



COUGAR CORNER

Spring Sports Season Highlights

CREW



HNA Crew had a great showing at the USRowing Northwest Regional Youth Championship Regatta last weekend! With 30 teams from all over the northwest and over 1,200 athletes competing, HNA had a wide array of success in the execution of the race process and the results to prove it. Of the 25 HNA crews that raced, 17 finished on the podium with a medal. This shows a depth of speed at all levels and age groups that comes from our dedicated coaching staff and the driven athletes on our team focusing on continuous improvement and buying in across all levels of competition.

GOLD: Varsity 8+ (*Two years in a row, and the 4th time ever in HNA history—2002, 2019, 2023, 2024*); Novice 4+; 2nd Novice 4+; Varsity 4 (*Third Year in a row*); High School 8+

SILVER: U17 8+; 2V8+; Novice 8+; Varsity 2-; Varsity 4+; U17 4+; 4V4+; 3V8+

BRONZE: Varsity 2-; 2v4+; Novice 4+; 4V8+

Best of Luck to the 3 HNA Crews competing at USRowing Youth Nationals in the first week of June: U17 4+, Varsity 4-, and Varsity 8+.

Thank you, parents! A big thank you to our parent leads and parent volunteers for feeding the entire team all weekend, three meals a day, for three days in a row all from a canvas tent in a field. It was an impressive feat and so appreciated. Our coaching staff is so thankful to keep our focus on the athletes, and that the athletes can be well fueled and focused on racing.

Thank you for another great year of HNA Crew, and please let me know if you have any questions!
—Head Coach Chris Marr

Spring Sports Season Highlights (Cont'd)

GOLF



“HNA Golf competed in the District Tournament at the Riverbend Golf Complex on Monday, May 13. The team finished 7th overall, but the talk of the entire course was Lila Simpson '25, who made a Hole in One! The perfect shot came on the 5th hole.”

—Head Coach Jim Donner

LACROSSE



“Varsity ended the season with a phenomenal 14-6 win over Overlake and a fun senior night celebration. It was a great way to wrap up a great season. So proud of this squad!”

—Head Coach Olivia Sanchez '22

Spring Sports Season Highlights (Cont'd)

SOFTBALL



“HNA Fastpitch ended the season placing 8th in the Metro League Tournament, advancing into Districts. Special shout-out to our five teammates recognized with All-Metro/All-Division Team selections, including our 2024 Seniors: Caroline Cappetto, A.M. Utility Player | Celine Sanchez, A.D. Honorable Mention | Elexiah Narvaez, A.D. Shortstop | Bella Garcia, A.D. Third Base | Camille Crabtree, A.D. First Base | Lee Smedstad, A.D. Outfield.” —Head Coach Kelly Hinderberger

TENNIS



“Cougar tennis represented this season and then some! The varsity team finished the regular season 4th in our conference, with Lucie Maxon, Chloe Masters/Zoe Farrell, and Claire Murphy/MK Fuller competing in Metro League Championship Individual Tournament. Claire and MK finished 4th in the Metro Championships, 3rd in the District Championships, and 4th in State! JV players Alden Quinn, Eva Kokkonis/Nadia Pina, and Lucy Smith/Zoe Onwuneme competed in the district All-Comers tournament, with Savanna Scott finishing 4th in singles. Congrats, Cougars!”

—Head Coach Molly Fort

Spring Sports Season Highlights (Cont'd)

TRACK & FIELD



“16 Cougars competed in the Metro Championships, 13 qualified for the District Championships, and three ultimately went on to compete at the State Championship Meet this past weekend. At State, Nia McCurdy '25 PR'd in the 400m with a time of 58.48, placing 3rd overall at State. Sophia Bazzi '25 PR'd in the 3200m with a time of 10:50.80, placing 7th overall at State. Erin Johnson '24 finished 10th in the long jump at the State Championship meet. The rest of the team had a great showing at the Metro League All-Comers Meeting. A highlight includes the relay teams using a rubber chicken as a baton! Thanks for a great season Cougars!” —Co-Head Coach Molly McKeon '05

ULTIMATE FRISBEE



“The HUSH Ultimate Frisbee team had a great year capped by an awesome post season run! HUSH defeated Seattle Academy 10-3 on May 7 to stay alive in the playoffs. They went on to play two close games with University Prep and Ingraham, but ultimately came up short. Coach Kate said while they did not win their final game, they played some of the best ultimate the team has played all year! Congratulations on a great season, HUSH!” —Athletic Director Lacey London

Summer Open Gyms: Basketball, Soccer, Volleyball

Open gym is a great opportunity for athletes to meet the HNA coaches and other student athletes. Open gyms are optional and are open to all current HNA students (including incoming 9th graders as of June 9). HNA will host basketball, soccer, and volleyball open gyms in the HNA Athletic Complex this summer. Please check the HNA Athletics calendar for specific dates and times.

Please email Head Coach [Emily McKenzie](#) (basketball), [Julie Raney](#) (soccer), or [Larry Garcia](#) (volleyball) with questions.

Open-gym 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 Training Opportunities

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 9:00 – 10:30 am at Lower Woodland #7 – Starts June 18th through Aug 20th* Meet at the west end of field by tennis courts - Bring cleats, soccer ball, water bottle
- *Indoor Open Gym Sessions – Thursdays 2:00 – 3:30 pm in HNA Athletic Complex – Starts June 20th through July 25th* Come to Gym Lobby Door on 21st (west side of HNA) – Bring tennis shoes/indoor shoes for gym floor, water bottle

Contact Head Coach, [Julie Raney](#) with questions.

Summer Strength Training with Trainer Julia Olson

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.

Open Boathouse

We will have one more Open Boathouse on Saturday, June 15. This informal open boathouse is a great way for our team to recruit incoming middle school students to HNA Crew. Please invite any potential new families that might be interested in joining HNA Crew! They can come to the boathouse to learn more about the program, meet with coaches, parents, and athletes, and get a feel for the boathouse and what it is like to row for HNA. Come as you are, and the Open Boathouse will run from 10-11 a.m. at Lake Washington Rowing Club (910 N Northlake Way). Bring some friends and family—all are welcome, the more the merrier!

HNA Summer Camps

Holy Names Academy offers summer camps for young women entering Grades 4 through 8, and to any student starting Grade 9 at Holy Names Academy in the fall. The athletic camps are designed to offer quality instruction from the HNA coaching staff, players, and alumnae in a fun, welcoming environment. All skill levels are welcome. [Click here](#) to find details about the different camps HNA is offering this summer and which grade levels may participate. HNA also offers several other summer camps that focus on areas of special interest. These camps are instructed by HNA faculty and staff.

Experienced Crew Summer Camp

The [High School Experienced Camp](#) is for athletes with at least one year of rowing experience. This is a great camp to spend time in small boats, working out, and training in a non-competitive environment and is a great way to get ready for the coming fall. Incoming 9th graders with 1+ year of competitive rowing experience may also register for this camp.

New for Summer 2024: Sports Physical Required for Summer Open Gyms and 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 2024 TRYOUTS

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.

REGISTER FOR 2024-25 SPORTS

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.***

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 various sports. Your daughters are welcome but are not required to attend.

Cougar Merchandise

COUGAR GEAR

Cougar Gear is available for purchase online through FamilyID. First, browse the [HNA website Cougar Merchandise page](#) for an updated list of sweatshirts, PJ pants, swim towels, lanyards, and more! Then visit the [FamilyID 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 \$80. 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](#).

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, scan the QR code or 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))