



Cougar Corner

Tryout Schedules Set: Fall Athletes Will Launch HNA's Quest for 10th All-Sports Trophy in a Row

Tryouts for most fall sports will run Monday–Friday, August 22–26. Athletes must be present the entire week to have the opportunity to make an HNA team. Crew will begin the first day of school, Monday, August 29. Except for the three no-cut sports (cross country, swimming, and crew), teams will be chosen by the coaches. Due to the large number of students who turn out for soccer and crew, transportation by HNA minibuses will not be available for those two sports during tryout week. Parents are responsible for drop-off and pick-up of their daughters at the locations indicated below. Note that the gym parking lot is closed for the entire 2016-17 school year (see pages 2 & 3).

Fall Sports Athletic Permission Forms Due Monday, August 15

Students planning to turn out for soccer, volleyball, golf, swimming, cross country or crew must have their sports physical form 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 HNA website [Athletic Eligibility page](#) for details.

Mandatory All-Sport Parent Meeting: Monday, August 29 — ONLY MEETING FOR THE ENTIRE SCHOOL YEAR

If your daughter plans to play *any* sport during the 2016-17 school year, please plan to attend the All-Sports Parent Information Night on Monday August 29, at 7 p.m. This meeting is mandatory for at least one parent/guardian of *all* HNA athletes—fall, winter, or spring—and will be the *only* meeting for parents of athletes during the school year. We will cover Athletic Department policies and procedures for the year, first with a general meeting in the auditorium, followed by breakout sessions for various sports. Your daughter is welcome, but not required.

Fall-Sport Tryouts: August 22-26



Soccer Tryouts

Varsity Head Coach: Sam Procopio

Soccer tryouts will run all week, Monday–Friday, August 22–26.

—Monday, August 22, and Tuesday, August 23:

- 10th-, 11th-, and 12th-graders report to Miller Playfield (330 19th Avenue East) from 1 to 3 p.m.
- 9th-graders report to Miller Playfield from 3 to 5 p.m.

—Wednesday, August 24, through Friday, August 26:

- Tryouts from 3 to 5 p.m. at Miller Playfield.

All athletes should be at their assigned field no later than 15 minutes before the start of the session to confirm eligibility and check in.

Volleyball Tryouts

Varsity Head Coach: Matt Chang

Held in the HNA gym all week, August 22–26. Access the gym through the southwest entrance at 21st & Roy (previously used only as firedoors). On Monday, August 22, through Wednesday, August 24:

- 9th graders will attend a 3 to 5 p.m. tryout session in the HNA gym.
- 10th-, 11th-, and 12th-graders will attend the 5 to 7 p.m. tryout session in the HNA gym.

Athletes will be expected to attend their assigned session each day all week unless otherwise directed by the coaches. Practice sessions for Thursday, August 25, and Friday, August 26, will be announced during tryout week.





More Cougar Corner: Fall-Sport Tryout Information

CROSS COUNTRY Practice

Head Coach: Erin McCormick

Runners will meet in the HNA first-floor hallway, beginning on Monday, August 22. Practices will run Monday-Friday, August 22–26, daily from 3 to 5:30 p.m. Cross country is a no-cut sport, and we welcome all levels of athletes. After tryout week, those who may get cut from other sports are encouraged to join the cross country team. Visit the [HNA Cross Country page on athletic.net](#) for schedule and additional information. Questions can also be e-mailed to Coach McCormick: emccormick@holynames-sea.org.



SWIM & DIVE Practice

Head Coach: Rachel Loy

Swim & Dive is a no-cut sport, open to all interested students. Practices during the week of August 22–26 and August 29–30 will take place from 2:30 to 4:30 p.m. at Medgar Evers Pool (500 23rd Ave. East). Regular practices will take place Monday through Thursday, 3 to 4:30 p.m. Meets will take place on Fridays.

GOLF Tryouts

Head Coach: Anne Quigg

Tryouts will be Monday, August 22, through Thursday, August 25, from 9 a.m. to noon. Coach Anne Quigg will provide bus transportation to and from HNA; athletes should meet at HNA (by the buses) at 8:45 a.m. to check in and board the bus for practice. The location of tryouts will be announced at a later time. They will likely be held at Jefferson Golf Course and the University of Washington driving range.



CREW Practice

Head Coach: Caitlin McClain '01

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

Crew is a no-cut sport. 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. 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 auditorium.



HNA crew rows at Head of the Charles.



Athletics Calendar on the HNA Website

The [Athletics Calendar](#) on the HNA website is always the most current source for all sport schedule information, and includes map links to locations of most Cougar athletic events. The calendar can be customized to show or download events in one or more sports only; you can also set it to automatically send you reminders of events or updates should times or dates be changed. From the HNA [website homepage](#), just click “Calendar”.