



# COUGAR CORNER

## Spring Sports Season Wrap-Up

This spring, our athletes brought energy, determination, and heart to every game, match, meet, and regatta. Through challenges and triumphs, our teams demonstrated resilience, teamwork, and growth. From early practices to final competitions, they gave their all and made us proud.

Here are some of the season's standout moments:

### CREW

Outstanding team performance at the NWYC regional regatta: 2 golds, 1 silver, 4 bronze medals. Three boats qualified for Nationals!

### GOLF

**Jonnika Kwon '25** qualified for State and placed 40th overall.

### LACROSSE

Strong finish to the season, narrowly missing the playoffs.

### SOFTBALL

Big playoff wins over Eastside Catholic and West Seattle. Finished 5th in the league and advanced to Districts.

### TENNIS

HNA's doubles team made up of **MK Fuller '26** and **Greta Lewis '28** finished 3rd in Metro, 4th at Districts, and 6th at State.

### TRACK & FIELD

**Sophia Bazzi '25** – Metro Champion in the 3200m, 6th at Districts, State qualifier.

**Zoe Hamaker '26** – 3rd in Metro and Districts in Discus; threw a PR of 118.5 ft to place 8th at State.

**Nia McCurdy '25** – Qualified for State in the 200m and 400m; (200m) 2nd in Metro, 3rd at Districts, 9th at State, (400m) 3rd in Metro, 5th at Districts, 5th at State.

**Ava Pittiglio '25** – Qualified for State in the 400m; 7th in Metro, 5th at Districts.

**Shanice Sanders '28** – 4th in Metro in the 300m hurdles.

**4x200m Relay** – Placed 5th at Districts, Qualified for State and finished 9th overall.

**4x400m Relay** – Placed 4th in Metro, 4th at Districts, 6th at State.

### ULTIMATE FRISBEE

HUSH Ultimate had a successful season placing 2nd overall in conference play and just narrowly missing the state tournament after an exciting game with Northwest.



We are incredibly proud of all our athletes for their dedication, growth, and achievements this season. Roll Cougs!

## Summer Open Gyms: Basketball, Soccer, Volleyball

Open gym is a great opportunity for athletes to meet the HNA coaches and other student athletes. Open gyms are optional and are open to all current HNA students (including incoming 9th graders as of June 9). HNA will host basketball, soccer, and volleyball open gyms in the HNA Athletic Complex this summer.

Open-gym hours are subject to change; specific dates and times will be posted on the HNA calendar. Time changes or cancelations will be updated on the calendar one hour before the open gym is scheduled.

Please email Head Coach [Emily McKenzie](#) (basketball), [Julie Raney](#) (soccer), or [Mo Coverdale](#) (volleyball) with questions.

## Summer Training Opportunities

### CROSS COUNTRY

Cross Country coaches will lead summer cross country trainings at HNA and Lower Woodland this summer. Specific information will be sent to all students registered for cross country on FinalForms.

### SOCCER TRAINING AND CONDITIONING

- *Outdoor Captains Training – Tuesday mornings (Time TBD) at local field.* - Bring cleats, soccer ball, water bottle
- *Indoor Open Gym Sessions – Thursday mornings (time TBD) 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

More information will be posted on the HNA Soccer Instagram account. Contact Head Coach [Julie Raney](#) with questions.

### SUMMER STRENGTH TRAINING WITH TRAINER JULIA OLSON

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 23-26
- July 7-10
- July 14-17
- July 21-24
- July 28-30

### 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 and 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 2025-2026 Athletics

### 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 begin practice Tuesday, September 2.

### REGISTER FOR 2025-26 SPORTS

Students planning to turn out for a sport during the 2025-26 school year must register on [FinalForms](#).

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.

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).

### ALL-SPORTS PARENT INFORMATION NIGHT THURSDAY, AUGUST 28

If your daughter plans to play any sport during the 2025-2026 school year, including crew, at least one parent should plan to attend the All-Sports Parent Information Night on **Thursday, August 28, 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.

## 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](#).

## 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, scan the QR code or 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](#)
- Basketball – [pnboa.org](#)
- Football – [pnfoa.org](#)
- Volleyball – [gsvo.org](#)
- Softball – [smsua.org](#)
- Baseball – [nbua.net](#)
- Soccer – [wareferees.org](#)
- Lacrosse – [Washington Women's Lacrosse Officials Association - Home \(wwloa.org\)](#)