

# COUGAR CORNER

## Jogathon 2024: A Great Success!

The Jogathon event on September 18 featured a sunny, exciting, and colorful day of student bonding—and one that is on track to successfully raise funds to support the teams in the 17 Cougar sports. The Montlake track was adorned in class colors of **Pipers** blue ('25), **Cadets** yellow (Class of '26), and **Skippers** red ('27), and **Emeralds** green ('28), while DJ Bradon from Radio Parties played their favorite tunes. Thank you to all our students for their great effort, and, of course, to the friends and family who so generously supported their efforts.

Not too late: If you would like to make a contribution to the Jogathon fundraising efforts please visit our [Jogathon fundraising page](#). We strongly encourage families to share our campaign on their social media pages to help us expand our fundraising reach.





## Cougars are Back in Action!

Fall sports are underway and the Cougars are off to a great start. You will be able to find the most up to date schedules on the [HNA Metro League website](#).

### CHEER



“The HNA cheer team is super excited to be back showing our support for the school and bringing the spirit back to campus. We are working on a fresh routine for the fall sports assembly coming up at the end of October. We can not wait to see what this season has for us and we look forward to supporting our fellow Cougars!” —Head Coach Mia Davis

### CREW



“HNA Crew is off to a great start this season, with lots of time on the water and in the gym. Despite our boathouse door breaking for a week in the middle of September, trapping all our boats inside, the team turned the situation into an opportunity to do some land training and team building together. On September 11, the experienced team did the Howe St stairs. Each athlete ran two miles, then climbed the equivalent stairs of both twin towers (up and down), then ran two miles back to HNA. With our boats now free, we have been out on the water selecting lineups for our next race, Tail of the Lake and Head of the Charles. Tail of the Lake is HNA’s home regatta, and last year became the largest regatta ever held on the west coast! We are hoping to make it bigger and better this year and hope you can all join us on Sunday, October 6, at Gasworks Park between 6 a.m. and 3 p.m.” —Head Coach Chris Marr

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## Fall Sports Season Highlights (Cont'd)

### CROSS COUNTRY



“The Cross Country team is off to a strong start led by our captains Sophia Bazzi, Gabby Knipe, and Olivia Askew (all class of 2025)! Our racing squad has competed at two league meets and two invitational meets so far. Standout performances by Sophia Bazzi, who won the Gear Up NW Invitational on 9/14 and placed 10th overall at the Nike Portland Invitational on 9/28. Hannah Bazzi '27 placed 7th in the Sophomore race, Elise Pinelli '26 placed 11th in the Junior race, and Ava Karman '25 placed 16th in the Senior race at the Gear Up NW Invitational. In this first month, the team has highlighted the following members as Teammate of the Week: Maddie Chung '28, Shanice Sanders '28, and Ani Van More '26. These students have exemplified what it means to be a supportive and positive teammate and leaders, both in practice and competition. We have an engaged, energetic and eager team, and we are very excited to see what the rest of the season holds for them!” —Head Coach Erin McCormick

### GOLF



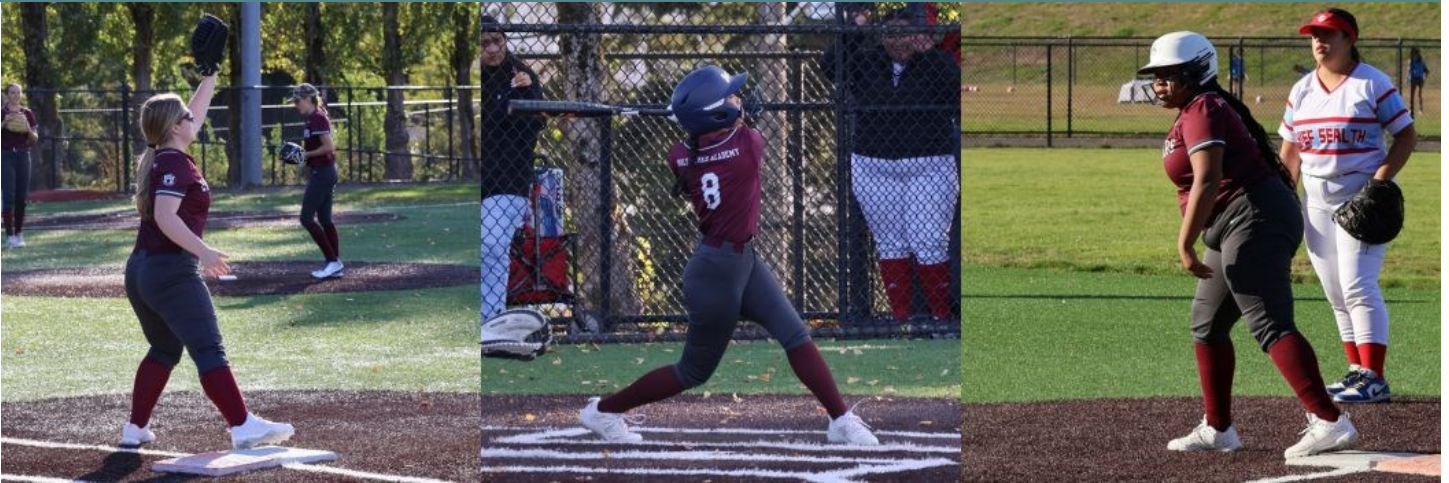
“The golf season is at the halfway mark, and the Cougar golfers are 4-1 overall! The team continues to improve and has developed a great team chemistry. HNA will play in the Metro League tournament on October 23 at Jefferson Golf Course.” —Athletic Director Lacey London

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## Fall Sports Season Highlights (Cont'd)

### SLOWPITCH SOFTBALL



“The slowpitch softball team has been finding their way as we have navigated some challenges to start the season. The team has been a true pleasure to coach, and we have seen a lot of growth and improvement since the start of the season. We look forward to the rest of the season as we are starting to hit our stride and hit the ball!”

—Head Coach Scott Dillinger

### SOCCER



“Record numbers turned out for HNA Soccer this year, and all three teams are off to a great start. All our athletes are competing at the highest level as we head into the halfway point of the season. We spent a sunny and rainy Saturday, playing three games (JVC, JV, Varsity) in Issaquah with a family potluck during each of the games and then attended the Seattle Reign game a few days later to cheer on our hometown professional women’s team. We look forward to more great competition as we head into October.” —Head Coach Julie Raney



## Fall Sports Season Highlights (Cont'd)

### SWIM & DIVE



All Swim & Dive photos by Jacob Fincher Photography.

“Holy Names Swim & Dive is off to a great start- with over a third of the team already achieving their Metros and District cuts, weekly PRs and heading into week 4 undefeated! This increase is due to some of our new coaching staff- Katie Brotherton, Stacy Chung on Swim and Hannah Richey '20 for Dive. Our Dive program is bigger and stronger than it has been in years- with our varsity divers adding to our scores and undefeated record in 2024! All of the coaches are constantly inspired by the inclusiveness, kindness and team spirit of the members of Swive- but the winning sure helps too! Roll Cougs!” —Head Coach Sam Brayer

### VOLLEYBALL



“Varsity is off to a strong start to the Fall 2024 season with a 4-1 record, sitting in 3rd Place in the 3A Metro Mountain Division. The Cougars have been led by seniors Cam Moskovitz (Outside Hitter – 85 kills, 64 digs), Logan Garcia (Libero – 15 aces, 63 digs), and Lucy Flaas (Setter – 159 assists). The Junior Varsity, led by fourth-year coach Jason Sanchez, is off to a strong start as well, placing second in the Silver Division of the Yakima Sun Dome Festival recently. The JVC team has started the season at 2-2, under first-year coach Julia Baase, with impressive wins over Lincoln and Eastside Catholic. I am so proud of the collective effort of our entire team as we continue to build strength and continuity into the heart of our conference schedule.” —Head Coach Larry Garcia

## Winter Sports

### PHYSICAL FORMS AND ONLINE REGISTRATION

#### DEADLINE: NOV. 8

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 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 November 8, 2024.**

### TRYOUTS BEGIN IN NOVEMBER

If your daughter plans to tryout for basketball, bowling, or gymnastics, please note these important tryout dates:

- Bowling & Winter Crew – November 4, 2024
- Gymnastics – November 11, 2024
- Basketball and Flag Football – November 18, 2024

## National Coaches Appreciation Day: October 6

National Coaches Appreciation Day is October 6, 2024. HNA is fortunate to have over 50 amazing coaches working under the dome with our student athletes. If you would like to share your appreciation for an HNA coach, you may email a note of thanks to [hnaathletics@holynames-sea.org](mailto:hnaathletics@holynames-sea.org) by October 5. All messages will be shared with our awesome coaches. Roll Cougs!

## Reminders From Athletic Training Room

Please remember to get a clearance note every time your student athlete receives any medical care (doctors appointment, dental injury, etc.). Medical clearance notes can be written by a Medical Doctor (MD), Doctor of Osteopathy (DO), Advanced registered Nurse Practitioner (ARNP), Physician's Assistant (PA), and Naturopathic Physician.

For additional information about services provided by our Athletic Trainer, including the Concussion return-to-learn and return-to-play protocols, please [click here](#).

## Welcome Athletic Department Intern: Ms. Celia La Guardia

Ms. Celia La Guardia is a native of Seattle and the Metro League, having attended Chief Sealth International and Franklin High School. She played both soccer and basketball at Bellevue College, where she graduated with a BAS in Business/Digital Marketing.

Celia is currently a graduate student at the University of Washington pursuing a Masters of Education in Intercollegiate Athletic Leadership.

Celia says, "I am extremely passionate about giving back to marginalized communities and fostering a safe, inclusive environment for all. I am looking forward to getting to know the athletes, working with Ms. London and rooting for the Cougars."

Ms. London adds, "We are extremely excited to have Celia join us this year. She has immersed herself in the HNA community, having visited almost every fall sports team this season to gather content for the HNA Athletic Department Instagram page. If you see her at an event, be sure to say hi!"

### FOLLOW US ON INSTAGRAM



Follow along with the HNA Athletic Department Instagram: [@hnacougarathletics](#).



## Cougar Merchandise

### COUGAR GEAR ON HNA'S WEBSITE

Browse the [HNA website Cougar Merchandise page](#) for an updated list of sweatshirts, PJ pants, lanyards, and more! Then visit the [ArbiterSports link](#) to make your purchase. We will email you when your merchandise is available for pick-up.

### ATHLETIC BAG ORDERS

HNA Athletic bags may ordered through this [ArbiterSports link](#) for \$95. Bags may be personalized with the student's name. **The next bag order will be placed on April 7, 2025.**

### HNA ATHLETICS SIDELINE STORE

HNA 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](#).