



# COUGAR CORNER

## Highlights

### CREW



HNA Crew sent two boats to the Youth National Championships June 11 – 14, 2026. The V4- (Sawyer Town '26, Harper Williams '27, Rosie Heidal '26, Marin Rubel '27) placed 19th overall, and the U17 4+ (Isabella Lange '28, Zoe Watson '28, Lila Exnicios '29, Bells Murray '28, Alaia Keshav '28) placed 19th overall, ranking both crews in the top 20 nationally in their events. The Cougars were joined by Head Coach Rachel Wong and Assistant Coach Steve Genise.

## Summer Training Opportunities

Open gyms and summer trainings are a great opportunity for athletes to meet the HNA coaches and other student athletes. Open gyms and summer trainings are optional and are open to all current HNA students (including incoming 9th graders). Open-gym and summer training hours are subject to change; check the HNA Athletics calendar for latest information. Time changes or cancellations will be updated on the calendar one hour before the open gym is scheduled.

### SUMMER STRENGTH TRAINING WITH HNA'S ATHLETIC TRAINER

HNA's Athletic Trainer, Julia Olson, will lead one-hour strength and conditioning sessions throughout the summer, Monday – Thursday, at 12:30 p.m., 1:30 p.m., and 2:30 p.m. These sessions are free of charge and open to all current and incoming students. Students do not need to be an HNA athlete to participate but must

be cleared in FinalForms, including having a sports physical and signatures. Participants will learn proper lifting techniques, run, work on power drills, and become more familiar with the weight room. These sessions will be offered on the dates listed below. Dates may be added in August, depending on interest. Please check the HNA online calendar for any updates.

- June 15-18
- June 22-25
- July 6-9
- July 13-16
- July 20-23
- July 27-30

## CROSS COUNTRY

Cross Country coaches and captains will lead summer cross country trainings at HNA and Lower Woodland this summer, Monday-Friday from 7 p.m.-8:30 p.m.—all athletes wanting summer conditioning are welcome, the workouts will have beginner friendly options. Weekly training plans will be sent to all students registered for "HNA Summer Cross Country" on FinalForms.

## SOCCER TRAINING AND CONDITIONING

- *Outdoor Captains Training – Tuesday mornings 9-10:30 a.m. at Lower Woodland #7.* Bring cleats, soccer ball, water bottle. Upcoming dates: July 7, 14, 21, 28, Aug 4, 11.
- *Indoor Open Gym Sessions – Thursday mornings 10 a.m.-12 p.m. in HNA Athletic Complex – Come to Gym Lobby Door on 21st Avenue (west side of HNA) – Bring tennis shoes/indoor shoes for gym floor, water bottle, snack with the option to attend the 12:30 p.m. session of Trainer Julia's Strength Session.* Upcoming dates: July 2, 9, 16, 23, 30.

Information will be posted on the HNA Soccer Instagram account (@hna\_soccer). Contact Head Coach [Julie Raney](#) with questions.

## SUMMER VOLLEYBALL OPEN GYMS

Volleyball open gyms will take place in the HNA Athletic Complex. Come to the gym lobby door on 21st (west side of the gym).

Bring shoes, kneepads, and water bottle. Open gyms will generally run Mondays and Wednesdays from 4:30-6:30 p.m. Be sure to check the HNA calendar for up-to-date information. Contact Head Coach [Mo Coverdale](#) with questions.

## 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 may participate. HNA also offers several other summer camps that focus on areas of special interest. These camps are instructed by HNA faculty and staff.

## EXPERIENCED CREW SUMMER CAMP

The High School Experienced Camp is for athletes with at least one year of rowing experience. This is a great camp to spend time in small boats, working out, and training in a non-competitive environment and is a great way to get ready for the coming fall. Incoming 9th graders with 1+ year of competitive rowing experience may also register for this camp.

## Sports Physical Required for Summer Open Gyms & 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 good for 24 months.

## Important Dates for 2026-2027 Athletics

### FALL 2026 TRYOUTS

Tryouts and practice for fall 2026 sports—cross country (no-cut), golf, soccer, swim & dive (no-cut), and volleyball—will be Monday-Friday, August 24-28, 2026.

**Athletes must be present the entire week of tryouts.**

The experienced crew season begins Monday, August 17, and novice rowers will begin practice Tuesday, September 1. Cheer trainings will run August 26 – 28, and tryouts will run on August 31.

### REGISTER FOR 2026-27 SPORTS

Sports Registration for the 26-27 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: August 17, 2026 (fall sports); November 2, 2026 (winter sports); February 22, 2027 (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.

Questions regarding your students eligibility should be directed to HNA Athletic Trainer Julia Olson at [jolson@holynames-sea.org](mailto:jolson@holynames-sea.org).

### ALL-SPORTS PARENT INFORMATION NIGHT THURSDAY, AUGUST 27

If your daughter plans to play any sport during the 2026-2027 school year, including crew, at least one parent should plan to attend the All-Sports Parent Information Night on **Thursday, August 27, 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 for all student athletes (\$575 for fall crew, \$375 for winter crew, and \$600 for spring crew). The fee will be invoiced through FACTS once rosters are finalized.

## Coaching Position Openings

HNA has position openings for an [Assistant Crew Coach](#), [Head Golf Coach](#), and [Head Lacrosse Coach](#).

## Want to be an Official?

Are you looking for a way to make a positive contribution to sports in your community while earning some additional income? The Washington Official's Association is recruiting game officials of all ages for a variety of interscholastic sports.

To find out how to become an official in your area, go to [WOA Home Page](#). Each association provides its own training program. You may also click on the links below for specific sport information.

- WOA – [woa-officials.com](http://woa-officials.com)
- Basketball – [pnboa.org](http://pnboa.org)
- Football – [pnfoa.org](http://pnfoa.org)
- Volleyball – [gsvo.org](http://gsvo.org)
- Softball – [smsua.org](http://smsua.org)
- Baseball – [nbua.net](http://nbua.net)
- Soccer – [wareferees.org](http://wareferees.org)
- Lacrosse – [Washington Women's Lacrosse Officials Association - Home \(wwloa.org\)](http://Washington Women's Lacrosse Officials Association - Home (wwloa.org))

## Cougar Gear

### 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 14, 2026**. This will be the only order before Christmas. 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](#).