



COUGAR CORNER

Spring Sports Season Highlights

Spring sports have been competitive and full of progress. Teams have picked up some strong wins, and even in tough losses, they have stayed focused on learning and growing together. The effort, teamwork, and commitment across all programs are showing up in every practice and game! As we head into May, our athletes are ready to finish the regular season strong and make a push into the postseason.



Looking for Sports Scores? Find Metro League results for spring teams competing in the Metro League (softball, tennis, golf, track & field) on the [Metro League website](#). Lacrosse information for the entire state is at [wslax.org](#); [HNA lacrosse has a team page](#). Ultimate Frisbee has combined with the Bush School for the 2025 spring season. Schedules and results can be found on [The Bush School Athletic Website](#).

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Information for 25-26 School Year and Summer

MARK YOUR CALENDARS FOR FALL 2025 TRYOUTS

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

REGISTRATION FOR 2025-2026 SPORTS IS OPEN

Sports registration for the 25-26 school year is now open on [FinalForms](#). Families should visit [Eligibility & Registration for Holy Names Academy Athletics](#) for instructions on how to register their daughter using FinalForms. The registration deadlines—by when your athlete must be registered and have the current sports physical uploaded in FinalForms—are: June 2, 2025 (summer trainings); August 18, 2025 (fall sports); November 3, 2025 (winter sports); February 23, 2026 (spring sports).

Note that you should upload your daughter's sports physical and float test (if applicable) directly to FinalForms. [Click here](#) for instructions on uploading.

REMINDER: SPORTS PHYSICAL REQUIRED FOR SUMMER TRAINING

HNA requires all students participating in summer training opportunities to be cleared through FinalForms before they are eligible to participate in any school-sponsored HNA open gym or training. Families must register their student on FinalForms, complete all forms, and upload a current sports physical before their daughter may participate in trainings. As a reminder, sports physicals are valid for 24 months.

SAVE THE DATE: CHEER TEAM TRYOUTS

Cheer training sessions will be held 5-7 p.m. on Monday, June 2, and Wednesday, June 4. Training sessions will introduce the cheers and dance routine for tryouts. Tryouts will be held Thursday, June 5, from 3:30 – 6:30 p.m. Athletes will sign up for a 15-minute tryout time slot. Tryouts are open to all current and incoming HNA students. Please reach out to Athletic Director [Lacey London](#) or Head Coach [Mia Davis](#) with questions.

HNA Welcomes New Volleyball Coach, Mariko “Mo” Downey



HNA is excited to announce Mariko (Mo) Downey as its new Varsity Volleyball Coach, beginning in the fall 2025 season. Coach Mo brings a wealth of volleyball experience to the role, both as a standout player and a dedicated coach.

Coach Mo played volleyball at St. Mary's College and California Lutheran University. She was a two-time 1st Team All American and two-time Conference Player of the Year. She set the NCAA Division III kill percentage record in 2005 and holds the record for hitting percentage for the season.

Coach Mo has more than 20 years of coaching experience at all ages and all levels. She has been coaching at the Division 1 college level for the past seven years, on both the indoor and beach side, at Seattle University and University of Washington. She has also coached at the high school and club level, earning City Section Championships and Coach of the Year while at Palisades High School. During her time with club volleyball programs, she guided teams to multiple medals at nationally ranked tournaments.

We are thrilled to welcome Coach Mo to the HNA community—her passion, experience, and leadership will be invaluable to Cougar Volleyball!

HNA Athletics is Hiring!

Please help us spread the word about open coaching opportunities at HNA!

HNA is hiring a [Head Cross Country Coach](#) for the 2025 Fall season. [Click here](#) for more information.

HNA Summer Camps



Holy Names Academy offers summer camps for young women entering Grades 4 through 8, and to any student starting Grade 9 at Holy Names Academy in the fall. The athletic camps are designed to offer quality instruction from the HNA coaching staff, players, and alumnae in a fun, welcoming environment. All skill levels are welcome. [Click here](#) to find details about the different camps HNA is offering this summer and which grade levels can participate. HNA also offers several other summer camps that focus on areas of special interest. These camps are instructed by HNA faculty and staff.

Survey for New Families

On March 31, new families met with Athletic Director Lacey London and the HNA coaching staff to learn more about the various athletic opportunities at HNA. [Click here](#) to view the PowerPoint presentation. Families who were unable to attend are still able to join coaches' email distribution lists to learn more about summer training opportunities and requirements for the season. To be included on coaches' mailing lists*, please complete the [New Family Information Night Survey](#) (one response per family, please).

*Please note: Not all programs offer summer opportunities, so there is a possibility you may not receive an email.

Cougar Merchandise

COUGAR GEAR

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

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 [ArbiterSports 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](#).



Sampling of merchandise available through HNA's website.