



COUGAR CORNER

Fall Sports Wrap as Winter Takes the Floor!

CROSS COUNTRY



"Our Varsity squad—comprised of Ava Karman '25, Sophia Bazzi '25, Olivia Askew '25, Gabby Knipe '25, Elise Pinelli '26, Hannah Bazzi '27, Grace Hanley '27, Ella Smits '28, and Shanice Sanders '28—finished the season strong. At the Sea-King District Championship, Sophia and Hannah led our squad, placing 8th and 12th overall respectively. These finishes earned them spots on the 2nd team All-District. The squad finished 4th overall as a team, qualifying for the State Championship meet in Pasco. There, the Bazzis led the team to a 9th place finish overall. Sophia placed 21st overall in the 3A race. Congratulations to Elise, Ella, and Shanice for running all-time personal records in the 5k in these final two meets!" —Head Coach Erin McCormick

SOCCER



Photo credit: Krista Pittiglio

"The Varsity squad headed into the Metro League playoffs at the beginning of November. We finished the league tournament tied for 3rd place and qualified for the State Tournament. The first round of State sent us on a road trip down to Lakewood to take on higher-seed Lakes High School. On a rainy, cold night, our Cougars dominated and came away with a 5-0 victory. We then faced Bellevue High School in the Round of 16 and lost a close, competitive game to end our season. There are not enough words to say how proud we are of this very special group of athletes. They gave it their all and left it all out on the field. Looking forward to next year already!" —Head Coach Julie Raney

FALL SEASON HIGHLIGHTS (CONT'D)

SWIM & DIVE



“Swim & Dive completed an epic season, finishing 4th at the WIAA State Championship and breaking two school records in the 200 medley relay and the 100 breaststroke. The team worked incredibly hard and celebrated a well-deserved season at the team celebration on the 19th.”

—Head Coach Samantha Brayer

VOLLEYBALL



“As anticipated, Varsity Volleyball made another strong run through the postseason, finishing 3-1 in the Metro League tournament to Seed #5 in the District tournament. With spirited play over the weekend, we unfortunately came up just short of qualifying for state with a narrow loss to Bishop Blanchet in the 5th set (14-16). I am so proud of the Varsity team and the growth that they exhibited over the course of the season. We were definitely playing our best volleyball in November! Also, a big shout out to our JVC and JV players and coaches for another successful 2024 season. HNA Volleyball is rising!” —Head Coach Larry Garcia

Fall Metro All-League Honors

CROSS COUNTRY

- 1st Team All-Metro: Sophia Bazzi '25
- 2nd Team All-Metro: Hannah Bazzi '27

GOLF

- 1st Team All-Metro: Jonnika Kwon '25
- 2nd Team All-Metro: Aura Sukapanpotharam '25

SLOWPITCH SOFTBALL

- 1st Team All-Metro: Delanie Gilda '27 (infield), Vivian Ombrellaro '25 (infield)
- Honorable Mention: Avie Schneider '25, Gabi Wilbur '25

SOCCER

- 1st Team All-Metro: Kate Cunningham '26 (goal keeper), Adie Bosa '25 (defense), Claire Lofqvist Traum '27 (midfield), Keeley Moggio '28 (forward)
- 2nd Team All-Metro: Ava Pittiglio '25 (defense), Amiah Armstead '27 (midfield), Lucy Minnig '27 (midfield), Ella Foy '28 (forward)
- Honorable Mention: Mae Beck '25 (defense), Zoe Keller '25 (midfield), Chloe Holloway '26 (midfield)

SWIM & DIVE ALL-METRO HONORS:

- Maisie Jarrett '26 (200 Yard Medley Relay, 100 Yard Butterfly, 200 Yard Freestyle Relay, 100 Yard Backstroke)
- Delana Irani '26 (200 Yard Freestyle Relay)
- Ruth Magnotti '26 (200 Yard Medley Relay, 100 Yard Butterfly, 100 Yard Breaststroke)
- Moira Williams '25 (200 Yard Medley Relay, 50 Yard Freestyle, 200 Yard Freestyle Relay, 400 Yard Freestyle Relay)
- Caroline Hooper '26 (200 Yard IM, 400 Yard Freestyle Relay)
- Ellie Wang '26 (100 Yard Freestyle, 200 Yard Freestyle Relay, 400 Yard Freestyle Relay)
- Clare Weber '27 (200 Yard Medley Relay, 200 Yard IM, 100 Yard Breaststroke)
- Rhea Orazem '27 (100 Yard Butterfly, 400 Yard Freestyle Relay)

VOLLEYBALL

- 1st Team All-Metro Mountain Division: Cameron Moskovitz '25 (outside)
- 2nd Team All-Metro Mountain Division: Logan Garcia '25 (libero), Lucy Flaar '25 (setter)
- Honorable Mention: Keira Peterchak '27, Lucy Beck '27

Signing Day Cougar Class of 2025

Congratulations to this school year's first group of Cougar student-athletes to sign NCAA letters of commitment to compete in college athletics. More Class of 2025 athletes are expected to commit as the year progresses. The first five students participated in a signing celebration in the HNA gymnasium on November 13, surrounded by family, friends, and coaches.



Athletes who participate in signing day (pictured above L-R):

Name	School	Sport
Em Binder	University of Southern California	Rowing
Adie Bosa	University of Portland	Soccer
Logan Garcia	West Texas A&M University	Volleyball
Sophia Bazzi	Gonzaga University	Cross Country/ Track
Molly Newman	Gonzaga University	Rowing

Winter and Spring Sports Information

WINTER SPORTS ARE OFF AND RUNNING

Winter is here for Cougar athletes! [Basketball](#), [Bowling](#), Crew, [Flag Football](#), and [Gymnastics](#) are all underway, with schedules and results available on the [Metro League Website](#).

The HNA Cheer squad has been hard at work perfecting cheers and looks forward to leading the HNA community as we cheer on our Cougars this winter!

ATHLETIC FEE

The Sports Participation Fee is \$200 per season for all student athletes and \$330 for Crew athletes. The Winter Sports Participation and Winter Crew Fee will be invoiced through FACTS on January 1 and due by January 10.

SPRING SPORTS PHYSICAL FORMS AND ONLINE REGISTRATION DEADLINE: FEBRUARY 20

Students planning to turn out for a sport during the 2024 -25 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 the spring sport season. 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 spring sports must be completed by Thursday, February 20, 2025.

Plan Ahead for Christmas with Cougar Merchandise

COUGAR GEAR

The entire selection of 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, swim towels, lanyards, and more! Then visit the [ArbiterSports link](#) to make your purchase. We will email you when your merchandise is available for pick-up at HNA.

The HNA Parent Board's Cougar Club will host Holiday Logo-Gear Sales on:

- Tuesday, December 3, from 2:00 p.m. – 3:15 p.m.
- Thursday, December 5, from 7:15 a.m. – 8:15 a.m.

Credit cards, cash, checks, and Apply Pay will be accepted.

ATHLETIC BAG ORDERS

The next order for personalized sports bags will be placed on **April 7, 2025**. Students or parents who wish to purchase a sturdy, roomy athletic bag in HNA school colors may preorder one through the [ArbiterSports 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 our [Sideline Store site](#).

Cougar Coaches WANTED – Open Positions

Do you know someone who would like to join the Cougar Coaching Community? HNA has the following open coaching positions. [Click here](#) for more information. Please help us spread the word!

- **Lacrosse Coach:** Head JV Lacrosse Coach
- **Ultimate Frisbee Coach:** Assistant Ultimate Coach