



Cougar Corner

Spring Sports: State Honors for Cougar Track, Tennis, Softball, and Golf; Crew Headed to Nationals

What a month for Cougar spring sports! Our track & field team brought home 1st-place championship medals in two events from the State tournament this past weekend—as well as the overall team 4th-place trophy. HNA tennis sent a doubles team to State and finished 6th overall in the team points standing. Two HNA athletes competed at last week's State golf tournament, finishing 8th overall as a team. Cougar crew triumphed at Northwest Championships, with five boats qualifying to compete next week at Nationals in New Jersey.

TRACK & FIELD: Two State Golds, 4th Place for the Team

State Tournament: The Academy's athletes won the WIAA State Team 4th-place trophy over the holiday weekend at Mt. Tahoma HS in Tacoma. **Jordan Oakes '17** brought home two individual State 1st-place medals—in the 1,600 meters and the 800m. **Erin Ripple '17** won 3rd in the 800m and placed 5th in the 1,600m. Jordan and Erin also competed on the 6th-place-winning 4x400m relay along with teammates **Kristen Andersen '17** and **Lucy Klebeck '19**

Other Post-Season Highlights: The Cougars qualified 30 athletes to the Metro Meet on May 11-13, 17 athletes to the District Championship Meet on May 18-20, and six athletes to this past weekend's State meet.

Metro League Meet, 2nd Place Overall: Jordan Oakes – 1st in the 800m (2:13.63), 1600m (4:48.07), 4x400m relay (4:02.67) and 3,200m (11:21.59). Erin Ripple – 1st in the 4x400m relay (4:02.67), 3rd in the 800m (2:16.76) and 1600m (5:09.19). Kristen Andersen – 1st in the 4x400m relay (4:02.67), 5th 400m (1:02.37), 7th in 4x200m relay (1:49.81). **Keara Kennedy '17** – 3rd in the 300m hurdles (47.27), 7th in 4x200m relay (1:49.81). **Sara Snowden '16** – 5th in 300m hurdles (48.80) and 6th in 100m hurdles (16.95). Lucy Klebeck – 1st in the 4x400m relay (4:02.67). **Addy Havens '18** – 7th in the 100m hurdles (17.09). **Tor'zhae Cummings '19** – 7th in the 4x200m relay (1:49.81), 8th in 4x100m relay (52.52). **Natalie Halpin '19** – 7th in the 4x200m relay (1:49.81). **Brooke Sabey '17** – 8th in the 4x100m relay (52.52).

Isabella Bartlett '18 – 8th in the 4x100m relay (52.52). **Laura DeBoldt '16** – 8th in the 4x100m relay (52.52). **Marie Abel '18** – 8th in the discus (83'11"). **Tess Carden '18** – 8th in the shot put (30'08"). **Colleen Shikany '17** – 9th in the shot put (30'04.75). **Collen Martinez '17** – 10th in the 3200m (11:52.83).

District Meet, Champions Overall: Jordan Oakes – 1st in the 1,600m (4:45.77) and 4x400m relay (4:00.43); 3rd in the 800m (2:10.31). Erin Ripple – 1st in the 4x400m relay (4:00.43), 2nd in the 800m (2:10.31) and 4th in the 1600m (4:57.72). Kristen Andersen – 1st in the 4x400m relay (4:00.43) and 7th in the 400m. Lucy Klebeck – 1st in the 4x400m relay (4:00.43). Keara Kennedy – 1st in the 300m hurdles (45.40). Colleen Martinez – 7th in the 3200m (11:48.50). Sara Snowden – 8th in the 300m hurdles (56.89). Tess Carden – 10th in the Shot Put (29'02.75). **Allison Nguyen '19** – 6th in the Javelin (92'08").



HNA track athletes celebrate: Above at District: HNA's third consecutive District championship. Below at State: Bronze plaque for team 3rd-place, two individual 1st-place medals for Jordan Oakes (top right).





More Medals for Tennis, Softball, Crew

TENNIS: 3rd in State Doubles

Caroline Hennes '16 and **Sara Skrobut '17** defeated Mercer Island 6-7, 6-1, 6-3 to place 3rd in the WIAA State Doubles tennis tournament. Earlier, Caroline and Sara also combined to win 3rd place in the SeaKing District 2 tournament on May 18. The combined HNA/O'Dea tennis team finished 4th in the Metro team tournament with an exciting upset of favored Bainbridge on May 3.

Standouts: The Cougars had three double pairs and one singles payer representing HNA at the Sea-King District 2 tournament. Congratulations to **Erin Skrobut '19** and **Megan Skrobut '19**, **Olivia Battison '17** and **Abbey Miller '17** on their great doubles season, and **Anna Miller '19** for her great showing in the singles tournament. In the Metro League individual tournament, Caroline and Sara placed 2nd in the doubles tournament while Erin and Megan Skrobut placed 4th and Abbey and Olivia placed 8th. Anna Miller placed 5th overall in the singles tournament.

SOFTBALL: 3A Academic State Champions—Again!

Record: Varsity: 12–8 regular season, 14–11 overall. JV: 11-2.

Cougar varsity softball won the program's second consecutive WIAA 3A State Academic championship this spring. Our scholar/athletes were honored at the State tournament in Lacey during the opening ceremonies this past weekend.

Post-Season Highlights: Varsity softball, fourth seeded in the Mountain Division for the Metro tournament, started tournament play with a strong, 11–4 victory over Eastside Catholic. After a disappointing loss to West Seattle in the semifinal round, the Cougars rallied to defeat Roosevelt 5-4, winning 3rd–place honors for the Metro Tournament and qualifying to advance to the District tournament. There, despite a valiant effort, the Cougars fell to Lake Washington and Bainbridge.

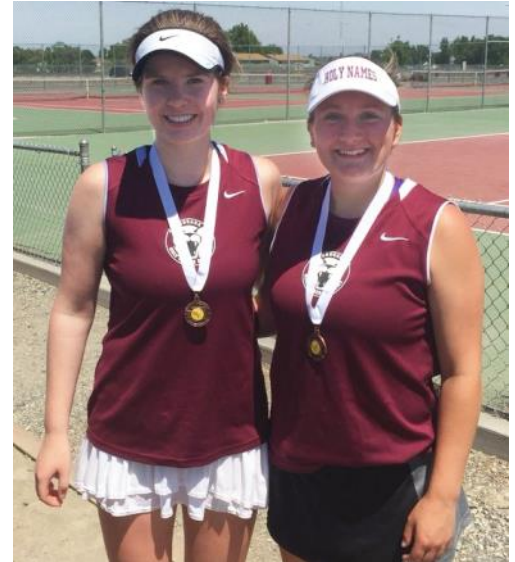
Standouts: **Juliana Lynch '16** earned Metro All-League Honors by vote of the league coaches for her standout season in center field, while **Jessica Irvine '17** and **Halina Tracey '17** each earned Metro All-Mountain Division honors. **Emily Flora '19**, **Katelyn Lazarek '17**, **Logan Luebbe '19**, and **Nicole Johnson '19** each received Honorable Mention for their fine performances this season.

CREW: Best in the Northwest, on to Nationals!

Highlights: HNA crew celebrated another strong finish at the Northwest Youth Championships in Vancouver, Wash., May 20-22, earning six golds, three silvers, and seven bronzes—as well as qualifying five boats and 19 athletes for Youth Nationals next week in New Jersey. In Vancouver, the team won the Women's Points Trophy for second year in a row.

Standouts: National-bound boats L8+, V4+, and L4+: **Lauren Arndt '16**, **Helen Bauer '18**, **Grace Beery '18**, **Aparajita Chauhan '17**, **Peyton Colee '16**, **Grace Cotter '17**, **Lydia Ely '16**, **Carmen Ewing '18**, **Hana Ferrero '17**, **Mary Gallant '17**, **Isabella Garcia-Camargo '16**, **Maddy Holzman-Klima '16**, **Brooke Hopkins '17**, **Chiara Maggiore '16**, **Devyn Pong '17**, **Taylor Richardson '17**, **Kate Rosa '17**, **Krista Round '17**, and **Meg Rutherford '16**.

(Crew continued on next page)



State tournament honors: Sara Skrobut (left) and Caroline Hennes with their State tournament doubles 3rd-place medals.



State Academic champs: Varsity softball.



HNA crew athletes with Northwest Regional Regatta trophies in Vancouver on May 22.



Lacrosse, Golf, Ultimate Frisbee



L-R: Maria, Isabella, Erin.

Three HNA Scholar/Athletes Honored by the WAC

Congratulations to Class of 2016 graduating athletes (L-R) **Maria Mueller** (track & cross country), **Isabella Garcia-Camargo** (crew), and **Erin Kehoe** (gymnastics), who each received a Washington Athletic Club 101 Scholar-Athlete award during a luncheon at the WAC on May 19. These awards are bestowed on student athletes from Metro League schools who best exemplify high scholastic achievement, excellent character, outstanding sportsmanship, and excellent citizenship.

All three athletes are co-valedictorians of the Class of 2016. Maria will attend the University of Washington, Isabella heads to Stanford University, and Erin to Cornell University.

Where to see them: USRowing Youth Nationals take place June 10-12 in , West Windsor, New Jersey. Follow @HNACougars on Twitter for updates, or go to www.usrowing.org/events_new/youthnationals, which will offer live streaming!

Other crew news: Congratulations to Aparajita Chauhan , who has been invited to this summer's USRowing Junior National Team Selection Camp in New London, Conn. She will have the opportunity to compete for a spot on Team USA when it goes to the World Championships in the Netherlands in August. Helen Bauer also received an invitation to this summer's USRowing Junior National Development Camp.

LACROSSE

Record: 3-8-1

Standouts: Midfielder **Julia Panelli '17** led the Cougars with 27 points, while attack player **Kate Rothmeyer '17** and midfielder **Haily Santorsola '18** contributed 16 points each this season. In addition to her scoring this season, Haily also lead the team in groundballs (29), draw control (33), and caused turnovers (12). **Martha Baltner '17** dominated the season in goal with 82 total saves, a 50.9% save rate, and finished as the No. 1 goalie in the Alki League!



Cougar Lacrosse 2016

GOLF: 4th at District and 8th in State

Lauren Eagan '17, **Aly McClincy '19** and **Janine Surge '19** represented HNA at the Sea-King District 2 golf tournament at Riverbend Golf Course on May 16. Lauren placed 2nd and Janine placed 4th at District, qualifying both golfers for State on May 24-25 in Spokane. There, Janine shot an 84 and Lauren shot 89 in the first round, scores that advanced both athletes to second-day competition. Janine and Lauren both shot 83 on their second day of play. Janine finished 12th overall at State and Lauren was 17th. As a team HNA, finished in 8th at the State tournament. Congratulations to both golfers and to Coach Anne Quigg!

ULTIMATE

Season Highlights: HNA's newest athletic program, Ultimate Frisbee, continues to grow and develop. Each player improved her throwing and defensive skills, and our athletes were able to come together and play as a team. Each of the varsity team's first three games, though losses, were determined by on the last point, and were huge learning moments. As a result, the Cougars went on to three exciting wins over Cleveland, Lakeside, and the Waldorf School. The JV squad continued to grow and develop, with many athletes new to Ultimate. Cougar Ultimate players were competitive in every game, and always played stellar defense.

Ultimate Standouts: For varsity include **Audrey Vila '17**, **Lyra D'Souza '19**, **Addie Boileau '17** and **Nori Catalano '19** for their endless energy and skills with the disc. Special shout-out from Coach Molly McKeon goes to **Erin Graves '16** for playing varsity Ultimate all four of her years at HNA. This spring's JV standouts include **Lia Hiscock '18**, **Natalie Gubas '18**, **Tally Burke '19**, and **Olivia Deligan '19**.



Important Summer Information for Athletes & Parents

All-Sports Parent Information Night – Monday, August 29

If your daughter plans to play any sport during the 2016-17 school year, please plan on attending the new All-Sports Parent Information Night on Monday, August 29, 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. We will no longer have season-specific information nights for HNA teams, so please plan on attending this mandatory meeting for parents of all athletes (including crew). There will be a general meeting in the gym for all sports, followed by breakout sessions for the various sports. Your daughters are welcome, but not required to attend.

Summer Cross Country

All interested HNA students are welcome to participate in summer cross-country training. HNA cross country has participants at all levels—no running experience is necessary. Incoming 9th graders or new runners are highly encouraged to participate. Summer practices are a fun and low-key way to experience the team and build mileage prior to the fall season. Summer training sessions will be announced on the HNA team page on [Athletic.net](#). The training schedule will also be posted on the [HNA Athletics Calendar](#). Questions: Head Coach Erin McCormick at: emccormick@holynames-sea.org.

Summer Gymnastics

HNA Coach Donny Gallegos will offer summer gymnastics training at Metropolitan Gymnastics in Kent for any student interested in joining the gymnastics team for the 2016-17 season. Contact Coach Donny for dates and times: dgallegos@holynames-sea.org.

Summer Pole Vault

HNA Pole Vault Coach McKane Lee will offer summer training at ProVault NW (located inside Metropolitan Gymnastics in Kent). Any incoming or current student interested in trying out pole vault this summer should contact Athletic Director Lacey London for more information: llondon@holynames-sea.org.

Open Gym Information Summer 2016: Volleyball, Basketball

Open gym is a great opportunity to meet the HNA coaches and other student athletes. Open gyms are optional and are open to ALL current HNA students (and to incoming 9th graders as of June 8). Volleyball schedule, June 9 – July 21: Tuesday and Thursday, 4:30-6 p.m. Basketball schedule, June 1-29: Monday, Wednesday, Friday, 4:30-6 p.m. Open-gym hours are subject to change; check the [HNA Athletics calendar](#) for latest information. Time changes or cancellations will be updated on the calendar one hour before the open gym is scheduled.

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

Please mark 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.

Fall Sports Athletic Permission Forms Due Monday, August 15

Students planning to turn out for soccer, volleyball, golf, swimming, cross country, or crew this fall must have their sports physical on file in the Athletic Office by Monday, August 15. Students must also register for their respective sport through HNA's page on the Family ID website. See the [Athletic Eligibility page](#) on the HNA website for details and link to the FamilyID page.

Swim Team Practice Change

This fall, the HNA swim/dive team practice schedule will change from morning sessions to a daily afternoon session. HNA will now practice at Medger Evers pool, near Garfield High School, Mondays–Thursdays, 3 to 4:30 p.m. Meets will continue to take place on Friday.