



COUGAR CORNER

Spring Sports Season Highlights

Spring sports are here, and the competition is officially underway! After putting in hard work in preseason strength and conditioning, our athletes have transitioned into full competition mode. Softball, tennis, track & field, lacrosse, ultimate, and crew have all kicked off their seasons with strong performances. With a busy schedule ahead, we're looking forward to seeing our teams continue to build on their hard work and make this a memorable season. The spring sports season is off to a fantastic start, and we can't wait to see what's in store!



Looking Ahead

REMINDERS:

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

- Make sure they dress appropriately for outside practice 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. Please pick up athletes in timely manner.
- Promote healthy eating and drinking plenty of fluids to refuel the active athlete's body.
- All schedules are subject to change due to weather.
- Attend games, matches, and races to support your Cougars.

MARK YOUR CALENDARS FOR FALL 2025 TRYOUTS

Tryouts and practice for fall 2025 sports—cross country (no-cut), experienced crew (no-cut), golf, slowpitch softball, soccer, swim & dive (no-cut), and volleyball—will be Monday-Friday, August 25-29, 2025. **Athletes must be present the entire week of tryouts.** Novice rowers and cheer begin practice Tuesday, September 2.

REGISTRATION FOR 2025-2026 SPORTS OPENS APRIL 15 ON FINALFORMS

Sports Registration for the 25-26 school year will open on FinalForms on April 15, 2025. Families should visit [Eligibility & Registration for Holy Names Academy Athletics](#) for instructions on how to register their daughter using [FinalForms](#). The registration deadlines—by when your athlete must be registered and have the current sports physical uploaded in FinalForms—are: August 18, 2025 (fall sports); November 3, 2025 (winter sports); February 23, 2026 (spring sports).

SAVE THE DATE: CHEER TEAM TRYOUTS

Cheer training sessions will be held 5-7 p.m. on Monday, June 2 and Wednesday, June 4. Training sessions will introduce the cheers and dance routine for tryouts. Tryouts will be held Thursday, June 5 from 3:30 – 6:30 p.m. Athletes will sign up for a 15-minute tryout time slot. Tryouts are open to all current and incoming HNA students.

For New Families

SPORTS INFORMATION NIGHT RECAP

The Athletic Department hosted incoming 9th graders (Class of 2029), transfer students, and their parents for an informational evening about the HNA athletic program on March 31 in the HNA gym. Athletic Director Lacey London provided a general overview about the HNA



Athletic Department, and Athletic Trainer Julia Olson outlined her services. [Click here](#) to view the PowerPoint presentation. Families then had the opportunity to meet current HNA coaches and athletes to learn more about the 17 sports offered under the Dome. If you were unable to attend the event and would like to learn more about a specific sport, please contact [Athletic Director Lacey London](#). If your daughter is interested in playing sports at HNA, please complete [this survey](#).

Cougar Merchandise

COUGAR GEAR:

The entire selection of 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 [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](#).

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](#).