



COUGAR CORNER

Winter Sports Highlights

Holy Names Academy student-athletes have been shining across all winter programs! Our Flag Football team brought home the Metro Title, continued its postseason journey in the District Tournament, and earned a spot at State. The Bowling team wrapped up a strong postseason as well, with Franca Iadonato '26 qualifying for State and Zoe Onwuneme '26 and Lorelei Jaros '27 earning 1st and 2nd alternate positions. Basketball hosted an exciting Grade School Night and a special Senior Celebration on January 24. The team will finish regular-season play next week and then move on to the Metro Tournament beginning February 9. Gymnastics is coming off a home meet win on January 17 and is preparing for the Metro Championships on February 6. Meanwhile, the Crew team has been training hard all winter and officially transitioned to the spring racing season on February 2. We're proud of all our Cougars for their dedication and teamwork this season!



Metro League Tickets

Tickets for all regular season Metro League basketball games are 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](#).

Spring Sports Reminders

ATHLETIC FEE

The Sports Participation Fee is \$200 per season for all student athletes and \$600 for Spring Crew athletes. The Spring Sports Participation and Spring Crew Fee will be invoiced through FACTS on March 30, 2026.

SPRING SPORTS DEADLINE: FEBRUARY 20

Students planning to turn out for a sport during the 25-26 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 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 Monday, February 23, 2026.

TRYOUT/PRACTICE INFORMATION

There are three start dates for the spring sports season this year:

- February 2 – Spring Crew
- February 2 – Lacrosse
- March 2 – Softball, Tennis, Track & Field, Ultimate Frisbee

All spring sports coaches will host an informational meeting for prospective student athletes by February 20. Sport specific meeting details will be sent out via FinalForms and homeroom announcements. Sport specific tryout and practice details will be shared via FinalForms for all families who are registered.

Become a Coach

HNA has the following coaching openings for the upcoming spring season:

- [Assistant JV Tennis](#)
- [JV Lacrosse](#)
- [Assistant Track & Field \(Jumps and Sprints\)](#)

Become 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](#); Basketball – [pnboa.org](#); Football – [pnfoa.org](#); Volleyball – [gsvo.org](#); Softball – [smsua.org](#); Baseball – [nbua.net](#); Soccer – [wareferees.org](#)

Washington Women's Lacrosse Officials Association is also recruiting officials. Read more information [here](#).

Youth EKG Heart Screening

The Nick of Time Foundation and Virginia Mason Franciscan Health are holding a free youth EKG heart screening event at the Virginia Mason Athletic Center on Saturday, February 28, from 7:30 a.m. - 3:30 p.m. This heart screening is open to any youth ages 12-24.

[Click here](#) to register for a free youth EKG heart screening.

Cougar Merchandise

COUGAR MERCHANDISE

The entire selection of 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](#)