



COUGAR CORNER

Spring Sports Season Highlights

Spring sports are in full swing at Holy Names Academy, and our Cougars are embracing everything Mother Nature throws their way! Crew launched the spring racing season at the Green Lake Regatta, and select members of the experienced squad went south to compete at the San Diego Crew Classic March 27–29. Softball opened the season strong with impressive wins over Ingraham and Nathan Hale, while Tennis started off victorious with a win against West Seattle. Lacrosse celebrated a big triumph over Kennedy Catholic, and HUSH (Holy Names–Bush) Ultimate Frisbee is finding its rhythm as the season picks up steam. Track & Field athletes kicked off their season at their first meet on Thursday, March 26. Across all teams, the Cougars are training hard, competing together, and showing great spirit. We can't wait to see how the spring season continues to unfold!



Looking Ahead

REMINDERS:

A few helpful reminders to assist your student-athlete have a successful season:

- Make sure they dress appropriately for outside practice and games, as the weather can change day to day.
- Encourage daily communication on when and where to pick up your student-athlete after practice and after games. Please pick up athletes in timely manner.
- Promote healthy eating and drinking plenty of fluids to refuel the active athlete's body.
- All schedules are subject to change due to weather.
- Attend games, matches, and races to support your Cougars.

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 September 1.

REGISTRATION FOR 2026-2027 SPORTS OPENS APRIL 15 ON FINALFORMS

Sports Registration for the 26-27 school year will open on FinalForms on April 15, 2026. 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).

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 Website](#).

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 Tuesday, September 1, 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.

For New Families

SPORTS INFORMATION NIGHT: APRIL 21

All incoming 9th graders (Class of 2030) and their parents, as well as incoming transfer students and their parents, are invited to an informational evening about the HNA athletic program on Tuesday, April 21, at 7 p.m. in the HNA gym. Families new to the school can learn about our program and meet the coaches.



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](#).