar Gear link](#) for \$95. Bags may be personalized with the student's name. **The next bag order will be placed on April 7, 2025.**

### 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](#).



Merchandise available through [HNA's website](#).