



# COUGAR CORNER

## Winter-Sports Update

Winter schedules and results are available on the [Metro League Website](#) for Basketball, Bowling, and Gymnastics. The complete flag football schedule and results can be found [here](#).

## BASKETBALL



"This month, the basketball program battled through tough competition, demonstrating resilience, dedication, and unwavering effort. Every week, each team has been growing in their own way, sharpening skills, strengthening teamwork, and building confidence with every game. We also celebrated our seniors with an amazing crowd in attendance, making our final home game of the season a truly unforgettable night." —Head Coach Emily McKenzie

*Photos courtesy of Jacob Fincher Photography*

## BOWLING



"The Holy Rollers finished out the season strong and with a 7-8 record and new personal records being set every week. This season was a true team effort with nearly all athletes participating in at least one varsity match. We placed 4th as a team at the SeaKing District 2 tournament on January 29! Congratulations to Franca Iadonato '26 and Ellie Okada '26 for qualifying for the State Championships as individuals! Come on down to Bowlero in Tukwila on February 6 and cheer our Cougars on!"

—Head Coach Natalie Radich

## Winter Season Highlights (Cont'd)

### CHEER



“As the season comes to an end, we celebrated our seven seniors on their senior night. The cheer teams haven’t had an easy season, but they’ve grown so much, which has made everything worth it. We are excited finish off the season supporting our basketball team and to begin prepping for the next season!”

—Head Coach Mia Davis

### 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. We’re excited for our spring racing season to start!”

—Maddy Holzman-Klima & Aidan O’Sullivan



## Winter Season Highlights (Cont'd)

### FLAG FOOTBALL



"HNA Flag Football finished their '24-'25 season up in the cold, sunny weather. It has been a great season to continue our growth as a program and further improve our football skills. Varsity played every game with competitiveness and effort, showing we could hold our own being one of the stronger teams. We sadly said goodbye to eight seniors, who have helped build the program at HNA in its short three year existence. JV finished their season with two really great wins on a very chilly night in South Seattle. The team has shown great desire to improve and play together on the field, which will be further enhanced in the years to come on the football field." —Head Coach Grant Kauno

*Photos courtesy of Jacob Fincher Photography*

### GYMNASTICS



"We celebrated our beloved seniors Ava and Lucy at our home meet on January 25. The Cougars placed 3rd overall as a team, and Ava and Tessa scored well in the All-Around competition. The team continues to perfect new skills as they prepare for the post season championship meets." —Head Gymnastics Coach Donny Gallegos

*Photos courtesy of Jacob Fincher Photography*

### Metro League Tickets

Tickets for all regular season Metro League basketball games are 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](#).

## Spring Sports Reminders

### DEADLINE TO REGISTER: 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.

### ATHLETIC FEE

The Sports Participation Fee is \$200 per season for all student athletes and \$330 for Crew athletes. The Spring Sports Participation and Spring Crew Fee will be invoiced through FACTS by March 25, 2025.

### TRYOUT/PRACTICE INFORMATION

There are three start dates for the spring sports season this year:

- January 27 – Spring Crew
- February 24 – Lacrosse
- March 3 – Softball, Tennis, Track & Field, Ultimate Frisbee

All spring sports coaches will host an informational meeting for prospective student athletes by February 13. Sport specific meeting details will be sent out via FinalForms and homeroom announcements. Sport specific tryout and practice details will be shared via FinalForms for all families who are registered.

## 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 [ArbiterSports Cougar Gear link](#) to make your purchase. We will email you when your merchandise is available for pick-up at HNA.

## Become a Coach

HNA has the following coaching openings for the upcoming spring and fall seasons:

### Spring 2025 season

Track and Field – Assistant Coaches:

- [Sprints and Jumps](#)
- [Throws Coach](#)

### Fall 2025 season

- [Head Volleyball Coach](#)
- [Head Cross Country Coach](#)

## Become 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. Read more information [here](#).

### 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](#).