

## IMPORTANT DATES TO REMEMBER

- AUGUST 12** **FIRST DAY OF FALL SPORTS PRACTICE. MUST HAVE SPORTS PHYSICAL DATED AFTER Feb, 1, 2019 AND ALL FORMS COMPLETED BEFORE TRYING OUT. TURN IN ALL PAPERWORK DURING THE SUMMER TO THE ACTIVITIES OFFICE.**
- AUGUST 21** **FALL SPORTS MEET THE COACHES NIGHT, 6:30 PM**
- AUGUST 24** **BLACK & GOLD DAY: INTRODUCTIONS, TEAM PICTURES, OF ALL GROUPS INVOLVED IN FALL SPORTS. STADIUM. 3:00-8:00 pm**

## FRANCIS HOWELL NORTH 2019-2020

### SPORTS TRY-OUTS:

#### FALL SPORTS BEGIN ON AUGUST 12, 2019

FOOTBALL Mon-Fri 2:30-6pm, Sat 8-11 Varsity only  
BOYS SOCCER Mon-Fri 2:30-5pm  
GIRLS VOLLEYBALL Mon-Fri 2:30-5pm  
CROSS COUNTRY (BOYS & GIRLS) Mon-Fri 2:30-4:30pm  
GIRLS TENNIS Mon-Fri 2:40-4:30pm  
GIRLS GOLF 3:30-4:30pm M/W/F Cave Springs, T/Th Links  
BOYS SWIM & DIVE 8:30 pm at the Rec Plex  
SOFTBALL Mon-Fri 2:30-5pm

#### WINTER SPORTS BEGIN ON NOV 4, 2019

BOYS BASKETBALL  
GIRLS BASKETBALL  
WRESTLING  
GIRLS SWIM & DIVE (Begins Nov 11 at the Rec Plex)  
WINTER GUARD

#### SPRING SPORTS BEGIN ON MAR 2, 2020

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 – Samantha Soltysiak  
samantha.soltysiak@fhdschools.org

BOYS SWIMMING –Josh Galati  
joshuascottgalati@gmail.com

BAND/GUARD – ROB STEGEMAN  
Robert.stegeman@fhdschools.org

### PARENT INVOLVEMENT

Athletic Boosters – Alan Rohlfing  
rohlfingx4@gmail.com

Band Boosters – Kate Statzer  
President@fhnbands.com

Visit our websites at:  
<http://fhnknights.org>  
<http://fhsdfhn.sharpschool.net>  
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, MARCHING BAND, GUARD, BASKETBALL, WRESTLING, BASEBALL, LACROSSE, TRACK VAULTERS/ HIGH JUMPERS**

July 9 11am-4 pm Aug 1 12:00 pm-5:30 pm  
July 19 11am-4pm Aug 2 10:00 am-4:00 pm  
July 23 11 am – 4 pm

Testing is in room 35. No appointment needed.

**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/VkEjVFkqj1>

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