



COUGAR CORNER

Spring Sports Season Highlights

HNA's spring sports programs have had a standout month, highlighted by senior night celebrations and Cougar spirit! Track and Field continues its strong momentum with more than 60 personal records, as athletes drop time and gain distance. Softball has earned big wins over Eastside Catholic, Seattle Prep, and Lincoln, and Lacrosse capped its senior night with a victory over Peninsula, as the team heads into postseason play next week. Tennis is advancing two doubles teams and two singles players to the Metro Tournament. Ultimate Frisbee is one win away from securing a trip to State, and Crew had a strong showing at the Rose City Invitational, as they prepare for the Northwest Youth Regional Championships. All teams are gearing up for postseason competitions in May, and we encourage our Cougar community to come out, make some noise, and cheer on the Cougars as they DEFEND THE DEN!



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 2026 spring season. Schedules and results can be found on [The Bush School Athletic Website](#).

Information for 26-27 School Year and Summer

MARK YOUR CALENDARS FOR 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.

REGISTRATION FOR 2026-2027 SPORTS IS OPEN

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.

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 Wednesday, August 26 (1:30 – 3:30 p.m.), Thursday, August 27 (2:30 – 4:30 p.m.), and Friday, August 28 (3-5 p.m.). Training sessions will introduce the cheers and dance routine for tryouts. Tryouts will be held Monday, August 31, from 3 – 5 p.m. Athletes will sign up for a 15-minute tryout time slot. Tryouts are open to all current and incoming HNA students.

HNA ATHLETICS IS HIRING!

HNA is currently seeking a Swim & Dive Assistant Coach. [Click here](#) to view the details and apply.

HNA SUMMER CAMPS

HNA 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 21, 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 MERCHANDISE

Cougar Gear is available for purchase online. Browse the [HNA website Cougar Merchandise page](#) for an updated list of merchandise, including our new "Defend the Den" t-shirt! After completing your purchase online, 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 **April 27, 2026**. 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? HNA has a 24/7/365 online store, offering custom merchandise for the athlete or sports fan in your family. Visit our [Sideline Store site](#).