

**.Lawrence Free State Firebirds Athletic Department.
2019-20 Important Dates**

Fall Sports		
First Day - Monday, August 19, 2019 Deadline to Register on Register My Athlete* - August 12, 2019		
Sport	Head Coach	Email Address
Boys & Girls Cross Country	Steve Heffernan	sheffern@usd497.org
Football	Kevin Stewart	Kevin.Stewart@usd497.org
Girls Golf	Layne Meyer	lmeyer@usd497.org
Gymnastics	Katrina Farrow	kfarrow@usd497.org
Boys Soccer	Hussam Mohammed	Hussam.Mohammed@usd497.org
Girls Tennis	Aaron Clark	Randy.Clark@usd497.org
Volleyball	Jayne Savage	jasavage@usd497.org

Fall Buffer Week | Monday, November 11 - Sunday, November 16, 2019

Winter Sports		
First Day - Monday, November 18, 2019 Deadline to Register on Register My Athlete* - November 11, 2019		
Sport	Head Coach	Email Address
Boys Basketball	Sam Stroh	sstroh@usd497.org
Girls Basketball	Nick Wood	nwood@usd497.org
Boys & Girls Bowling	Burton Gepford	bgepford@usd497.org
Boys Swim and Dive	Annette McDonald	amcdonal@usd497.org
Wrestling	Steve Burns	Stephen.Burns@usd497.org

KSSAA-Mandated Winter Moratorium | Sunday, December 22 - Thursday, December 26, 2019

Spring Sports		
First Day - Monday, March 02, 2020 Deadline to Register on Register My Athlete* - February 24, 2019		
Sport	Head Coach	Email Address
Baseball	Mike Hill	mhill@usd497.org
Boys Golf	Chuck Law	claw@usd497.org
Girls Soccer	Hussam Mohammed	Hussam.Mohammed@usd497.org
Softball	Lee Ice	Lice@usd497.org
Girls Swim and Dive	Annette McDonald	amcdonal@usd497.org
Boys Tennis	Aaron Clark	Randy.Clark@usd497.org
Boys & Girls Track and Field	Jordan Rose	jrose@usd497.org

KSHSAA-Mandated Summer Moratorium | Thursday, July 02 - Wednesday, July 08, 2020

*Prior to a student-athlete trying-out/participating in a sport,
he/she must have a completed registration on Register My Athlete (www.registermyathlete.com).
Please note enrollment instructions are available on the Free State Athletics website under the "More" tab.

**Valid physicals for the 2019-20 school year must be dated *on or after* May 01, 2019.