



Cougar Corner

College Athletic Commits: 2016

Congratulations to the following 17 athletes of the Holy Names Academy Class of 2016, all of whom have advised the Athletic Office that they have committed to compete in NCAA interscholastic athletics in college:

	Sport	University/College
Emily Astrom	Crew	University of Washington
Hannah Byrne	Equestrian	Auburn University
Lindsey Cleary	Basketball	Claremont McKenna College
Angelou Dunton	Volleyball	U.S. Coast Guard Academy
Lydia Ely	Crew	University of Washington
Annie Flora	Soccer	Loyola Marymount University
Isabella Garcia-Camargo	Crew	Stanford University
Delaney Harrison	Volleyball	Clarkson University
Frances Hausmann	Crew	Boston University
Caroline Hennes	Soccer	Lewis & Clark College
Madeleine Holzman-Klima	Crew	Syracuse University
Caitlyn Jacquemart	Diving/Track	Chapman University
Katelyn Lazarek	Softball	University of Dallas
Anja Renkes	Crew	University of Notre Dame
Sami Robbins	Swim	New York University
Claire Tevaseu	Soccer	Montana State University-Billings
Sarah Tocher	Soccer	Claremont McKenna College



Front (L-R): Angelou Dunton, Sami Robbins; Lydia Ely, Katelyn Lazarek, Caitlyn Jacquemart, Annie Flora, Frances Hausmann. Back (L-R) Lindsey Cleary, Anja Renkes, Madeleine Holzman-Klima, Delaney Harrison, Sarah Tocher, Isabella Garcia-Camargo. Not pictured: Emily Astrom, Hannah Byrne, Caroline Hennes, Claire Tevaseu.



More Cougar Corner: Spring Athletes Ready for Post-Season

HNA athletes continue to battle in spring sports. Players and coaches in the Metro League spring sports—track, softball, and tennis—are excited to contribute points toward the coveted Metro League All Sports trophy, which Cougar athletes in all seasons have combined to bring home to 21st Avenue East for an astonishing eight consecutive years. This year's goal: a "NINEPEAT"! Meanwhile, our non-Metro spring teams—crew, lacrosse, and Ultimate Frisbee—are just as committed to being highly competitive in their own upcoming league and district tournaments; the rowers have their eyes on the Northwest regional and USRowing national titles.

So please come cheer our teams on as they finish regular-season play and head into May's post-season competition!

CREW

Highlights: HNA rowers started April with three boats racing in the Husky Open on April 2. The month since has featured tough training in preparation for the Brentwood Regatta in Canada this past weekend (April 30–May 1).

Standouts: In the Husky Open, the Varsity 4+ of **Lydia Ely '16, Meg Rutherford '16, Maddy Holzman-Klima '16, Carmen Ewing '18, and Anja Renkes '16** placed second overall, while the Varsity 8+ was third and the Varsity 4x+ was fifth.

Where to see them: Upcoming are the Northwest District Championships, Friday–Sunday, May 20–22, in Vancouver, Washington, where the team will look to clinch bids to Youth Nationals in June.

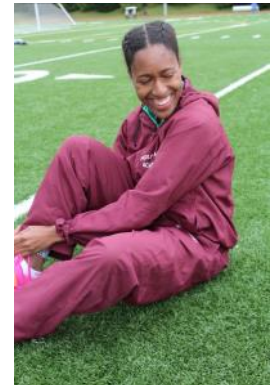
TRACK & FIELD



Allison Nguyen.

Highlights: The Cougars continue to run, jump, vault, and battle their way to the Metro Championship meet.

Standouts: At the Bellevue Invitational on April 23, **Lucy Klebeck '19** dropped 10 seconds and set a personal record, 5:22.67, in the 1600-meter. In javelin, **Tor'zhae Cummings '19** (79'06") and **Allison Nguyen '19** (75'11") competed and are both currently ranked in the top 10 in the Metro League. At the Metro meet on April 21 against Garfield and Chief Sealth, **Bryn Halpin '19** became the first pole vaulter in HNA history to clear the bar in a meet—clearing 6'6" in her first meet of the season! **Jordan Oakes '17** currently has the fastest 1600-meter in-season time in Washington 3A competition with a 4:49.82—which is the eighth- fastest time in the nation!



Jordan Oakes.

Where to see them: The Cougars run at Rainier Beach on Thursday, May 5. The Metro League Championship meet is Wednesday, May 11, and Friday, May 13, at the Southwest Athletic Complex. Sea-King District 2 Meet: Wednesday, May 18, and Friday, May 20, at the Southwest Athletic Complex. State Meet: Thursday, May 26, through Saturday, May 28, at Mt. Tahoma High School in Tacoma.

SOFTBALL

Records: Varsity: 9–5 (7–2 Metro), JV: 10–1

Highlights: Cougar softball has continued to develop and improve this season. Varsity had exciting wins in April over Ballard, Seattle Prep, Garfield, Bothell, Roosevelt, West Seattle, and Bishop Blanchet. JV softball players have collectively hit seven inside-the-park home runs so far this season!

Standouts: **Juliana Lynch '16** went 5 for 5 with the winning RBI in the eighth inning on April 27 as the Cougars battled Prep, while **Logan**



Sydney Porter '19 scores in a JV softball win over Ballard.



More Cougar Corner

Luebbe '19 continued her pitching dominance, earning her 10th win of the season. On the JV side, **Ivy Hawksford '18** is leading the team with a .384 batting average, 10 hits, and 15 runs.

Where to see them: Varsity takes on West Seattle on Monday, May 2, travelling to the Wildcats home for a 4 p.m. game at Southwest Athletic Complex; JV hosts Nathan Hale at 4 p.m. at Magnuson #9. JV faces off against Bothell on Wednesday, May 4, at Magnuson #9, while varsity plays Bainbridge back-to-back on May 4 (on Bainbridge Island) and May 5 (Lower Woodland #4 at 3 p.m.). The Metro Softball tournament begins May 7, and runs through May 13.



Kelsi Cappelto '17.



TENNIS

Records: Varsity 4–6 (3–6 Metro League), JV: 2–4

Standouts: HNA's #1 singles player, **Anna Miller '19**, had an impressive win (7-5, 6-4) over Seattle Prep's top player; **Joanna Noffsinger '17** had impressive wins over Eastside Catholic and Roosevelt. The HNA twins, **Erin and Megan Skrobut '19**, are undefeated as a doubles pair, while **Caroline Hennes '16** and **Sara Skrobut '17** remain undefeated with excellent wins over the top doubles teams from Roosevelt and Garfield.

Where to see them: The individual tournament begins Saturday, May 7, and continues on Monday–Tuesday, May 9 and 10, at Lower Woodland. Districts: Tuesday–Wednesday, May 17–18, at Lower Woodland. State: Friday–Saturday, May 27–28, in Kennewick.

ULTIMATE FRISBEE

Highlights: The Cougar Ultimate teams continue to develop in the program's fifth season. The team continues to improve their throwing and catching skills, and their downfield defense is strengthening. Coaches Molly McKeon and Sarah Edwards are very proud of their teams' improvements, and of the heart these athletes in a young program continue to show as they take on veteran teams.

Standouts: On varsity, **Audrey Vila '17** and **Addie Boileau '17** are tireless players who are able to generate success on offense as well as defense. **Lia Hiscock '18** and **Natalie Gubas '18** have made huge strides in developing their skills and are learning to make the other team work to contain them. Natalie has sticky fingers on offense and Lia gets blocks due to excellent positioning.



Ultimate teammates: (L-R) Addie Boileau '17, Gellila Solomon '16, Meg Turner '17.

Where to see them: Both Ultimate teams are in action Monday, May 2, when JV takes on Cleveland at Cleveland High School at 3:45 p.m., while varsity travels to play Eastside Prep at Grass Lawn Park #1 at 4 p.m.



Julia Panelli leads Cougar lacrosse in scoring.

LACROSSE

Record: 2–6–1

Highlights: The Cougar lacrosse team continues to grow and develop skills, with exciting wins over Garfield (16–3) and Bellevue (18–13) in April.

Standouts: **Julia Panelli '17** leads the Cougars with 18 goals and 1 assist. **Haily Santorsola '18** has 13 goals, 1 assist; **Kate Rothmeyer '17** has 10 goals, 3 assists.

Where to see them: The lacrosse season wraps up with games versus Evergreen (Monday, May 2) and Mercer Island (Wednesday, May 4).



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GOLF

On to District and State! **Lauren Eagan '17, Orla Casey '16, Janine Surge '19** and **Aly McClincy '19** will represent HNA at the Sea-King District 2 golf tournament on Monday, May 16, at Riverbend Golf Complex in Kent. The top 25 competitors in District will advance to the State tournament on Wednesday and Thursday, May 24-25, at Indian Canyon Golf Course in Spokane.

Spring Awards Celebrations

Each coach is responsible for planning any end-of-season awards celebration, and may ask parents to help organize. Coaches will let athletes know about location, time, and date.

Welcome, Class of 2020 Athletes

Thank you, students, parents, and coaches who attended New Parent/Student Sports Information Night on April 11. We look forward to having the student-athletes in the Class of 2020 compete as Cougars! Please read below—and watch upcoming parent newsletters—for important information about summer camps, open-gym schedules, and tryouts. If you have any questions, please call the Athletic Office at (206) 720-7831.



Cougar Gear

Official HNA Cougar Gear is available for purchase through the Athletic Office. Please contact the Athletic Director, Mrs. Lacey London, at llondon@holynames-sea.org.



HNA Summer Sports Camps 2016

Information and applications for all Cougar summer sports camps are available on the HNA website. [Click here for details](#). Advance enrollment strongly encouraged; camps fill up quickly:

- **Crew:** Four sessions, June 20–August 11. Open to girls ages 12–17.
- **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.



SUMMER PLANNING REMINDER: Fall Sports Tryouts Are August 22-26

Please save the dates Monday–Friday, August 22-26, if your daughter would like to try out for soccer, volleyball, golf, swimming (no-cut), or cross country (no-cut). Athletes must be present the entire week for consideration. The crew program will welcome novices in early September; athletes will receive further information during the first week of school. Athletes **MUST** have their [athletic eligibility forms](#) on file in the Athletic office to participate in tryouts.