



# COUGAR CORNER

## Winter Sports Are Off and Running!

Schedules and results available on the [Metro League Website](#) for [Basketball](#), [Bowling](#), and [Gymnastics](#). The complete flag football schedule can be found [here](#).

## BASKETBALL



Holy Names Basketball is off to a great start, including a big home win against Seattle Prep for both the JV and Varsity teams. The class of 2026 is highly represented this year, with 20 athletes participating in the basketball program! All three teams kicked off 2023 with big wins over Ballard on Wednesday, January 4.

—Head Basketball Coach, Emily McKenzie

### METRO LEAGUE TICKET PRICES

Tickets for all regular season Metro League basketball games are now purchased through HomeTown Ticketing. Tickets for the upcoming week of games go live on Monday at 10 a.m. Tickets for HNA home games can be purchased through the [HNA box office](#) or the HomeTown App. Additional information about digital ticketing along with links to the Seattle Public School box office can be found [here](#).

### STREAM HNA HOME BASKETBALL GAMES LIVE

HNA streams all home games to the [Holy Names Academy Athletics YouTube page](#).

Be sure to subscribe to our channel and watch the Cougars play from the comfort of your own home!

## WINTER SEASON HIGHLIGHTS (CONT'D)

### BOWLING



Holy Names' bowling team is off to a great start in its fourth ever season with several wins and closely contested matches under its belt. The team has made it to the top three in the league for total match points as well as individual bowling scores in three of the games so far. The athletes have been bonding as a team, helping each other improve, and celebrating as their averages have increased over the course of the season.

—Head Bowling Coach Natalie Radich

### CHEER



The Cheer team performed at several basketball games during the month of December after making their debut performance at the varsity basketball game at Bishop Blanchet High School on December 2. The team showcased several new cheers and impressed the crowd with their style and volume.

—Athletic Director Lacey London



## WINTER SEASON HIGHLIGHTS (CONT'D)

### CREW



Crew is continuing to train hard over the winter, with a few days on the water and in the gym each week. The team has done a great job with some mixed lineup full team scrimmages on Fridays, and we have enjoyed welcoming a few new teammates on both the novice and experienced squads. Our annual reindeer games practice before Christmas break saw teams racing on the ergs, over obstacle courses, and playing tug of war with a grand finale of open mic karaoke. —Head Crew Coach Chris Marr

### FLAG FOOTBALL

We had a great turnout this month. The team has been working on learning new skills, routes for offense, and understanding the flow of the game. We are excited to play our first games on Saturday, Jan. 7, at Memorial Stadium. —Head Flag Football Coach Grant Kauno

*Stay tuned to the February parent newsletter for Flag Football game photos!*

### GYMNASTICS



HNA Varsity Gymnastics has started off the year strong! In our first meet against Ingraham, Nathan Hale, and Lincoln, we had three girls place in all four events (beam, bars, floor and vault) – Ava Pittiglio, Hailey Pittiglio, and Eloise Newman. They also placed in “All-Around” at 3rd, 2nd, and 1st. Altogether, along with Kenzie Harrington and Ruthie Bridgman, the team won the entire meet! Captains Hailey Pittiglio and Ruthie Bridgman have done a fantastic job at leading the team, making sure to make the new gymnasts feel welcome. It has been fun so far, and we are looking forward to having everyone on the team competing more after break! — Head Gymnastics Coach Erin Saunderson

## Cougar Coach Spotlight: Coach Grant Kauno

*Flag Football Head Coach & JVC Soccer Coach*



“Coach Grant has quickly turned into one of my go-to coaches this year. We started our fall season without a JVC soccer coach, and Grant answered the call. He quickly built a cohesive team that saw success on and

off the field with a season record of 8-1-1. When I discovered that we had enough interest to start a flag football team this winter, I turned to Grant to ask if he was interested. Once again, he was all in! While Grant is only in his first year of coaching at HNA, he has fully embodied the mission of HNA, and I am so happy to have him on our team!”

—Lacey London, Athletic Director

“Coach Grant came to the Soccer Program this year, filling a critical role as the JVC Coach. This role is to develop our younger players and ready them to play at the higher levels. He is creative in that he is able to keep each training focused and fun at the same time, enabling his young players to learn and bond as a team.”

—Julie Raney, Assistant Varsity Soccer Coach

“Coach Grant consistently shows his dedication and determination as a flag football coach because he combines fun and hard work to make a very strong and overall inclusive environment. His demeanor while coaching makes the sport even more enjoyable, and it inspires people to bring their best effort each and every time.” —Logan Garcia, Flag Football team member

## Cougar Gear

### COUGAR MERCHANDISE

The entire selection of 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 **April 24, 2023**. 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? 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](#). Enter code **JAN23** through 1/31 to receive 15% off orders of \$100 or more.

## Spring Sports Deadline

Students planning to turn out for crew, fastpitch softball, lacrosse, tennis, track & field, or ultimate frisbee must have their [sports physical](#) on file in the Athletic Office by **Thursday, February 16**. Students must also register for their respective sport through HNA's page on the [Family ID website](#). See the [Athletic Eligibility page](#) on the HNA website for details and links to the sports-physical form and the FamilyID page.

## Coaching Openings

HNA has the following open coaching positions. For more information, please follow the links below:

### [Assistant Tennis Coach](#)

- Head JV
- Assistant Varsity

### [Assistant Track & Field Coaches](#)

- Sprints, Jumps and Throws