



COUGAR CORNER

Important Dates

FALL SPORTS ATHLETIC PERMISSION FORMS DUE: AUG. 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.**

FALL SPORTS TRYOUTS: AUG. 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.

ALL-SPORTS PARENT INFORMATION NIGHT: AUG. 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 gym for all parents, followed by breakout sessions for the various sports. Your daughters are welcome, but not required to attend.

Athletic Fee

We have implemented 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 are finalized.

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, 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.



Sampling of merchandise available through HNA's website.

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 our [Sideline Store site](#).

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Fall Sports Tryout/Practice Information

| Cheer Tryouts | |
|--------------------------|--|
| Head Coach | Mia Dais |
| Training Sessions | August 24 - 25, 28 - 30, 3-5 p.m. |
| Tryout | Friday, September 1 |
| Tryout Details | 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. |

| Crew Practice | |
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| Head Coach | Chris Marr |
| Experienced Team (Athletes with 1+ years rowing experience) | Daily practice for the Experienced Team begins on Monday, August 21, and runs every Monday-Friday, 3:15-6:15 p.m., at the Lake Washington Rowing Club (LWRC) boathouse. |
| Novice Team (Athletes of any age with little to no previous rowing experience) | Novice Crew starts on Tuesday September 5. Novice athletes have the option to register for practice either Monday, Wednesday, Friday OR Tuesday, Thursday, Friday. Bus transportation from HNA to the Boathouse is provided. Fall Crew is a no cut sport that intentionally starts after all the other sports finalize their rosters. We would love to have athletes who did not make the final roster for other programs join our program. We are looking for good teammates who like to work hard. |

| Cross Country Practice | |
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| Head Coach | Erin McCormick |
| Practice Dates & Location | Practice begins Monday, August 21. In that first week, practice will be held at the following times and locations: <ul style="list-style-type: none"> Monday, 8/21, and Tuesday, 8/22: 6-7:30 p.m., Lower Woodland Wednesday, 8/23, and Thursday, 8/24: 1-3 p.m., Holy Names Academy Friday, 8/25: 3-5 p.m., Lower Woodland |
| Practice Details | <p>All participants are expected to commit to the daily practice attendance throughout the season. Cross-country is a no-cut sport, and we welcome runners of all speeds. <u>Given the endurance demands of the sport (races of 2 mi to 5k distance), participants are expected to be able to run continuously for two miles at the start of the season.</u> Participants do not have to be able to run this distance in any particular time, but they should be comfortable running two miles without stopping. This standard is in place for the training and racing safety of participants. During the season, participants are expected to run daily of distances at least two miles, and races will be held weekly starting in the third week.</p> <p>In preparation for the season, participants are strongly encouraged to run consistently so they enter the season with a solid running base. Consistent summer running prepares participants for the rigor of daily training that the season entails. That preparation also decreases the likelihood of injury, as the body will also be adapted to frequent and consistent running.</p> <p>After tryout week, those interested in cross-country should contact the head coach about joining the team. Participants must join by the end of the second week, as the roster will be set at that point. Visit the HNA Cross Country page on athletic.net for schedule and additional information. Questions can also be emailed to Head Coach Erin McCormick.</p> |

Fall Sports Tryout/Practice Information, Cont'd

| Golf Tryouts | |
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| Head Coach | Jim Donner |
| Tryout Dates & Location | Monday-Wednesday, August 21-23, 3 - 5 p.m., at Jefferson Golf Course |
| Tryout Details | Athletes will be responsible for their own transportation to and from tryouts. Athletes should bring their own golf clubs. |

| Slowpitch Softball Tryouts | |
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| Head Coach | Kelly Hinderberger |
| Tryout Dates & Location | Monday-Friday, August 21-25, at Magnuson Park Field #9 at the following times: <ul style="list-style-type: none"> Monday, 8/21, and Tuesday, 8/22: 1:30-3:30 p.m. Wednesday, 8/23, and Thursday, 8/24: 2-4 p.m. Friday, 8/25, 3-5 p.m. |
| Tryout Details | <p>Slowpitch Softball is back for our second year this Fall! Tryouts are open to those with or without softball experience. Slowpitch is a great opportunity to learn and build upon softball fundamentals while having fun with your teammates.</p> <p>Bus transportation will be available starting Wednesday, 8/23, going to Magnuson and returning to HNA afterwards. Athletes may also be picked up at the field at the end of tryouts.</p> <p><u>What to wear/bring:</u> Athletes should dress comfortably for warm weather and wear molded/non-metal cleats if-available (sneakers or running shoes are OK). Please make sure you have a water bottle and a glove. Athletes are welcome to bring additional personal gear. Shared team equipment (helmets, bats) will be provided. A hat, visor, or sunglasses are strongly encouraged.</p> <p>Reach out to Coach Kelly if you have any questions about tryouts or our season as a whole.</p> |

| Soccer Tryouts | |
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| Head Coach | Julianna Sackeyfio |
| Tryout Dates & Location | Monday-Friday, August 21-25, Miller Playfield On Monday, 8/21: <ul style="list-style-type: none"> 9th-graders (Class of 2027) report to Miller Playfield from 1 to 3 p.m. 10th, 11th, 12th graders report to Miller Playfield from 3 to 5 p.m. All athletes will tryout together for the remainder of the week at Miller Playfield: <ul style="list-style-type: none"> Tuesday, 8/22: 1-3 p.m. Wednesday, 8/23, and Thurs., 8/24: 2-4 p.m. Friday, 8/25: 3-5 p.m. |
| Tryout Details | <p>During tryout week, all athletes should be at their assigned field no later than 10 minutes before the start of the session to confirm eligibility and check in.</p> <p>Athletes will be expected to attend their assigned session each day all week unless otherwise directed by the coaches. Athletes will be responsible for their own transportation to and from tryouts.</p> |

Fall Sports Tryout/Practice Information, Cont'd

| Swim & Dive Practice | |
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| Head Coach | Rachel Loy |
| Practice Dates | Practices during the first two weeks of the season, August 21 – 25 and August 28 – September 1, will run from 5:30 a.m. – 7:00 a.m. at Medgar Evers Pool (500 23rd Ave E, Seattle). |
| Season Details | Swim & Dive is a no-cut sport, open to all interested students. In addition to registering for Swim & Dive on FinalForms , families must also register on Swimtopia every year. Swimtopia is the team website where the team schedule and important announcements are posted. It is also where athletes sign up for meets. Both parents and athletes must register on Swimtopia. Once in the site, click on the green registration now button. |

| Volleyball Tryouts | |
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| Head Coach | Larry Garcia |
| Tryout Dates & Location | Monday-Wednesday, August 21-23, HNA gym: <ul style="list-style-type: none"> • 9th graders (Class of 2027) will attend the 3 – 5 p.m. tryout session • 10th-, 11th-, and 12th-graders will attend the 5 – 7 p.m. tryout session |
| Tryout Details | Athletes will be expected to attend their assigned session each day all week unless otherwise directed by the coaches. Tryout sessions for the rest of the week will be announced during tryout week. |

