



# COUGAR CORNER

## Winter Sports Are Off and Running!

Winter is here for Cougar athletes! [Basketball](#), [Bowling](#), and [Gymnastics](#) are all underway, with schedules and results available on the [Metro League Website](#). Flag Football will return to the field on January 11 at Memorial Stadium. The complete flag football schedule can be found [here](#).

## BASKETBALL



“Over the break, the varsity basketball team traveled to San Diego and won their division of the So Cal Holiday Classic tournament.”

— Head Coach Emily McKenzie

### **METRO LEAGUE TICKET PRICES**

Tickets for all regular season Metro League basketball games are now purchased through HomeTown Ticketing. Tickets for the upcoming week of games go live on Monday at 10 a.m. Tickets for HNA home games can be purchased through the [HNA box office](#) or the HomeTown App. Additional information about digital ticketing along with links to the Seattle Public School box office can be found [here](#).

### **STREAM HNA HOME BASKETBALL GAMES LIVE**

HNA streams all home games to the [Holy Names Academy Athletics YouTube page](#). Be sure to subscribe to our channel and watch the Cougars play from the comfort of your own home!

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WINTER SEASON HIGHLIGHTS (CONT'D)

## BOWLING



“The Holy Rollers welcomed six new players this season to join eight of our veteran athletes. The team has been sharing knowledge, cheering each other on to new personal records every week, and, of course, enjoying some of the bowling alley’s tater tots. Games against both Garfield and Ballard were particularly competitive, and the team has been shining particularly in their baker games.”

— Head Coach Natalie Radich

## CHEER



“The HNA Varsity and JV cheer squads are beyond excited to show off their hard work this winter season alongside our basketball team. This team has shown remarkable resilience in overcoming change and challenges this year. We are so proud of their developing skills and how this team represents our school with integrity and spirit. Meshing JV and Varsity practices has been an amazing way to build connections and confidence within the program that be showcased at the games!”

— Head Coach Mia Davis

## WINTER SEASON HIGHLIGHTS (CONT'D)

### CREW



“The crew team has been hard at work this winter season. Both the novice and experienced teams have been getting a lot of meters in on the rowing machines on land and working on building strength in the weight room. The whole team came together right before winter break for our team’s annual Reindeer Games tradition, and we’re excited to start our main racing season in three weeks!”

— Assistant Coaches Maddy Holzman-Klima and Aidan O’Sullivan

### FLAG FOOTBALL



“The HNA Flag teams are off and running. The players’ dedication and effort at practice continues to be shown on the field during games. We look forward to getting back to work and finishing the season this month with Varsity games on Saturdays at Memorial Field. JV had its first games of the season before the break with great success and will look to build on that with games on Mondays throughout the month.”

— Head Coach Grant Kauno

# GYMNASTICS



“The Cougars started the year off strong with Ava and Tessa scoring well in the All-Around. The team has been working hard over break to perfect their skills, and the new year brings new opportunity for HNA gymnastics to show off their progress!”

— Head Coach Donny Gallegos

## ATHLETIC FEE

The Sports Participation Fee is \$200 per season for all student athletes and \$330 for Crew athletes. The Winter Sports Participation and Winter Crew Fee will be invoiced through FACTS on January 1 and is due by January 10.

## SPRING SPORTS DEADLINE: FEBRUARY 20

Students planning to turn out for a sport during the 2024-25 school year must register on FinalForms. Instructions on how to register your daughter on this platform are posted on HNA’s website (under “[Eligibility & Registration](#)” in the Athletics section). You may now register your daughter for the spring sport season. Note that you should upload your daughter’s sports physical and float test (if applicable) directly to FinalForms. [Click here](#) for instructions on uploading. Please note that registration for spring sports must be completed by Thursday, February, 20, 2025

## COACHING OPENINGS

HNA has the following open coaching positions. [Click here](#) for more information.

- **Lacrosse:** Head JV Lacrosse Coach
- **Track & Field:** Jumps & Sprints Coach
- **Ultimate Frisbee:** Assistant Coach

## Cougar Gear

### COUGAR MERCHANDISE

The entire selection of Cougar Gear is available for purchase online through ArbiterSports. First, browse the [HNA website Cougar Merchandise page](#) for an updated list of sweatshirts, PJ pants, swim towels, lanyards, and more! Then visit the [ArbiterSports Cougar Gear link](#) to make your purchase. We will email you when your merchandise is available for pick-up at HNA.

### ATHLETIC BAG ORDERS

The next order for personalized sports bags will be placed on **April 7, 2025**. Students or parents who wish to purchase a sturdy, roomy athletic bag in HNA school colors may preorder one through the [ArbiterSports Cougar Gear link](#) for \$95. Bags may be personalized with the student’s name.

### HNA ATHLETICS SIDELINE STORE

Looking for more HNA apparel options? HNA has a 24/7/365 online store, offering custom merchandise for the athlete or sports fan in your family. Visit our [Sideline Store site](#). Enter code EXTRA15, and save 15% off your purchase of \$75 or more; order by January 12.