



Cougar Corner

Nine So Fine! (Yet Another) Metro League All-Sports Trophy for HNA

Congratulations to the athletes and coaches of the 10 HNA sports programs that competed in the Seattle Metro League in 2015-16 (basketball, cross country, golf, gymnastics, soccer, softball, swimming, tennis, track, volleyball) for winning the Metro League's All-Sports Trophy. It's the ninth consecutive year HNA's athletes have won their league's highest honor—and the 11th time in the last 16 years!

The league's top award goes to the Metro League school with the highest average finish in league contests across all Metro sports for the entire school year. In 2015-16 Metro competition, HNA's gymnastics and volleyball teams won their respective Metro championships, while track fought their way to second place in the league meet.

What an achievement for our amazing student athletes and fabulous coaches!

***Cougar dynasty:** HNA teams have combined to win the Metro All-Sports trophy the last nine consecutive school years: 2015-16, 2014-15, 2013-14, 2012-13, 2011-12, 2010-11, 2009-10, 2008-09, and 2007-08. HNA also won the trophy in 2004-05 and 1999-2000.*



Crew at Nationals: Silver Medal and Three Top-15 Finishes

Highlights: For the 12th consecutive year, HNA crew qualified boats to compete at the USRowing Youth National Championships—the highest level of competition in the nation for high-school rowers. This year, 19 Cougar athletes, racing in three boats—competed June 10–12 in West Windsor, New Jersey; all three progressed to a final and finished among the top 15 in the nation in their respective categories—with the Lightweight 8+ earning a silver medal!

Standouts: 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, Hana Ferrero '17**) won both their heat and semifinal to advance to a competitive race in the A final and earn the 2nd-place in the nation medal.



***Silver service for 8+:** HNA's Lightweight 8+ rowers savor their 2nd-in-the-nation medals with Varsity Coach Caitlin McClain (left) at Youth Nationals in New Jersey on June 11.*

The Varsity 4+ (**Lydia Ely '16, Madeleine Holzman-Klima '16, Taylor Richardson '17, Carmen Ewing '18, Meg Rutherford '16**) progressed from their heat to the semifinal, where they earned a spot in the B final finishing 4th for a 10th-place overall ranking.

The Lightweight 4+ (**Devyn Pong '17, Mary Gallant '17, Chiara Maggiore '16, Krista Round '17, Lauren Arndt '16**) were 4th in their heat, which advanced them to the C final. They placed 2nd in that final for 14th-place overall.

An amazing season by the whole team that reinforces HNA as a perennial contender on the national rowing stage!

(Cougar Corner continued on next page)



More Cougar Corner: Summer Opportunities for Athletes

Summer Open Gym at HNA: Volleyball

During July, the volleyball coaching staff is holding open gyms for any current or incoming HNA student interested in participating. Open-gym sessions include conditioning, skill development, and court time. Open gym is a great opportunity to make new friends and to meet the coaching staff before tryouts. Open gyms are on Tuesdays and Thursdays from 4:30 to 6 p.m. Open-gym hours are subject to change; [check the athletic calendar on the HNA website](#) for updated information. Time changes or cancellations will be updated on the calendar one hour before the open gym is scheduled. *Follow the special signs to access the gym during the current construction project.*



Summer Cross Country

All interested HNA students are welcome to participate in summer cross-country training. The HNA cross-country team 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 cross-country team and build mileage prior to the fall season. Summer training sessions will be announced on the [HNA cross-country team page on Athletic.net](#) and on the [HNA Athletic Calendar](#). Questions to Head Coach Erin McCormick: 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. Please contact Coach Donny for specific dates and times: dgallegos@holynames-sea.org.

Coach Gallegos

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 pole vault this summer should contact Athletic Director Lacey London for more information: llondon@holynames-sea.org.

Running Standouts Oakes, Ripple Win Bids to the Brooks PR Invitational

HNA's two State track gold medalists of this year, **Jordan Oakes '17** and **Erin Ripple '17**, both won invitations to compete in the Brooks PR Invitational on June 18. Competing against the nation's top runners at Renton Stadium, Jordan placed 6th overall in the 1 mile (4:49.25), while Erin finished 11th in the 800-meter (2:16.31).

Crew Practice

Experienced athletes (current HNA rowers and incoming 9th-graders with rowing experience) will begin Monday, August 29, 3:15–6:15 p.m. at Lake Union Crew ([2520 Westlake Ave North](#)). Registration information is available on the HNA website [Crew team page](#). Note that crew registration is done through the [FamilyID website](#).

Novice athletes (athletes new to rowing or who attended the HNA summer crew camp) begin Tuesday, September 6. An information meeting for novice rowers will held during the first week of school.

Crew Parent Meeting for 2016

Parents of all crew athletes (including parents of novice rowers) are required to attend the All-Sports Parent Meeting on Monday, August 29, at 7 p.m. in the HNA gym.