



COUGAR CORNER

Highlights

CREW



In June, 18 student athletes from HNA Crew competed at Youth Nationals as representatives of the fastest crews from our Northwest Region. Youth Nationals took place at Nathon Benderson Park in Sarasota, Florida, with two practice days and four days of racing. There were 224 teams competing.

HNA athletes performed very well despite the 95+ degree heat and humidity. HNA Crew had some great performances, attitudes, and team dynamics that all lead to some great results.

1V 8+ The most competitive, prestigious, and fastest boat class at Nationals, a fast 1V requires a large team full of speed and depth to form a culture of internal, supportive competition. While competing against large club programs that pull from entire cities, HNA crew placed 21st in the country. The nine seniors in the boat all had a great race and felt honored to get to race with each other one last time.

1V 4 Our Varsity coxless 4 was comprised of two sophomores and two juniors. They are incredibly strong and work very well together to overcome adversity and challenges. Our 4- took 7th in the country.

U17 4+ This was comprised of our four fastest 9th and 10th graders. They performed very well, set a best time, and took 3rd place in the country. They were also the fastest high school program. The entire team took great pride in their podium performance, and we are excited for the future with such fast underclassmen.

All HNA crews were the fastest from the Northwest in their event, and we had the whole region supporting and congratulating our crews. Several of our rowers spoke with some of the 30+ college coaches that were on hand to recruit the best high school rowers.

Outside of practice and race time, the team enjoyed several meals and smoothies together, watching TV, going to the movies, playing cards, and going to the beach at sunset. Thank you all for your continued support of our Student Athletes and the HNA Crew Program, they are certainly taking advantage of the opportunities they have, making the most of them, and showcasing the strength of Holy Names all across the country. —Head Coach Chris Marr

Summer Training Opportunities

Open gyms and summer trainings are a great opportunity for athletes to meet the HNA coaches and other student athletes. Open gyms and summer trainings are optional and are open to all current HNA students (including incoming 9th graders). Open-gym and summer training hours are subject to change; check the HNA Athletics calendar for latest information. Time changes or cancelations will be updated on the calendar one hour before the open gym is scheduled.

SUMMER STRENGTH TRAINING WITH HNA'S ATHLETIC TRAINER

HNA's Athletic Trainer, Julia Olson, will lead strength and conditioning sessions throughout the summer, Monday – Thursday from 12 – 3 p.m. Current and incoming student athletes may come at the top of each hour for an hour-long workout. Workouts will focus on upper and lower body strength and power. Please check the HNA calendar online for specific summer strength training dates.

CROSS COUNTRY

Cross Country Head Coach Erin McCormick will lead summer cross country trainings at HNA and Lower Woodland this summer. Specific information will be sent to all returning families and new families who signed up for cross country emails. Please contact [Coach Erin](#) directly with any questions and to be included on the distribution list.

SOCCER TRAINING AND CONDITIONING

- Outdoor Captains Training: Tuesdays, 9 – 10:30 a.m. at Lower Woodland #7. Runs June 18 through Aug 20. Meet at the west end of field by tennis courts. Bring cleats, soccer ball, water bottle.
- Indoor Open Gym Sessions: Thursdays, 2 – 3:30 p.m. in HNA Athletic Complex. Runs June 20 through July 25. Come to the gym lobby door on 21st (west side of HNA). Bring tennis shoes/ indoor shoes for gym floor, and water bottle. Contact Head Coach [Julie Raney](#) with questions.

VOLLEYBALL OPEN GYM

Volleyball open gyms will take place in the HNA Athletic Complex. Come to the gym lobby door on 21st (west side of the gym). Bring shoes, kneepads, and water bottle. Contact Head Coach [Larry Garcia](#) with questions.

- Tuesdays: 3 – 5 p.m. for returning team members, 3 – 4:30 p.m. for incoming 9th graders and athletes new to the program.
- Fridays: 4 – 6 p.m. for returning team members, 4 – 5:30 p.m. for incoming 9th graders and athletes new to the program.

NEW FOR SUMMER 2024: SPORTS PHYSICAL REQUIRED FOR SUMMER OPEN GYMS & TRAINING

HNA now requires all students participating in summer training opportunities to be cleared through [FinalForms](#) before they are eligible to participate in any school-sponsored HNA open gym or training. Families must register their student on FinalForms, complete all forms, and upload a current sports physical before their daughter may participate in trainings. As a reminder, sports physicals are good for 24 months.

Important Dates for 2024-2025 Athletics

FALL SPORTS TRYOUTS: AUGUST 26-30

Tryouts and practice for fall 2024 sports—golf, soccer, volleyball, swim & dive (no-cut), cross country (no-cut) and experienced crew (no-cut)—will be: Monday – Friday, August 26 – 30, 2024. Athletes must be present the entire week of tryouts. Novice rowers begin practice Tuesday, September 3.

FALL SPORTS REGISTRATION DEADLINE: MONDAY, AUGUST 19

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 summer training and the fall, winter, and spring seasons. 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 fall sports must be completed by August 19, 2024.

Important Dates for 2024-2025 Athletics (Cont'd)

ALL-SPORTS PARENT INFORMATION NIGHT: THURSDAY, AUGUST 29

If your daughter plans to play any sport during the 2024-2025 school year, including crew, at least one parent should plan to attend the All-Sports Parent Information Night on Thursday, 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. There will be a general meeting in the HNA gym for all parents, followed by breakout sessions for the fall sports. Your daughters are welcome but are not required to attend.

ATHLETIC FEE

There is a Sports Participation Fee of \$200 per season for all student athletes so that HNA can keep up with the rapidly rising costs associated with the Athletic Program, such as increasing referee costs, salaries, field rental costs, and competition facilities. Invoices will be emailed and due once rosters have been finalized.

Coaching Position Openings

HNA has position openings for Head Slowpitch Softball Coach, Assistant Slowpitch Softball Coach, and Assistant Swim and Dive Coach. [Click here](#) to learn more about these positions.

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
- Lacrosse – [Washington Women's Lacrosse Officials Association - Home \(wwloa.org\)](http://Washington Women's Lacrosse Officials Association - Home (wwloa.org))

Cougar Gear

COUGAR GEAR

Cougar Gear is available for purchase online. First, browse the [HNA website Cougar Merchandise page](#) for an updated list of sweatshirts, PJ pants, swim towels, lanyards, and more! Then visit the [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 **September 9, 2024**. Students or parents who wish to purchase a sturdy, roomy athletic bag in HNA school colors may preorder one through the [Cougar Gear link](#) for \$95. Bags may be personalized with the student's name.



Sampling of merchandise available through HNA's website.

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](#).