



COUGAR CORNER

Winter-Sports Update

Winter schedules and results are available on the [Metro League Website](#) for Basketball, Bowling, and Gymnastics. The complete flag football schedule and results can be found [here](#).

BASKETBALL



“January ended strong for all three HNA basketball teams. Varsity had exciting victories over Bishop Blanchet and Eastside Catholic to secure their spot in the Metro Championship Tournament, which kicks off on February 5. Thank you to everyone who joined us on Senior Night to celebrate our amazing senior team members, Kaia Hutson, Genesis Hopkins, and Ava Javier.” —Head Coach Emily McKenzie



Stream Home Games LIVE

HNA streams all home games to the [Holy Names Academy Athletics YouTube page](#). Be sure to subscribe to our channel and watch the Cougars play from the comfort of your own home!

Click the image to view HNA's Athletics YouTube channel.

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](#).

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Winter Season Highlights (Cont'd)

BOWLING



“The Holy Rollers topped of a terrific season with an 11-4 record and a second-place finish in the Metro League championship, a record for the program! The varsity team placed fifth in the district tournament with player Anuja Schuh-Fankhauser '24 continuing on to the State as an alternate for the individual competition. At the final practice of the season, the team celebrated the contributions of its five seniors, Elli Briant, Molly Gazewood, Sophia Kilbourne, Catherine Robertson (who has been with the team since its founding), and Anuja Schuh-Fankhauser, as both gifted bowlers and exceptional leaders. The remaining team members look forward to another strong season and more bowling alley tater-tots next year.”

—Head Bowling Coach Natalie Radich

CHEER



“HNA cheer had an amazing time supporting the HNA basketball teams throughout the season. Receiving the love and support from HNA staff and students was beyond what we could have asked for. We cannot wait to continue next year!”

—Head Coach Mia Davis

Winter Season Highlights (Cont'd)

CREW



“HNA Crew is training hard on land building strength and endurance for the spring season. The splits get lower, and the weights get heavier. It never gets easier, you just go faster.”

—Head Crew Coach Chris Marr

FLAG FOOTBALL



“Flag football started the season strong with a 4-0 record. As we work through the middle of the season, we have our sights set on the playoffs. The short flag football season has one final week of regular season play on February 3 and playoffs on February 10. Our team is putting in the work to achieve the goals they set for themselves this year. It has been exciting to see the new players adopt the sport with enthusiasm and the veteran players match it. The JV squad had its first games last week and is looking forward to two more weeks of Wednesday games while they continue to refine their skills and perform. Both teams have shown a lot of grit playing through the wind and rain this winter season.”

—Head Coach Grant Kauno

Winter Season Highlights (Cont'd)

GYMNASTICS



“As we move closer to post season, the team has been on an upward trajectory all around. Starting the season with a young and mostly inexperienced team; from the get-go, I set an extremely ambitious goal for each athlete and team to make HNA gymnastics competitive. Seeing the team score and standing raise weekly is confirmation of everyone’s challenging work coming together.”

—Head Gymnastics Coach Donny Gallegos

Cougar Spotlight: Genesis Hopkins '24 *Varsity Basketball*

HNA basketball player, Genesis Hopkins, was recently spotlighted in *The Seattle Medium* for her stellar basketball performances. With an average of 16.4 points and 11 rebounds per game, Genesis proves to be a force on the court.

Coach Emily McKenzie praises Genesis’ athletic prowess, outstanding character, and dedication to the game. “What makes Hopkins truly exceptional is her commitment to excellence both academically and athletically, maintaining a remarkable 4.16 GPA.” said Coach McKenzie.

Read more about Genesis’ remarkable journey in [The Seattle Medium](#).



Genesis Hopkins '24. Photo courtesy of Lisa Vida Snavlin.

Spring Sports Begin: Feb. 26

DEADLINE TO REGISTER: FEBRUARY 15

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 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 spring sports must be completed by Thursday, February 15.

ATHLETIC FEE

HNA has implemented a Sports Participation Fee of \$200 per season for all student athletes (\$575 for spring Crew) in order to keep up with the rapidly-rising costs associated with the Athletic Program, such as increasing referee costs, salaries, field rental costs, and competition facilities. The Spring Sports Participation and Spring Crew Fee will be invoiced through FACTS on March 21, 2024.

TRYOUT/PRACTICE INFORMATION

Spring sports begin on Monday, February 26. All spring sports coaches will host an informational meeting for prospective student athletes by February 15. 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.

Cougar Merchandise

COUGAR GEAR

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, swim towels, 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.

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 Heart Screening

The Seattle Seahawks are partnering with the Nick of Time Foundation to host EKG Youth Heart Screenings on March 16, at the Virginia Mason Athletic Center (VMAC). The Youth Heart Screening event is open to any youth ages 12-24 years. Participation is encouraged for all HNA Athletes. Read more information [here](#). Participants must pre-register [here](#).

ATHLETIC BAG ORDERS

The next order for personalized sports bags will be placed on **April 22, 2024**. Students or parents who wish to purchase a sturdy, roomy athletic bag in HNA school colors may preorder one through the [FamilyID Cougar Gear link](#) for \$80. 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 HNA's [Sideline Store site](#).