

## IMPORTANT DATES TO REMEMBER

- AUGUST 6** **FIRST DAY OF FALL SPORTS PRACTICE. MUST HAVE SPORTS PHYSICAL DATED AFTER Feb, 1, 2018 AND ALL FORMS COMPLETED BEFORE TRYING OUT ON AUGUST 6. TURN IN ALL PAPERWORK DURING THE SUMMER IN THE ACTIVITIES OFFICE.**
- AUGUST 18** **BLACK & GOLD DAY: INTRODUCTION AND PRACTICES FOR ALL GROUPS INVOLVED IN FALL SPORTS. GYM & STADIUM. 3:00-8:00 pm**

## FRANCIS HOWELL NORTH 2018-2019

### SPORTS TRY-OUTS:

#### FALL SPORTS BEGIN ON AUGUST 6, 2018

FOOTBALL  
BOYS SOCCER  
GIRLS VOLLEYBALL  
CROSS COUNTRY (BOYS & GIRLS)  
GIRLS TENNIS  
GIRLS GOLF (3:30 pm Bogey Hills M/W/F, Cave Springs T/Th)  
BOYS SWIM & DIVE (8 pm at the Rec Plex)  
SOFTBALL

#### WINTER SPORTS BEGIN ON OCT 29, 2018

BOYS BASKETBALL  
GIRLS BASKETBALL  
WRESTLING  
GIRLS SWIM & DIVE (Begins Nov 5 at the Rec Plex)  
WINTER GUARD

#### SPRING SPORTS BEGIN ON Feb 25, 2019

BASEBALL  
BOYS GOLF  
BOYS TENNIS  
BOYS VOLLEYBALL  
BOYS & GIRLS TRACK  
GIRLS SOCCER  
GIRLS LACROSSE

**ADDITIONAL INFORMATION ON FALL SPORTS IS AVAILABLE BY E-MAILING THE FOLLOWING COACHES OR CALLING THE ACTIVITIES OFFICE AT 636-851-5006.**

CROSS COUNTRY - Kim Martin  
kimberly.martin@fhdschools.org

FOOTBALL – Brett Bevill  
brett.bevill@fhdschools.org

BOYS SOCCER - LARRY SCHELLER  
lawrence.scheller@fhdschools.org

GIRLS GOLF – Chris Witthaus  
christopher.witthaus@fhdschools.org

SOFTBALL - BOB DUNAHUE  
robertdunahue@yahoo.com

GIRLS VOLLEYBALL- Kent Stover  
kent.stover@fhdschools.org

GIRLS TENNIS – Beth Jameson  
FHNTennis@att.net

BOYS SWIMMING - OPEN  
joshuascottgalati@gmail.com

Visit our websites at:

<http://fhdsfhn.sharpschool.net>

<http://fhnknights.org>

Sports Packets available after July 1  
in the School Office or on line.

Impact Testing will take place before the start of each season. **IMPACT TESTING IS REQUIRED BEFORE TRYING OUT FOR FOOTBALL, SOCCER, VOLLEYBALL, SOFTBALL, CHEERLEADING, COLOR GUARD, BASKETBALL, WRESTLING, WINTER GUARD, BASEBALL, LACROSSE, TRACK VAULTERS/HIGH JUMPERS**

July 17 10:00 am-2:00 pm

July 30 10:00 am-5:00 pm

July 31 10:00 am-3:00 pm

Testing will take  
place in room 35

Cheerleading and Knightline Dance tryouts take place in the spring.

**SUMMER SPORTS CAMPS** – camp dates and sign up information available: [www.fhnknightscamps.com](http://www.fhnknightscamps.com) and [www.peachjar.com](http://www.peachjar.com)

Sign up to receive daily school announcements through FHSD e-news at:  
[http://fhds.sharpschool.net/news/enews\\_subscription/](http://fhds.sharpschool.net/news/enews_subscription/)

Sign up to receive Activities Knightly News at:  
<https://www.smore.com/xs883-knightly-news> or  
<http://goo.gl/forms/VkEjVFkgj1>

Sign up to receive school flyers/general info at:  
[www.peachjar.com](http://www.peachjar.com)

### PARENT INVOLVEMENT

Athletic Boosters - Doug Smallwood  
doug.smallwood@alperaudi.com

Band Boosters – Emily Weaver  
President@fhnbands.com