



Holy Names Academy offers summer camps for young women entering Grades 4 through 8, and to any student starting Grade 9-12 at Holy Names Academy in the fall. We are happy to offer a variety of **athletic** and **special interest** camps, so campers can explore new interests or improve existing ones! *Multi-camp and sibling registration discounts are available.*

**Athletic camps** offer quality instruction from HNA coaches and players in a fun, welcoming environment. Students of all skill levels are encouraged to register.

**Special interest camps** offer fun and creativity for a wide variety of interests.

This guide is designed to provide a brief overview of each camp. See the [summer camp web page](#) for dates, times, and grade level details.

## **Athletic Camps**

### **Crew – Learn to Row – Coach Rachel**

Calling all middle school students! It's time to register for the HNA Learn to Row Crew Camp. We invite you to join us this summer to learn the fundamentals of the rowing stroke, how to properly handle rowing equipment, and get to know our HNA crew community. This

camp is open to any student in **grades 6-9**. Our Learn to Row camp will strive to provide a positive and competitive learning environment. Participants can expect to learn new skills on the indoor rowing machines and spend more time on the water as camp progresses, culminating in a fun race day on our final day of camp. In return, we ask that you arrive on time each day with a great attitude – ready to listen, learn, and have fun! Participants should bring a water bottle, sunscreen, and athletic clothing to camp daily.

### **Crew – High School Experienced – Coach Rachel**

Calling all current rowers and coxswains! It's time to register for the annual HNA Experienced Crew Camp. Experienced high school rowers are invited to join us this summer for a fun and challenging camp that will improve participants' skills and fitness. This camp is open to any HNA student in **grades 10-12 with 1+ year of rowing experience**. The goal of this camp is to provide opportunities for our experienced rowers to continue learning, moving, and bonding with their teammates in the off season so they can be better prepared for the upcoming fall season. Participants should bring a water bottle, sunscreen, and athletic clothing to camp daily.

### **Soccer – Coach Raney**

We invite you to join members of the HNA coaching staff and varsity team players this summer. Cougar Soccer Camp is designed to create a positive soccer environment, one that will encourage players to be imaginative and creative without undue pressure of fear or failure. This camp will provide training in technical skills, tactical patterns of play, speed and agility, positional awareness, and finishing and will include many games. We ask that you arrive on time each day with a great attitude - ready to listen, learn, and have fun. BRING: soccer cleats, shin guards, water bottle and sunscreen.

### **Volleyball – Middle and High School – Coach Mo Coverdale**

We invite you to join coaches and members of HNA's volleyball team this summer. Cougar Volleyball Camp will strive to provide a positive and competitive learning environment. In return, we ask that you arrive on time each day with a great attitude – ready to listen, learn, and have fun! BRING: volleyball shoes and kneepads.

### **Cross Country / Running – Coach Gayman**

We're excited to welcome young runners to a fun and supportive cross-country camp! Coach Meg and HNA XC athletes will teach proper dynamic warm ups, mental strategies for pushing through challenges, how to pace for longer distances, tackle hills with

confidence, and how to avoid injuries. Campers will get to know new running friends through fun games and activities. Campers will need running shoes and will meet at Holy Names each morning before taking a bus to daily running locations, returning by noon.

### **Co-Ed Pickleball – High School – Ms. Tilghman**

The Co-ed Pickleball Camp is designed for high school students, from Holy Names Academy and O’Dea, who want to build skills, stay active, and enjoy friendly competition. Campers will learn fundamentals of pickleball - including serving, footwork, shot selection, and mini tournaments. Emphasis of the camp is on skill building, teamwork, and confidence. Whether campers are brand new to racquet sports or looking to sharpen their game, this camp is for them!

### **Cheer – Coach Mia Davis**

At the HNA Cheer Camp, campers will train with our cheer coach and members of the Holy Names Academy cheer team as they learn the skills, confidence, and energy that define HNA cheer. Throughout the camp, participants will build fundamentals, practice teamwork, and master the distinctive *stomp-style* cheer that HNA is known for. This high-energy style blends sharp motions, strong beats, and bold rhythm—so campers should come ready to move, groove, and bring the spirit! By the end of camp, campers will have learned at least three full cheer routines and will be ready to show off their new skills with pride. Perfect for beginners and returning cheerleaders alike, HNA Cheer Camp is all about fun, fitness, and fierce school spirit. Let’s stomp, shout, and cheer together!

### **Middle School Girls Pickleball / Badminton – Coach Kovac**

Get ready for an active, fun-filled week of learning to play! The Pickleball and Badminton Summer Camp is designed for students who want to build skills, stay active, and enjoy friendly competition. Campers will learn fundamentals of both sports- including serving, footwork, shot selection, and mini tournaments. Emphasis of the camp is on skill building, teamwork, and confidence. Whether campers are brand new to racquet sports or looking to sharpen their game, this camp is for them!

### **Basketball – Coach McKenzie**

We invite you to join coaches and members of HNA’s basketball team this summer at our fun and dynamic hoop camp. Cougar Basketball Camp will provide a positive and competitive environment for students across skills levels. We ask that participants to arrive

on time each day ready to listen, learn, and have fun! BRING: athletic shoes and a water bottle.

### **Flag Football – Coach Kauno**

Come try out the newly sanctioned sport of Flag Football! Join us for an exciting week of skill-building, teamwork, and fast-paced fun at our Flag Football Summer Camp! All experience levels are welcomed as this camp focuses on developing fundamentals while creating a positive, inclusive environment where campers will thrive. Campers will play classic games like capture the flag and finish the week with knowledge of the game that will take them to the next level. Whether campers are trying flag football for the first time or hoping to sharpen their game, campers will enjoy high-energy sessions, friendly competition, and a supportive atmosphere with current HNA players and coaches.

### **Hiking – Coach Kovac**

Join us for a fun outdoor adventure as we explore Poo Poo Point (yes, that's the real name), outside of Issaquah! This single-day hiking camp is designed for moderate to experienced hikers who want to challenge themselves, spend time outdoors, and discover the beauty of the Pacific Northwest. The hike is a 7.2 mile roundtrip, with an elevation gain of 1,748 feet and campers might be lucky enough to catch paragliders taking off from the top of the hike, where we will enjoy lunch. This day camp is great for students who want to connect with each other and with nature, experiencing the rewards of outdoor adventure.

### **Tennis – Coach Fort**

Come rally with Coach Molly Fort and members of our high school tennis teams this summer. We will focus on developing and strengthening fundamental skills through drills, point play and team games. We will also discuss tactics and game day strategy as well as practice choice shots such as slices, drop shots and overheads to give your tennis game an extra edge. A great attitude and willingness to listen, learn, and have fun is a must! BRING: tennis racquet and tennis shoes. Please contact Coach Molly at [mfort@holynames-sea.org](mailto:mfort@holynames-sea.org) if you need help finding gear.

***Continue below for Special Interest Camps Descriptions***

## **Special Interest Camps**

### **Leadership Academy – Ms. Smith**

Interested in becoming a leader or, are you already a leader and want to acquire more skills to help your team, class or school? Then come to HNA's Leadership Academy! This camp is specifically designed to help develop and foster the leadership skills of young women. Participants will gain valuable information about how to lead large or small groups, as well as tips and procedures for event planning, advertising, fundraising, and much more!

### **Skills for Success – HNA Incoming 9th Grade OR Middle School with Ms. Drake and Ms. Pitre**

Jump-start your school year with skills that will set you up success! Join us for a fun, hands-on camp where you'll discover smart strategies for staying organized, studying efficiently, and managing your time like a pro. You will get insider tips directly from HNA students about what really works in high school, plus helpful guidance on how to make the transition from middle to high school smooth. If you want more confidence and a major boost heading into the new school year, this camp is for you!

### **Camp Give Back – Ms. Tilghman**

At Camp Give Back, campers will participate in service-learning, build community, develop empathy, and explore issues of social justice. We will meet at HNA each day and then head out to spend a few hours volunteering in the community. Sites have included Aegis, St. Francis House, Byrd Barr Place and an environmental restoration project.

### **Robotics – Mr. Van Buren**

Ignite curiosity and creativity this summer with our Robotics Summer Camp Designed for young innovators, this hands-on camp introduces students to the exciting world of STEM through robotics, coding, engineering, and teamwork. Campers will design, build, and program LEGO® robots while tackling fun challenges. By the end of the camp, participants will have strengthened their STEM skills and experienced the thrill of innovation—just like real engineers!

### **Murder Mystery / Forensics – Ms. Draggoo and Ms. Radich**

Calling all detectives! Join us this summer for the Makings of a Murder Mystery to learn about the detective genre and practice some of the forensic science behind solving a case. In this camp, you'll watch detective stories to understand key elements of a classic murder mystery, use your detective skills to solve your own mystery, and learn how to test blood type, dust for fingerprints, and run a gel electrophoresis DNA test. In the end, you'll have solved a crime, outlined your own murder mystery, and learned some important forensic lab techniques.

### **Digital Music Makers – Ms. Webber**

Have you ever wondered how to record and create music using a computer? Join this camp in the HNA music production lab and recording studio and learn some digital audio basics! You will learn how to record voices, create drumbeats and simple songs using virtual instruments, and how to do some basic editing of these recordings. By the end of camp, you will have a completed podcast or song recorded to take home with you!

### **NEW: Theatre – Ms. Wahlen, Ms. Kotkins, Ms. Hilbert, and Mr. Williams**

Summer is a great time to act, sing, dance, create, and have fun! Join us for a week of learning songs, acting, and choreography, all culminating in a small showcase at the end of the week! Campers will also have the opportunity to be introduced to costuming, hair & makeup, lighting, sound and staging, as well as participate in theatre games to bond and learn improvisational skills.

### **Art Explorations – Ms. Anderson**

HNA is excited to offer this art camp where we will create artworks using materials such as ink, watercolor, collage, oil pastel, and printmaking.