



COUGAR CORNER

Fall Sports Wrap as Winter Takes the Floor!

CROSS COUNTRY



“Sophia Bazzi '25 and Hannah Bazzi '27 represented the Cougars at the WIAA 3A State Championships on 11/4. Sophia placed 18th overall, securing a place on the podium. Hannah placed 27th overall, finishing as the third freshman in 3A. This dynamic duo made the All-Metro Cross Country 1st Team, and Sophia made the WSCCA 2023 All-State Team. Bazzi Power!” —Head Coach Erin McCormick

SWIM & DIVE



“HNA Swim & Dive had a fantastic season filled with exciting moments of personal and team accomplishments. The team competed at Districts with almost 4 individuals in every event. At State, we competed in 10 individual events and 3 relays. We placed 6th overall, just missing 5th by 6 points! Special shout out to Moira Williams '25, who set a new school record for the 50 free at the District Championship meet with a time of 24.40! We have a very young team that is getting stronger and stronger with experience. The team would like to thank all the parents, teachers, staff, and coaches that helped make our team so successful with timing, officiating, driving buses, and providing morning and afternoon practices so everyone could participate. Looking forward to next year!” —Head Coach Rachel Loy

FALL SEASON HIGHLIGHTS (CONT'D)

VOLLEYBALL



“As they say, it’s not how you start, it’s how you finish! So proud of our Varsity Team as we persevered through the Metro League Tournament to finish 3-1 with key victories over Garfield (Sound #1) and Chief Sealth (Sound #2) culminating in a 5th seed entry into the District Tournament and a first-round loss to defending state champions, Lakeside. We learned a lot about who we are, what we stand for, and what we can do and expect in the future. We are thankful for the experience of fighting through adversity, rising to the occasion, and finishing strong.”

—Head Coach Larry Garcia

Winter and Spring Sports Information

WINTER SPORTS ARE OFF AND RUNNING

Winter is here for Cougar athletes! [Basketball](#), [Bowling](#), Crew, [Flag Football](#), and [Gymnastics](#) are all underway, with schedules and results available on the [Metro League Website](#).

The HNA Cheer squad has been hard at work perfecting cheers and looks forward to leading the HNA community as we cheer on our Cougars this winter!

ATHLETIC FEE

HNA has implemented a Sports Participation Fee of \$200 per season for all student athletes (\$330 for Crew 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. The Winter Sports Participation and Winter Crew Fee will be invoiced through FACTS on January 1 and due by January 10.

SPRING SPORTS PHYSICAL FORMS AND ONLINE REGISTRATION DEADLINE: 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.

Fall Metro All-League Honors

CROSS COUNTRY

- 1st Team All-Metro: Sophia Bazzi '25, Hannah Bazzi '27

GOLF

- 2nd Team All-Metro: Jonnika Kwon '25

SLOWPITCH SOFTBALL

- All-Metro Team Sportsmanship Award
- 1st Team All-Metro: Jordyn Bush '25 (catcher), Naima Held '25 (outfield), Lucy Richins '25 (utility)
- 2nd Team All-Metro: Sophia Kilbourne '24 (pitcher), Vivian Ombrellaro '25 (infield)

SOCCER

- 1st Team All-Metro: Arri King '24 (forward), Angelina Barnecut '24 (midfield), Eliana Briant '24 (infield), Cam Carroll '24 (defense)
- 2nd Team All-Metro: Rowen Bertelsen '24 (forward), Adison Bosa '25 (defense)
- Honorable Mention: Kate Cunningham '26, Chloe Halloway '26, Lucy Minnig '27, Lily Wiemken '26

SWIM & DIVE ALL-METRO HONORS:

- Maisey Jarrett '26 (200 Yard Medley Relay, 100 Yard Butterfly, 400 Yard Freestyle Relay)
- Delana Irani '26 (200 Yard Medley Relay, 200 Yard Freestyle Relay, 100 Yard Breaststroke)
- Ruth Magnotti '26 (200 Yard Medley Relay, 200 Yard IM, 100 Yard Butterfly, 400 Yard Freestyle Relay)
- Moira Williams '25 (200 Yard Medley Relay, 50 Yard Freestyle, 200 Yard Freestyle Relay)
- Caroline Hooper '26 (200 Yard IM, 500 Yard Freestyle, 200 Yard Freestyle Relay, 400 Yard Freestyle Relay)
- Ellie Wang '26 (200 Yard IM, 200 Yard Freestyle Relay, 400 Yard Freestyle Relay)
- Stella Smith '26 (200 Yard Freestyle Relay)
- Clare Weber '27 (100 Yard Breaststroke)

VOLLEYBALL

- All-Metro Team Sportsmanship Award
- 1st Team All-Metro Mountain Division: Cameron Moskovitz '25 (outside)
- 2nd Team All-Metro Mountain Division: Ava Bradbury '24 (middle), Logan Garcia '25 (libero), Lucy Flaar '25 (setter)
- Honorable Mention: Sarah Gribble '26, Paige Bylund '24

Signing Day Cougar Class of 2024

Congratulations to this school year's first group of Cougar student-athletes to sign NCAA letters of commitment to compete in college athletics. More Class of 2024 athletes are expected to commit as the year progresses. The first 15 students participated in a signing celebration in the HNA gymnasium on November 8, surrounded by family, friends, and coaches.



Athletes who participate in signing day:

Name	School	Sport
Angelina Barnecut	Seattle University	Soccer
Chloe Bergevin	University of Washington	Rowing
Paige Bylund	Western Washington University	Soccer
Sydney Caragher	University of Alabama	Rowing
Cam Carroll	Cal-Berkeley	Soccer
Kate Hendershott	University of North Carolina Chapel Hill	Rowing
Elsa Hinz	Fordham University	Rowing
Ayanna Keshav	Williams College	Rowing
Arriannah King	Western Washington University	Soccer
Kylie Kunz	University of Washington	Rowing
Aurora MacDonald	Loyola Marymount University	Rowing
Kaitlyn McMorrow	Arizona State University	Swimming
Poppy Montgomery	Washington State University	Rowing
Marley Parks	University of San Diego	Rowing
Cora Pearlstein	UCLA	Rowing

Plan Ahead for Christmas with 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.

The HNA Parent Board's Cougar Club will host Holiday Logo-Gear Sales on:

- Tuesday, December 5, from 2:00 p.m. – 3:15 p.m.
- Thursday, December 7, from 7:15 a.m. – 8:15 a.m.

Credit cards, cash, checks, and Apply Pay will be accepted.

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 our [Sideline Store site](#).

Cougar Coaches WANTED – Open Positions

Do you know someone who would like to join the Cougar Coaching Community? HNA has the following open coaching positions. [Click here](#) for more information. Please help us spread the word!

Lacrosse Coaches

- Head Varsity Coach
- Assistant Lacrosse Coach
- Head JV Lacrosse Coach

Tennis Coaches

- Assistant Varsity Coach
- JV Tennis Coach

