



# COUGAR CORNER

## Fall Sports Wrap as Winter Takes the Floor!

Holy Names Academy concluded the fall athletic season with notable achievements across multiple programs:

- **Cross Country:** Elise Pinelli '26 represented HNA at the State meet, finishing 61st overall.
- **Crew:** Wrapped up their season at the Head of the Lake Regatta with standout results—1st in Women's Jr 4+, 2nd in Girls U17 8+, and 3rd in Women's Jr 8+.
- **Volleyball:** Advanced through postseason play, finishing 5th in the Metro League tournament and winning their first-round district match.
- **Soccer:** Earned 3rd place in Metro with a thrilling victory over Seattle Prep, securing a return trip to State. Though the Cougars fell to Central Kitsap, the team was honored as **3A WIAA Academic State Champions** with an outstanding combined GPA of 3.971.
- **Swim & Dive:** Concluded postseason with 4th place finishes at both Districts and State. The team also set **two new school records** at State: 200 Medley Relay (1:46.88) – Maisey Jarrett, Clare Weber, Rhea Orazem, Caroline Hooper; 100 Breaststroke (1:03.81) – Clare Weber

From the racecourse to the pool, the field to the court, our Cougars continue to inspire with their dedication, teamwork and Cougar Pride! Winter sports are officially underway, and the Holy Rollers brought home their first win of the season over Cleveland last week! Basketball and Flag Football kicked off November 29, while Gymnastics will compete in their first meet on December 5 at Ballard High School.



## Fall Metro All-League Honors

### SOCCER

- All Metro Team – Keeley Moggio '28 (forward), Amiah Armstead '27 (mid-field), Kate Cunningham (goal keeper)
- 1st Team Mountain Division – Clare Lofqvist Traum '27 (mid-field), Ella Foy '28 (mid-field), Charlotte Keller '28 (mid-field), Kaela Higgins '28 (defense)
- 2nd Team Mountain Division – Lucy Minnig '27 (mid-field), Moira Kinney '26 (defense), Luna Currier '29 (defense)
- Honorable Mention: Anna Fort '26 (defense), Sydne Bradbury '26 (forward), Chloe Holloway '26 (midfield), Allie Herdener '27 (mid-field)

### SWIM & DIVE ALL-METRO HONORS:

- Maisey Jarrett '26 (200 Yard Medley Relay, 100 Yard Butterfly, 100 Yard Backstroke, 400 Yard Freestyle Relay)
- Delana Irani '26 (50 Yard Freestyle, 200 Yard Freestyle Relay, 100 Yard Breaststroke, 400 Yard Freestyle Relay)
- Caroline Hooper '26 (200 Yard IM, 500 Yard Freestyle, 200 Yard Freestyle Relay, 400 Yard Freestyle Relay)
- Ellie Wang '26 (200 Yard Freestyle, 100 Yard Freestyle, 200 Yard Freestyle Relay, 400 Yard Freestyle Relay)
- Clare Weber '27 (200 Yard Medley Relay, 200 Yard IM, 200 Yard Freestyle Relay, 100 Yard Breaststroke)
- Rhea Orazem '27 (200 Yard Medley Relay, 100 Yard Butterfly, 100 Yard Breaststroke)
- Lilah Chang '26 (200 Yard Freestyle Relay)

### VOLLEYBALL

- 1st Team All-Metro Mountain Division: Lucy Beck '27 (outside)
- 2nd Team All-Metro Mountain Division: Clara Kirschner '28 (outside), Keira Peterchak '27 (libero)
- Honorable Mention: Alice Watson '26 (middle)

### METRO LEAGUE TICKET PRICES

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](#).

## Signing Day

### Cougar Class of 2026

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 2026 athletes are expected to commit as the year progresses. The first nine students participated in a signing celebration in the HNA gymnasium on November 17, surrounded by family, friends, and coaches.



Athletes at signing day (picture above L-R):

Name	Sport	College/University
Ellie Wang	Swim	Pomona College
Ruth Magnotti	Swimming	Seattle University
Isabella Garcia	Softball	University of Redlands
Kate Cunningham	Soccer	University of Rochester
Lucy McNelis	Crew	University of Southern California
Sawyer Town	Crew	USD (University of San Diego)
Georgia Legere	Rowing	Boston College
Blair Ashcraft	Crew	University at Albany
Leah Hanken	Crew	Cornell University

### HUDLTV

Holy Names Academy will livestream all home basketball games (JV, Varsity) free of charge this season on HudlTV.

[Click here](#) to access the livestream.



## 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 \$345 for Crew athletes. The Winter Sports Participation and Winter Crew Fee will be invoiced through FACTS January 3-4 and due January 13-14.

### SPRING SPORTS PHYSICAL FORMS AND ONLINE REGISTRATION DEADLINE: FEBRUARY 23

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 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.

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## Plan Ahead for Christmas with Cougar Merchandise

### COUGAR GEAR

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.

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

- Tuesday, December 2, from 2:00 p.m. – 3:15 p.m.
- Thursday, December 4, 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 27, 2026**. 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](#).

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## 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 the links for more information. Please help us spread the word!

- [JV Lacrosse Coach](#)
- [Assistant Track & Field – Springs and Jumps Coaches - 2 positions](#)
- [JV Tennis Coach](#)
- [Assistant Ultimate Frisbee Coach](#)

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## School-Provided Student Accident Insurance – Coverage Details

To support families with medical expenses from school-related injuries, HNA provides **School-Time Accident Insurance** for all students—**at no cost to families**. This secondary insurance helps cover costs not paid by your primary health insurance. Coverage applies when injuries occur:

- On campus during regular school hours, including **one hour before and after classes**.
- During **school-sponsored and directly supervised activities**, such as **interscholastic sports**.
- While traveling **directly between home and school** or to school events, **when arranged by the school**.
- **At any time while riding in a school vehicle**.

Please review [this brochure](#) for details and contact [HNA's Business Office](#) with any questions.