



COUGAR CORNER

Winter Sports Recap

Congratulations to our winter sports programs for an outstanding season filled with hard work, community, and outstanding performances!

The **basketball** team finished 7th in the Metro tournament, qualified for the District tournament, and received the Team Sportsmanship Award. The Holy Rollers **bowling** team sent Franca Iadonato '26 and Elli Okada '26 to state and was named the WIAA Academic State Champions. Our **cheer** team celebrated a successful third year and supported basketball during their playoff run. The **flag football** program continued to grow with hopes of becoming an official WIAA sport in 2025-26. **Gymnastics** placed 5th at Metros, qualified five athletes to Districts, and saw Ava Pittiglio '25 win Vault at Districts. Ava Pittiglio and Tessa Young '27 both qualified for all four State events, with Ava placing 6th on bars and Tessa earning 3rd place on floor at State. We are immensely proud of our athletes for their dedication and hard work this season.



For New Families

SPORTS INFORMATION NIGHT: MARCH 31

All incoming 9th graders (Class of 2029) and their parents, as well as incoming transfer students and their parents, are invited to an informational evening about the HNA athletic program on Monday, March 31, at 7 p.m. in the HNA gym. Families new to the school can learn about our program and meet the coaches.

Spring Sports Underway

The spring sports season has begun, as student-athletes head outdoors for crew, lacrosse, softball, tennis, track/field (a no-cut sport), and Ultimate Frisbee. The spring crew program has been at work throughout February, preparing for the first spring events.

REMINDERS FOR PARENTS

A few helpful reminders to assist your student-athlete have a successful season:

- Make sure they dress appropriately for outside practices and games, as the weather can change day to day.
- Encourage daily communication on when and where to pick up your student-athlete after practice and after games.
- Promote healthy eating and drinking plenty of fluids to refuel the active athlete's body.
- Attend games, matches, and races to support your Cougars!

SPORTS PARENT MEETINGS

A general sports parent meeting covering the HNA *Athletic Department Handbook* was held on August 29, 2024. Parents of lacrosse, softball, tennis, track and field, and Ultimate Frisbee team members will be notified of sport-specific parent meetings once teams are determined.

ATHLETIC FEE

The Sports Participation Fee is \$200 per season for all student athletes and \$575 for spring Crew athletes. The Spring Sports Participation and Spring Crew Fee will be invoiced through FACTS once rosters are finalized and by the end of March.

LOOKING FOR SPORTS SCORES?

Find Metro League results for spring teams competing in the Metro League (softball, tennis, golf, track & field) on the [Metro League website](#). Lacrosse information for the entire state is at wslax.org; [HNA lacrosse has a team page](#). Ultimate Frisbee has combined with the Bush School for the 2025 spring season. Schedules and results can be found on [The Bush School Athletic Website](#).

CREW

“HNA Crew began the spring season by participating in an erg fundraiser for Camp Lucy. Our team had the highest number of attendees. The girls made teams to relay and had a fun time attempting to complete a full marathon on the erg in 2.5 hours. The team has been back in training as we ramp up for our first regattas of the spring season! Our first race is the Husky Open on Saturday, March 8th. This regatta will feature just our experienced team. Please come and cheer on the girls down at the Montlake Cut! Our second race on Saturday, March 15th, is the Spring Regatta at Green Lake. This race will feature our full team; both experienced and novice squads. Please come and cheer on HNA at the south end of Green Lake!” – Interim Head Coach, Maddy Holzman-Klima

Our Space in Sport Conference

Our Space in Sport is a free conference dedicated to equipping high school girls and non-binary athletes with the knowledge to thrive both in and out of the athletic space. This year, the Our Space in Sport Conference will take place at Federal Way High School on March 8, from 10 a.m. to 3 p.m. The conference will offer several workshops, a keynote speaker, panels, and an opportunity to connect with one another. All HNA student athletes are encouraged to attend. [Please click here to register your student](#).

**Second Annual
OUR SPACE
IN SPORT**
An Empowering Event

A free conference dedicated to equipping high school girls and non-binary athletes with the knowledge to thrive both in and out of the athletic space. This event is for high school athletes and their coaches.

Workshops

- ADVOCACY**
Learn how to create change and explore ways to use your voice to improve the sports-scape for everyone.
- MENTAL TRAINING**
Study the impact of mental training on performance and practice self-talk and visualization.
- INCLUSION & IDENTITY**
Identify ways sport may be inaccessible to others and understand how identity shapes perceptions of sport.
- NUTRITION**
Discover ways to spot diet culture and focus on what your body can do, not just how it looks.
- LEADERSHIP**
Explore how your leadership style shows up while playing sports and ways that it might shift and change.
- PHYSIOLOGY**
Understand adolescent athlete body development and female physiology, covering periods, body changes, and more.

REGISTER HERE!

MARCH 8th 10 AM - 3 PM | Federal Way High School
@ourspaceinsport

Cougar Merchandise

COUGAR GEAR

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? Holy Names Academy has a 24/7/365 online store, offering custom merchandise for the athlete or sports fan in your family. Visit HNA's [Sideline Store site](#).

Merchandise available on [HNA's website](#).



Want to be an Official?

Are you looking for a way to make a positive contribution to sports in your community while earning some additional income? The Washington Official's Association is recruiting game officials of all ages for a variety of interscholastic sports. To find out how to become an official in your area, go to [WOA Home Page](#). Each association provides its own training program. You may also click on the links below for specific sport information.

- WOA – [woa-officials.com](#)
- Basketball – [pnboa.org](#)
- Football – [pnfoa.org](#)

- Volleyball – [gsvo.org](#)
- Softball – [smsua.org](#)
- Baseball – [nbua.net](#)
- Soccer - [wareferees.org](#)

Washington Women's Lacrosse Officials Association is also recruiting officials! Get more information here: [Washington Women's Lacrosse Officials Association](#)

HNA Athletics is Hiring!

Please help us spread the word about open coaching opportunities at HNA!

- Track and Field – Assistant Coaches: [Sprints and Jumps](#) and [Throws Coach](#)
 - [Head Coach - Cross Country](#)
 - [Head Coach - Volleyball](#)