



COUGAR CORNER

Winter Sports Post-Season Update

BASKETBALL



"We saw a lot of growth in our JVC and JV teams this season, and the JVC squad had a strong finish at the first-annual JVC Basketball tournament. The Varsity squad played strong through the Metro Tournament and won an exciting buzzer beater over Juanita HS in the first round of the District tournament. We finished the season just short of the State tournament and are so proud of the hard work the girls put in this season. Special shout-out to Senior Genesis Hopkins for surpassing the 1,000 career point mark and being named First Team All-Metro League!"

—Head Coach Emily McKenzie

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.



Winter Season Highlights (Cont'd)

FLAG FOOTBALL



“The 2024 Flag Football season saw a host of accomplishments and achievements despite the disappointing loss in the playoffs. The program grew in its 2nd season to 40+ players, and we were one of only a few schools to have a true Varsity and JV team. It was great to see new faces so eager to play and returning players put in the work to battle for a top spot in the league. We were a team to be reckoned with this year and look to continue to grow next season. We recognized our four graduating seniors after our final game of the season. We are grateful for their contributions to our program.”

—Head Coach Grant Kauno

GYMNASTICS



“I had an ambitious goal for the team this year, and they responded by leveling up on so many new skills; money in the bank for next year! We placed 4th overall in the Metro Championship meet with Aria Lewis '24 placing first in the All-Around Competition! Six team members advanced to the District Championship meet, and Aria was joined by Ava Pittiglio '25 and Tessa Young '27 at the State meet. At State, Aria Lewis placed 3rd in the All-Around competition, 3rd on Floor and Vault, and is the STATE CHAMPION on Bars and Beam! Roll Cougs!”

—Head Coach Donny Gallegos

Spring Sports Underway

The spring sports season has begun, as student-athletes head outdoors for crew, lacrosse, softball, tennis, track/field (a no-cut sport), and Ultimate Frisbee. The spring crew program has been at work throughout February, preparing for the first spring events.

REMINDERS FOR PARENTS

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

- Make sure they dress appropriately for outside practices 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.
- Promote healthy eating and drinking plenty of fluids to refuel the active athlete's body.
- Attend games, matches, and races to support your Cougars!

SPORTS PARENT MEETINGS

A general sports parent meeting covering the HNA *Athletic Department Handbook* was held on August 28, 2023. Parents of lacrosse, softball, tennis, track and field, and Ultimate Frisbee team members will be notified of sport-specific parent meetings once teams are determined.

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.

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](#).

CREW

“HNA Crew is wrapping up our first selection process to make our fastest lineups possible for the early spring season. HNA will be racing with our full team at Green Lake on March 16. With more time on the water and longer daylight, the racing season is just around the corner! The team has been hard at work on the rowing machines, in the weight room, and going for long rows to Lake Washington over the past few weeks, especially our u19 athletes, who rowed over 22k (14 miles) in one practice in 4+s! HNA Crew also supported the local fundraiser for Camp Lucy, which supports getting girls from underrepresented communities involved in the sport of rowing by offering free rowing summer camps in Seattle. A strong team of Juniors did a 2.5 hour relay row on a Saturday morning and raised over \$1,000 to provide direct access to our amazing sport to more girls in Seattle.” —Head Coach Chris Marr



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.

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](#).

Sampling of merchandise available on [HNA's website](#).



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](#)

Washington Women's Lacrosse Officials Association is also recruiting officials! Get more information here: [Washington Women's Lacrosse Officials Association](#)

Nick of Time & Seattle Seahawks Youth Heart Screening

The Seattle Seahawks are partnering with the Nick of Time Foundation to host [EKG Youth Heart Screenings](#) on March 16, 2024, 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. Preregistration is required using [this link](#).

