



# COUGAR CORNER

## Spring Sports Season Highlights

### CREW



"HNA Crew had a busy spring break, competing in two regattas last weekend, both the Husky Open in Seattle and the San Diego Crew Classic. Thank you to our parents and supporters who were cheering us on in both locations! At San Diego, our 1v and 2v raced some of the fastest team in the country. Our 1v placed in 8th out of 20 teams. Our 2v placed 9th out of 16. A big thank you to Aidan O'Sullivan for helping drive the trailer down and back and supporting the team. At home in Seattle, a mix of our 3v and 4v and u17 4+s raced against local NW teams in the Montlake Cut. Our 3v/4v 8+ placed 4th of eight teams." —Head Coach Chris Marr

### LACROSSE



"It has been a great season for Cougar Lacrosse! The program has pulled together some impressive wins both in and out of conference play. Thank you to the athletes for all of their hard work and congratulations to our lacrosse seniors!" —Head Coach Olivia Sanchez

## Spring Sports Season Highlights (Cont'd)

### SOFTBALL



“HNA Fastpitch is charged-up and ready to tackle the final stretch of our spring season! We’ll celebrate our three fantastic Seniors (& Captains), Celine Sanchez, Caroline Cappetto, and Elexiah Narvaez, at Senior Night on Thursday, May 2. Come out and cheer on your favorite Cougars as we take on the Metro Tournament (May 7-10, @ SWAC).”

—Head Coach Kelly Hinderberger

### TENNIS



“Our Tennis Cougs are “Prayin’, Playin’, Slayin’” their way toward the end of the season as one of the top ranked teams with one of the most competitive schedules in league. The highlight of the month was the combined HNA/O’Dea celebration of our seniors—Lucy Cooper, Mia Soli, Candace Wong, and Claire Murphy—at the Lower Woodlands courts, which ended with a very cold group cold plunge in Greenlake!” —Head Coach Molly Fort

## Spring Sports Season Highlights (Cont'd)

### TRACK & FIELD



"We are nearing the end of the season, and the Track and Field Cougars are beginning to peak at the right time! At the Shoreline Invite on April 27, we had several personal records (PR) and athletes on the podium. Notable results were Sophia Bazzi '25 placing 2nd in the Elite 1600m with a PR of 5:05.08, Nia McCurdy '25 placing 3rd in the Open 400m with a PR of 1:00.09, Olivia Askew '25 crushing her PR in the Open 3200m and placing 6th. We have our last league meet on May 2, Metro Championships on May 9 and 11, with District Championships and State Championships in the weeks to follow." —Co-Head Coach Molly McKeon '05

### ULTIMATE FRISBEE



"The Hush squad has continued to improve as the season progresses! We had strong wins over the Overlake Owls and Eastside Prep. The team has had some magical moments of playing unstoppable offense and fearsome defense! We look forward to strengthening our zone offense and zone defense as the season progresses. The team also selected Clara Melgar-Zacher '25 and Maddie Schofield (Bush) to be spirit captains for the team!" —Head Coach Kate Kingery

### 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 2024 spring season. Schedules and results can be found on [The Bush School Athletic Website](#).

## Information for 24-25 School Year and Summer

### MARK YOUR CALENDARS FOR FALL 2024 TRYOUTS

Tryouts and practice for fall 2024 sports—golf, soccer, volleyball, swim & dive (no-cut), cross country (no-cut), and experienced crew (no-cut)—will be Monday – Friday, August 26 – 30, 2024. *Athletes must be present the entire week of tryouts.* Novice rowers begin practice Tuesday, September 3.

### REGISTRATION FOR 2024-2025 SPORTS IS OPENING SOON FINALFORMS

Students planning to turn out for a sport during the 2024-25 school year can register on [FinalForms](#) beginning May 15. 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 summer training and 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 19, 2024.**

### NEW FOR SUMMER 2024: SPORTS PHYSICAL REQUIRED FOR SUMMER TRAINING

HNA now 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 good for 24 months.

### SAVE THE DATE: CHEER TEAM TRYOUTS

Cheer training sessions will be held May 28 and 29 from 5 to 7 p.m. Training sessions will introduce the cheers and dance routine for tryouts. Tryouts will be held June 3 from 3:30 to 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. Students must be registered for the 2024-25 Cheer season on FinalForms to participate in trainings and tryouts.

## Team Store Links

Open: April 16, 2024 ; Close: May 9, 2024

Families interested in purchasing sport-specific gear prior to the 2024-25 season, can place their orders now! See your sport-specific link below to place your order by **May 9, 2024**. Once the store closes, gear typically takes four to five weeks for production and will be shipped directly to your house. If you would prefer to wait, team stores will open again at the beginning of their season.

- [Basketball Team Shop](#)
- [Bowling Team Shop](#)
- Crew – Ordering will be available Fall 2024.
- [Cross Country Team Shop](#)
- [Flag Football Team Shop](#)
- [Golf Team Shop](#)
- [Gymnastics Team Shop](#)
- [Lacrosse Team Shop](#)
- [Fastpitch Softball Team Shop](#)
- [Slowpitch Softball Team Shop](#)
- [Soccer Team Shop](#)
- [Swim & Dive Team Shop](#)
- [Tennis Team Shop](#)
- [Track & Field Team Shop](#)
- [Ultimate Frisbee Team Shop](#)
- [Volleyball Team Shop](#)

## 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 April 15, new families met with Athletic Director Lacey London and the HNA coaching staff to learn more about the various athletic opportunities at HNA. **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 chance you may not receive an email.

## Cougar Merchandise

### COUGAR GEAR

Cougar Gear is available for purchase online through FamilyID. First, browse the [HNA website Cougar Merchandise page](#) for an updated list of sweatshirts, PJ pants, swim towels, lanyards, and more! Then visit the [FamilyID 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 9, 2024.** Students or parents who wish to purchase a sturdy, roomy athletic bag in HNA school colors may preorder one through the [FamilyID Cougar Gear link](#) for \$80. 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.