



COUGAR CORNER

Highlights

CREW



Twenty three members of the HNA crew team traveled to Sarasota, Florida, as representatives of the fastest crews from our Northwest Region to compete in the Youth Nationals Regatta, June 5-12. HNA athletes performed well despite the 90+ degree heat and humidity. HNA crew had some great performances, attitudes, and team dynamics that led to outstanding results. The 1V 8+ placed 10th in the country and dropped 10" over their previous best time. The 2V 8+ took 6th in the country, set a personal best for the season, and were the fastest high school program in their category at Nationals. The U17 4+ took 6th in the country and were the fastest high school program in their category.

—Head Coach Chris Marr

FLAG FOOTBALL



The HNA Flag Football team participated in the 2023 Seahawks Girls Flag Football Championship on Sunday, June 11, at the Seahawks VMAC Training Facility. The event brought together teams from the Tacoma and Seattle area to compete for the Championship Title. HNA played in two tough seeding games against the top Seattle teams before ultimately being eliminated by the team that finished 2nd overall. Congrats on a fantastic inaugural year, Cougars!

Summer Planning Reminders

FALL SPORTS TRYOUTS:

AUGUST 21-25

Please mark the dates Monday–Friday, August 21–25, if your daughter would like to try out for a fall sport: golf, soccer, volleyball, swim & dive (no-cut), cross country (no-cut), and experienced crew (no-cut). **Athletes must be present the entire week of tryouts.** Novice rowers begin practice Tuesday, September 5.

FALL SPORTS REGISTRATION DEADLINE:

MONDAY, AUGUST 14

The HNA Athletic Department will change 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 all three 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 fall sports must be completed by Monday, August 14, 2023.**

ATHLETIC FEE

We will be implementing a Sports Participation Fee of \$200 per season for all student athletes 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. Invoices will be emailed and due once rosters have been finalized. See page 1 for more information.

ALL-SPORTS PARENT INFORMATION NIGHT:

MONDAY, AUGUST 28

If your daughter plans to play any sport during the 2023-2024 school year, including crew, at least one parent should plan to attend the All-Sports Parent Information Night on Monday, August 28, at 7 p.m. This meeting will cover the Athletic Department policies and procedures for the year and is required for at least one parent of all HNA athletes. There will be a general meeting in the HNA gym for all parents, followed by breakout sessions for the various sports. Your daughters are welcome but are not required to attend.

CHEER TRAINING AND TRYOUT INFORMATION

Cheer Tryout Training Sessions will run from 3-5 p.m. August 24 - 25, 28 - 30. Participants will learn the cheers and dance required for tryouts on Friday, September 1. Students planning to tryout for the team are encouraged to attend all training sessions.

Cougar Gear

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.

ATHLETIC BAG ORDERS

The next order for personalized sports bags will be placed on **September 11, 2023**. 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](#).

Want to be 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
- Lacrosse – [Washington Women's Lacrosse Officials Association - Home \(wwloa.org\)](http://Washington Women's Lacrosse Officials Association - Home (wwloa.org))