

IMPORTANT DATES TO REMEMBER

- JULY 31** **FIRST DAY OF FALL SPORTS PRACTICE. MUST HAVE SPORTS PHYSICAL DATED AFTER Feb, 1, 2017 AND ALL FORMS COMPLETED BEFORE TRYING OUT ON JULY 31. TURN IN ALL PAPERWORK DURING THE SUMMER IN THE ACTIVITIES OFFICE.**
- AUGUST 12** **BLACK & GOLD DAY: INTRODUCTION AND PRACTICES FOR ALL GROUPS INVOLVED IN FALL SPORTS. GYM & STADIUM. 3:00-8:00 pm**

FRANCIS HOWELL NORTH 2017-2018

SPORTS TRY-OUTS:

FALL SPORTS BEGIN ON JULY 31, 2017

FOOTBALL 3 – 6 PM
BOYS SOCCER 2:30 – 5:30 PM
GIRLS VOLLEYBALL
CROSS COUNTRY (BOYS & GIRLS) 8am 7/31-8/1,
3pm 8/2, 12 pm 8/3, 2:30pm 8/4, 3pm 8/7, 11am 8/8
GIRLS TENNIS 8 – 10 am
GIRLS GOLF Cave Springs, Tue/Thur 3:30 pm
BOYS SWIM & DIVE -- **TBD**
SOFTBALL 8-10 am on July 31 (coach will hand out schedule)

WINTER SPORTS BEGIN ON OCT 30, 2017

BOYS BASKETBALL
GIRLS BASKETBALL
WRESTLING
GIRLS SWIM & DIVE (Begins Nov 6 at the Rec Plex)
WINTER GUARD

SPRING SPORTS BEGIN ON Feb 26, 2018

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

ADDITIONAL INFORMATION ON FALL SPORTS IS AVAILABLE BY EMAILING 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

Visit our websites at:
<http://fhdfhn.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**

June 22 11:30-2:00 pm June 29 3:00-5:00 pm
July 20 10:00-12:00 pm July 25 3:00-5:00 pm

Cheerleading and Knightline Dance tryouts take place in the spring.

SUMMER SPORTS CAMPS – camp dates and sign up information available: www.fhnknightscamps.com and www.peachjar.com

Sign up to receive daily school announcements through FHSD e-news at:
http://fhdfhn.sharpschool.net/news/enews_subscription/

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

PARENT INVOLVEMENT

PTO – Mindy Frey
huthens76@gmail.com

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

Band Boosters – Emily Weaver
President@fhnbands.com

All-Knighter – Carolyn Witte
fhnallknighter@gmail.com