



Cougar Corner

Spring Sports Swing Into Action

LACROSSE ([Click here for roster](#))

Record: 0-2-1

Highlights: The Cougars played to an exciting 11-11 tie at Kennedy Catholic on March 15. **Hanna Chao '16**'s defensive heroics prevented the Lancers from taking a last-minute, game-winning shot.

Standouts: **Haily Santorsola '18** has scored 8 goals and 1 assist, and has been chosen to play on Team Washington in the US Lacrosse Under-19 National Championship Event in Philadelphia. **Martha Blatner '17**'s save-rate of 56.5% ranks her as one the top goalies in the Alki Division of the Washington Schoolgirls Lacrosse Association. (Lacrosse is one of the three HNA sports that do not compete in the Metro League.)

Where to see them: Following break, Cougar lacrosse hosts Garfield (April 5), Roosevelt (April 7), and Bellevue (April 13) at [Magnuson Park Field #1](#). Lacrosse home games start at 3:30 p.m. [Athletics calendar](#).



Lacrosse athletes prep for action against Kennedy.



*Left photo: **Katie Hemmen '18** shoots out of the blocks in the season's first meet, at Ingraham.*

*Right photo: Cougar track & field's first pole vaulters in training: (L-R) **Natalie Halpin '19**, **Bryn Halpin '19**, **Lily Theisen '19**.*

TRACK & FIELD ([Click here for roster](#))

Record: The Cougar runners, jumpers, and throwers launched their season at Ingraham HS on March 23 with a tri-meet against Lakeside and the host Rams of Ingraham.

Highlights: Distance runners **Jordan Oakes '17** and **Erin Ripple '17** are off to strong starts again, leading the Cougars in their respective events. Jordan won the 1600m and 3200m, while Erin won the 800m and placed second in the 3200m. **Morgan Young '18** led the jumpers, winning the Triple Jump with a mark of 31-06.50. This year, for the first time, Cougar track and field has turned out a pole vault program, under the leadership of new pole vaulters coach McKane Lee; his charges are training hard and look forward to bringing their skills to a meet in the near future.

Where to see them: Following Spring Break, track and field action resumes with a Thursday, April 7, meet at Rainer Beach, followed by meets on April 14, 21, 28 and May 5. [Athletics calendar](#).



More Cougar Corner: Ultimate, Softball, Tennis, Crew

ULTIMATE FRISBEE ([Click here for rosters](#))

Record: Varsity: 0–3, JV: 1–1

Highlights: The varsity team continues to grow and develop in the program's fifth year, with all games close and every opponent challenged, highlighted by strong defense.

Where to see them: Play resumes after break for varsity and JV on Tuesday, April 5, at Ingraham HS; both squads play at 3:30 p. m. [Athletics Calendar](#).

SOFTBALL ([Click here for rosters](#))

Record: Varsity: 3–2 (2–0 in Metro League play), JV: 1–0

Standouts: Five Cougars have hit home runs already this season: **Halina Tracey '17**, **Juliana Lynch '16**, **Katelyn Lazarek '16**, **Molly Jones '19** and **Logan Luebbe '19**. Meanwhile, **Kristina Johnson '18** has five stolen. On the JV squad, **Selina Rojas '19** pitched a shutout against Nathan Hale and supported her own cause by hitting an inside-the-park home run, resulting in four RBI's!

Where to see them: Varsity and JV both face Ballard on Monday, April 4; JV plays Cleveland on Wednesday, April 6, while varsity takes on Garfield on Thursday, April 7. Sites, times, and details for all games on the [Athletics Calendar](#).



Varsity softball 2016.

TENNIS ([Click here for rosters](#))

Record: Combined HNA/O'Dea Varsity: 0–1, JV: 0–1

Highlights: The combined HNA/O'Dea coed tennis team has only played one match due to the rainy Seattle weather. The Cougars and Irish faced off against Bainbridge, one of their toughest opponents, on March 17. The team is working hard at practice and looks forward to a dry month of April.

Standouts: In the match against Bainbridge, **Sara Skrobut '17** lost a hard-fought match that lasted 2 hours and 30 minutes, 2-6, 6-3, 4-6. On the JV squad, **Angela Noffsinger '18** dominated her match against Bainbridge and came out with the win in her #1 singles spot.

Where to see them: Weather-permitting, varsity and JV return to action on Monday, April 4, at Eastside Catholic, then take on Bishop Blanchet on Wednesday, April 6, and Roosevelt on Friday, April 8. [Athletics Calendar](#).

CREW ([Click here for roster](#))

Highlights: After a four-month hiatus from racing, HNA's rowers were excited to start their spring. The team posted strong showings at the first regattas of the season, the Shamrock Invitational in Redwood City, Calif. March 12-13, and the Green Lake Spring Regatta on March 19.

Standouts: In California, the Lightweight 8+ (**Aparajita Chauhan '17**, **Peyton Colee '16**, **Grace Cotter '17**, **Grace Beery '18**, **Helen Bauer '18**, **Kate Rosa '17**, **Isabella Garcia Camargo '16**, **Brooke Hopkins '17**, and **Hana Ferrero '17**) went 4 for 4 in the dual-style racing at Shamrock, beating a pair of perennially strong rivals, Oakland Strokes and Marin Rowing. The rest of the squad competed in multiple boat combinations, gaining valuable race experience. At Green Lake, the Novices had a number of top-three finishes including 1st and 3rd in the Novice 4+, 1st in the Novice 4x+, and 3rd in the U16 4+.

Where to see them: Crew continued over Spring Break with the Husky Open in preparation for the annual Brentwood Regatta, April 29–May 1 near Victoria, British Columbia.

Save the Date: Class of 2020 HNA Crew Open House at Lake Union Crew on Sunday, June 5, 9 a.m. to noon.



More Cougar Corner: Notes for Spring, Summer, and for Fall Tryouts

Spring Sport Notes

- Remind your daughter to lock her personal items and backpack in a locker during practice.
- Pick up athletes from school or practice fields in a timely manner.
- School-issued uniforms and warm-ups should be cared for properly and turned in at the end of the season.
- All schedules are subject to change due to weather.
- Check the HNA website [online calendar](#) for latest updates. We strongly urge you to use the online calendar to sign up for automatic e-mail notification of updates and changes to your daughter's game schedule. Just click the dropdown button ("Other Event Actions") near the top of each calendar page.



Looking for Sports Scores?

Visit the Metro League website www.metroleaguewa.org. The *Seattle Times* [high-school sports section](#) also has results for most spring sports. Results for lacrosse for the entire state can be found at wslax.org.

Summer Sports Camps

Information and applications for all Cougar summer sports camps are available on the HNA website. [Click here](#) for more information and links to the online registrations. Advance enrollment strongly encouraged; camps fill up quickly. Students entering 9th grade this fall must be enrolled at Holy Names Academy to participate in any HNA camp.

- *Soccer*: June 27 – July 1: Open to girls in grades 6–8 and incoming HNA 9th-graders.
- *Basketball*: July 11–14: Open to girls in grades 4–8 and incoming HNA 9th-graders.
- *Volleyball*: July 18 – 21: Open to girls grades 5–8 and incoming HNA 9th-graders.

HNA also offers, for the second year in a row, a *Cougar Coding Camp* (July 25-29), open to students entering grades 6 through 9, and offering an exciting introduction to the world of computer science and technology.

Crew Summer Camp: We encourage young women interested in rowing to participate in a summer rowing camp hosted by Lake Union Crew. There will be four different sessions, ranging from June 20 to August 11. Open to girls ages 12–17. [Click here for registration](#):

For New Parents and Students: Sports Information Night on April 11; Crew Open House on June 8

All incoming 9th graders and their parents—ditto families of transfer students—are invited to an informational evening on the HNA athletic program on Monday, April 11, at 7 p.m. in the gym. Sports Information Night is a great opportunity to learn about our program and meet the coaches. For new students interested in crew (rowing), there will be an open house at Lake Union Crew on Sunday, June 5, 9 a.m. to noon.

Fall Sport Tryout Dates

An important planning note: tryouts for fall sports—golf, soccer, volleyball, swimming (no-cut), and cross country (no-cut)—will be Monday–Friday, August 22–26. *Athletes must be present the entire week of tryouts.*