



COUGAR CORNER

Fall Sports Highlights

See current schedules and standings on the [Metro League website](#).

CHEER



"The Cheer team members showed off their hard work with their first performance of the year at our Fall Sports Assembly on October 27. HNA Cheer performed a dance routine and three new cheers in front of an excited student body. The teams continue to work hard to expand their cheer library as they prepare for the start of the winter sports season at the end of November." – Head Coach Mia Davis

CREW



"HNA Crew requalified two entries for next year at the Head of the Charles in Boston and is now gearing up for our final Fall Race, Head of the Lake, which will be racing through the Montlake Cut in Seattle on Sunday, November 5. The team is excited to get down to work this winter with lots of training and time together to become a faster and stronger team. Winter crew officially starts on November 27, and athletes that would like to join are encouraged to reach out to Coach Marr when their fall sport's season is complete." – Head Coach Chris Marr

FALL SEASON HIGHLIGHTS (CONT'D)

CROSS COUNTRY



“Cross Country finished strong this season with a 5th place team finish at the Metro Championships and a 6th place team finish at Districts. Sophia Bazzi '25 and Hannah Bazzi '27 will represent the Cougars at the State Championship Meet in Pasco on November 4.” – Head Coach Erin McCormick

GOLF



“Holy Names Academy golf team finished 5th in the Metro Championships and qualified for districts next May. The Cougars were led by Jonnika Kwon '25 with a score of 94 and Aura Sukapanpotharam '25 who scored 95. They were joined by teammates Lila Simpson '25 (101), Stephanie Turalba '25 (108), and Ella Nguyen '24 (109). Team captain Jonnika Kwon was named to the All-Metro 2nd team for the second straight year.” – Head Coach, Jim Donner

FALL SEASON HIGHLIGHTS (CONT'D)

SLOWPITCH SOFTBALL



“In just our second year in the Metro League, the Slow Pitch team had an exciting and impressive post-season run, placing 4th in the Metro Tournament and advancing to Districts. We also had a very fun opportunity to hold our first Team vs. Families Scrimmage, which is sure to be an annual event moving forward. Special shout-outs to our Senior teammates (Annika Trippel and Sophia Kilbourne) for their contributions and leadership over the past two seasons! See you next Fall!” – Head Coach Kelly Hinderberger

SOCCER



“This season presented growth in our overall program. Our three teams competed in their respective leagues and played some good soccer. Our JVC team finished 6-2-3 with our field players stepping in to play in goal each game. Our JV team finished 5-4-3 in league with seven shutouts. Our varsity team finished 5-2-6 with a record number of ties this season. Unfortunately, our varsity team was knocked out in the second round of the metro playoffs and the season feels as though it was cut short. We are thankful to all our players in the program for their continued hard work out on the field, and we are especially grateful for our seniors who we will miss and wish the best of luck next year. We are excited about the youth of the program, and we’re already looking forward to next season!” – Head Coach Julianna Sackeyfio

FALL SEASON HIGHLIGHTS (CONT'D)

SWIM & DIVE



“HNA SWIVE placed 2nd in the Metro Championship Meet on Saturday, October 28! HNA’s swimmers generated so much excitement on the pool deck that other coaches and the officials were talking about HNA’s victories. This is the most inspiring team I have ever had the honor to coach. The personal bests have all been great sports stories that we will think about in future years. HNA currently has three State qualifying relays and seven individual state qualifiers. Come out and support HNA SWIVE at Districts on November 2 and November 3 and join us at the King County Aquatics Center for the State meet on November 10!” – Head Coach Rachel Loy

VOLLEYBALL



“HNA Varsity volleyball finished our regular season with a 3-11 record in Metro League and 4-13 overall record. We are so proud of how hard our team fought in the face of adversity with multiple injuries to key players and younger players asked to step into multiple roles at a moment’s notice. We begin the Metro League tournament as healthy as we have been all season, and we are looking forward to the opportunity to make a deep run in the weeks to come. Our Junior Varsity team, under the guidance of Head Coach Jason Sanchez and first year assistant Julia Baase, completed another successful season with a record of 11-6 and finishing with a 6-game winning streak. Under first year Head Coach Virginia Patterson, our JVC team also finished the season strong with a 9-7 record and a gold bracket finish in the Bothell JVC Tournament in October. Congratulations to our players and coaches for another great season of volleyball at Holy Names Academy. Trust, Resilience, and Vision..... Go Cougars” – Head Coach Larry Garcia

Winter Sports

PHYSICAL FORMS AND ONLINE REGISTRATION

DEADLINE: NOV. 6

The HNA Athletic Department has changed registration platforms to [FinalForms](#) for the 2023-24 school year. 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 winter and spring sport seasons. Note that you should upload your daughter's sports physical and float test (if applicable) directly to FinalForms. [Click here](#) for instructions on uploading. Registration for winter sports must be completed by Monday, November 6, 2023.

WINTER-SPORTS TRYOUTS

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| Basketball | Tryouts are November 13 and November 14, from 3:00 to 5:30 p.m. Athletes should wear a white shirt for tryouts. Team rosters will be released no later than 6 p.m. on Wednesday, November 15. |
| Bowling | Tryouts are Monday, October 30 – Wednesday, November 1, from 3:30 to 5:00 p.m. at West Seattle Bowl. |
| Flag Football | Tryouts will run the week of November 27 - December 1. Regular season practices will be held Monday, Tuesday, Thursday, and Friday at Memorial Stadium from 3 to 5 p.m. |
| Gymnastics | Practices begin Monday, November 13, at Metropolitan Gymnastics. Regular practices will run Monday – Friday from 3:30 to 6 p.m. and Saturdays from 9 a.m. to 12 p.m. |
| Winter Crew | Winter Crew begins Monday November 27. However multi-sport athletes who would like to row in the winter are encouraged to reach out to Coach Marr after their Fall season so they can start rowing right away. Novice rowers will start training five days a week for the winter and spring seasons. |

Plan Ahead for Christmas

COUGAR GEAR

The entire selection of Cougar Gear is available for purchase online through FamilyID. First, browse the [HNA website Cougar Merchandise page](#) for an updated list of sweatshirts, PJ pants, lanyards, and more! Then visit the [FamilyID Cougar Gear link](#) to make your purchase. We will email you when your merchandise is available for pick-up at HNA.

ATHLETIC BAG ORDERS

Students or parents who wish to purchase a sturdy, roomy athletic bag in HNA school colors may order one through the [FamilyID Cougar Gear link](#) for \$80. Bags may be personalized with the student's name.

The next bag order will be placed on April 22, 2024.

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 HNA's [Sideline Store site](#).



Sampling of merchandise available through HNA's website.