



# COUGAR CORNER

## Welcome Back, Cougs!

HNA Cougars are back in action! Fall tryouts concluded on August 29, and competitions will kick off September 6. You can find the most up-to-date schedules on the [HNA Metro League website](#).

### CREW

**Novice Crew:** The Novice Crew program begins on September 2. All participants must have a current physical and float test on file in the Athletics Office. Transportation from HNA to the boathouse is provided.

### 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.

### ALL-SPORTS PARENT INFORMATION NIGHT

Athletic Director Lacey London led the All-Sports Parent Information Night on Thursday, August 28. The meeting covered [Athletic Department policies and procedures](#) for the year and also provided breakout sessions for fall sports families.

### REMINDERS FOR PARENTS

A few helpful reminders to assist your student-athlete have a successful season:

- Make sure they dress appropriately for outside practice and games, as the weather can change day to day.
- Encourage daily communication on when and where to pick up your student-athlete after practice and after games.
- Promote healthy eating and drinking plenty of fluids to refuel the active athlete's body.
- Attend games, matches, and races to support your Cougars!

### HUDLTV

Holy Names Academy will livestream all home volleyball and basketball games (JVC, JV, Varsity) this season on HudlTV. All home and away Varsity soccer games will also be streamed free of charge. [Click here](#) to access the livestream.

### NICK OF TIME HEART SCREENINGS

Virginia Mason Franciscan Health and Kraken are excited to share that the Nick of Time Foundation will be offering **free EKG heart screenings** at Kraken Community Iceplex for young athletes and students, ages 12-24, on September 27. All results are reviewed on-site by board-certified medical professionals specializing in youth cardiac screening. Early detection saves lives. [Click here](#) to schedule the screening.

### COUGAR GEAR ON HNA'S WEBSITE

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.



*Sampling of merchandise available through HNA's website.*

### 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 September 8, 2025, which is the last order before Christmas break.**

### 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](#).