



# COUGAR CORNER

## Spring Sports Season Highlights

### CREW



"HNA Crew had a great season opener at the Spring Green Lake Regatta. We had some fast boats, and the team performed well on and off the water. It was truly a great show of our rowers being kind, confident, capable, and competitive. HNA Crew took home three 1st-place wins, three 2nd-place finishes, and two 3rd-place finishes overall, with several more boats winning heats. Next up, the team will be racing our 1v and 2v at the San Diego Crew Classic and our 3v and u17s in the Husky Open regatta through the Montlake Cut on Saturday, April 6." —Head Coach Chris Marr

### LACROSSE



"The lacrosse season is off to a strong start in 2024! The program has lots of young talent and a great foundation from years before. Varsity and JV are improving with each game, finding success across the field. Excited for the weeks ahead, go Cougs!" —Head Coach Olivia Sanchez

## Spring Sports Season Highlights (Cont'd)

### SOFTBALL



“Cougar Fastpitch is off to a commanding lead in the Metro League this Spring with a big win against Ballard under our belt! Earlier this season, we were lucky to have spent a night away on a team bonding trip. The team had a great time playing games and relaxing. All that bonding is paying off on the softball field this season!”  
—Head Coach Kelly Hinderberger

### TENNIS



“HNA Cougars Tennis for 2024 had a strong turnout and an even stronger start to the season, with the varsity team lead by Captains Lucy Cooper, Claire Murphy, and Candace Wong. All five courts are loaded with confident, focused, and talented sophomores, juniors, and seniors, who are giving our opponents a run for their money. The JV squad is working hard and improving every set. We look forward to picking up play after spring break. Roll Cougs!”  
—Head Coach Molly Fort

## Spring Sports Season Highlights (Cont'd)

### TRACK & FIELD



“HNA’s Track and Field team season is going well and on an upward trajectory. Athletes put in their own work during the off season, wanting to build and continue to grow after last season. New-to-the-team athletes are eager and improving quickly while returners are stepping up as leaders and working together to make everyone better. We kicked off racing with the SAAS Relays invitational. At the SAAS relays, our 4 x 800 team of Grace Winkler ’24, Sophia Bazzi ’25, Elise Pinelli ’26, and Hannah Bazzi ’27 set a meet record of 10:04! Lots of athletes have already set personal records in the first few meets, and we are excited to see where the team goes after spring break! —Co-Head Coaches Erin McCormick and Molly McKeon

### ULTIMATE FRISBEE



“With a solid group of returning players and a handful of talented new players, the Hush (Holy Names + Bush School) ultimate team has had a strong start to our season! Captains Vanessa Chesley, Avellina Colacurcio, and Willa Lapin demonstrated their chemistry on the field by throwing and catching many of the teams goals, while also getting many crucial blocks on defense. We started out the season with a resounding win over SAAS! Our next game was a toughly fought loss to the Northwest School. In the third game of our season, we started out trading points with Eastside Prep, but ran away with the game in the second half thanks to some fantastic defense and great catches! The coaches and fans are excited to see how much this team will improve over the course of the season.” —Head Coach Kate Kingery

## Cougar Coaching Update

We are saying farewell to two of our beloved Cougar coaches this year and welcoming familiar faces into these head coaching positions. Rachel Loy (Swim & Dive) and Julianna Sackeyfio (Soccer) are moving on to new adventures this fall. Sam Brayer will move from HNA's Assistant Swim and Dive Coach to Head Coach, and Julie Raney will once again become Head Soccer Coach.

### SWIM & DIVE

#### Coach Rachel

**Loy** has dedicated the last nine years to making HNA Swim & Dive "the best team ever!"

From the 5 a.m. practices, to

managing the meets, to making special signs for each individual senior, Coach Loy has made sure every member of the team feels seen and supported while also consistently finishing in the top 8 at the State meet.

Coach Loy leads with kindness and compassion, and we are forever grateful for her leadership. Please join us in celebrating Coach Loy by sharing a favorite memory, photo, or thanks in her [Memory Book](#).



*Coach Loy with the team.*



*Coach Brayer (left) supporting the Cougs!*

**Coach Sam Brayer** is energized and excited to lead the HNA Swim & Dive team in 2024. With over 10 years coaching experience, the last three at Holy Names as Assistant Coach, she has been swimming competitively since the age of 8, growing up in Chicago and swimming club through the years and onto the University of Missouri. At Mizzou, she also began coaching club and swim lessons, over the years

building programs around individuals with specialized needs- ranging from modifications for students with Williams Syndrome to blindness, as well as coaching and participation in Masters Swimming and Triathlon trainings. She is excited to lead this next group of Cougs to State and Beyond! Currently she is the Director of Development for the American Diabetes Association, overseeing the PNW Region when she's not on the pool deck.

### SOCCKER

#### Coach Julianna

#### Sackeyfio

has dedicated the last 10 years to building and maintaining a strong and competitive soccer program under the dome. Coach Jules got her start as the JVC coach and worked her way up to the Varsity Head Coach, where she has led the Cougars to two Metro Championship titles and a 2nd and 3rd place finish at State. During her tenure under the dome, Coach Jules also coached one season of basketball and spent six seasons with the Track & Field team. Coach Jules will join her family in Chicago this fall as they embark on a new adventure. Please join us in celebrating Coach Jules by sharing a favorite memory, photo, or thanks in her [Memory Book](#).



*Coach Jules (middle) encouraging a player.*

#### Coach Julie Raney

will become Soccer's varsity head coach once again. Coach Raney made her initial mark on the HNA Soccer program as an athlete leading the team to HNA's first two Metro Championship titles in 1980 and 1981. She went on to play in the inaugural first four years of the Women's Varsity Soccer Program at Seattle University, earning All-Conference honors her junior year. She returned to HNA's soccer program as an Assistant Coach in 1986 before taking the reigns as Head Coach in 1994. Coach Raney led the Cougars to their first State Soccer Championship Title in 1999! She returned to the soccer pitch in 2020 where she has served alongside Coach Julianna Sackeyfio coaching the team to a Metro Championship title and 3rd place State finish in 2021. In total, Coach Raney has dedicated 24+ years to coaching at HNA, including time with the Soccer, Crew, Tennis, and Lacrosse programs! When she's not coaching the Cougars, you can find her working with her sister at their Irish Dancing School, Tara Academy.



*Coach Raney after a game.*

## Looking Ahead

### REMINDERS:

A few helpful reminders to assist your student-athlete have a successful season:

- Make sure they dress appropriately for outside practice and games, as the weather can change day to day.
- Encourage daily communication on when and where to pick up your student-athlete after practice and after games. Please pick up athletes in timely manner.
- Promote healthy eating and drinking plenty of fluids to refuel the active athlete's body.
- All schedules are subject to change due to weather.
- Attend games, matches, and races to support your Cougars.

### MARK YOUR CALENDARS FOR FALL 2024 TRYOUTS

Tryouts and practice for fall 2024 sports—cross country (no-cut), experienced crew (no-cut), golf, slowpitch softball, soccer, swim & dive (no-cut), and volleyball—will be Monday – Friday, August 26 – August 30, 2024.

**Athletes must be present the entire week of tryouts.** Novice rowers begin practice Tuesday, September 3.

### REGISTRATION FOR 2024-2025 SPORTS OPENS APRIL 15 ON FINALFORMS

Sports Registration for the 24-25 school year will open on FinalForms on April 15, 2024. Families should visit [Eligibility & Registration for Holy Names Academy Athletics](#) for instructions on how to register their daughter using [FinalForms](#). The registration deadlines—by when your athlete must be registered and have the current sports physical uploaded in FinalForms—are: August 19, 2024 (fall sports); November 4, 2024 (winter sports); February 24, 2025 (spring sports).

### SAVE THE DATE: CHEER TEAM TRYOUTS

Cheer training sessions will be held 5-7 p.m. on May 28 & 29. Training sessions will introduce the cheers and dance routine for tryouts. Tryouts will be held June 3 from 3:30 – 6:30 p.m. Athletes will sign up for a 15-minute tryout time slot. Tryouts are open to all current and incoming HNA students.

## For New Families

### SPORTS INFORMATION NIGHT: APRIL 15

All incoming 9th graders (Class of 2028) and their parents, as well as incoming transfer students and their parents, are invited to an informational evening about the HNA athletic program on Monday, April 15, at 7 p.m. in the HNA gym. Families new to the school can learn about our program and meet the coaches.



When you arrive at HNA for this event, please park in the parking garage. If you are unable to attend, but would like to learn more about a specific sport, please contact Athletic Director [Lacey London](#).

## Cougar Merchandise

### 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, 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 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](#).

## Looking for Sports Scores?

Find Metro League results for spring teams competing in the Metro League (softball, tennis, golf, track & field) on the [Metro League website](#). Lacrosse information for the entire state is at [wslax.org](#); [HNA lacrosse has a team page](#). Ultimate Frisbee has combined with the Bush School for the 2024 spring season. Schedules and results can be found on [The Bush School Athletic Website](#).