

Free State Fall Sports Post-Season Recognition

#LetsGoState



**“Success is the result of perfection, hard work,
learning from failure, loyalty, and persistence.” -Colin Powell**

**Congratulations, Firebirds,
on your outstanding performances this Fall!**



Firebirds Cross Country

**2020 Kansas Class 6A Boys
Cross Country State Champions!**

Firebirds Cross Country Congratulations!

All-State Honors

Junior Jack Keathley-Helms

Senior Ethan Sharp

Junior Ben Shryock

Senior Christopher Stone

All-Sunflower League Honors

Junior Ben Shryock - Sunflower League Champion!

Senior Christopher Stone - Sunflower League Runner-Up

Senior Ethan Sharp - 7th Place

Firebirds Cross Country Congratulations!

LJ-World All-Area Team

Steve Heffernan - Coach of the Year

Junior Ben Shryock - Athlete of the Year

Senior Christopher Stone - 1st Team

Senior Ethan Sharp - 1st Team

Junior Jack Keathley-Helms - 1st Team

Free State Records

Junior Ben Shryock - Free State Record (15:30.20)

Senior Christopher Stone - 2nd-Fastest Time in FSHS History (15:32.20)

Senior Ethan Sharp - 4th Fastest Time in FSHS History (15:49.70)

Lady Firebirds Cross Country



Lady Firebirds Cross Country Congratulations!

LJ-World All-Area Team

Senior Delaney Rockers - 1st Team

Firebirds Football



Firebirds Football Congratulations!

All-Sunflower League Honors - 2nd Team

Junior Tai Newhouse - Defensive Line

Senior Jacobee Williams - Defensive Back

LJ-World All-Area Team

Junior Tai Newhouse - 1st Team

All-Sunflower League Honors - Honorable Mention

Senior Jordan Wells - Defensive Back

Senior Ben Stallard - Defensive Back

Senior Ryley Wheat - Defensive Back

Senior Joey Wood - Kicker

Senior Gage Callaghan - Linebacker

Junior Tyler Gourley - Offensive Line

Senior Alec Wilson - Offensive Line

Junior Jet Dineen - Quarterback

Junior Dash Cleveland - Running Back

Lady Firebirds Golf

**4th Place at the 2020 Kansas
Class 6A Girls Golf Tournament!**

Lady Firebirds Golf Congratulations!

Top 10 State Honors

Sophomore Claire Berquist - 7th Place

Junior Addy Meadows - 9th Place

Lady Firebirds Gymnastics

**2020 Kansas Gymnastics
State Champions!**

Lady Firebirds Gymnastics Congratulations!

All-State Honors

Senior Talia Gay - All-Around State Champion!

Senior Talia Gay - Bars State Champion!

Senior Talia Gay - Beam State Champion!

Senior Talia Gay - Floor State Runner-Up

Senior Talia Gay - Vault - 3rd Place

All-Sunflower League Honors

Senior Talia Gay - Vault - 2nd Team

Senior Talia Gay - Bars - 1st Team

Senior Talia Gay - Beam - 1st Team

Senior Talia Gay - Floor - 1st Team

Firebirds Soccer



Firebirds Soccer Congratulations!

All-Sunflower League Honors - 1st Team

Senior Jackson Barnett - Defender

Junior Andrew Henderson - Forward

Senior Sarj Zeedan - Forward

All-Sunflower League Honors - 2nd Team

Junior Joon Chun - Midfielder

Junior Aaron Neff - Defender

Senior Caleb Prescott - Goalkeeper

All-Sunflower League Honors - Honorable Mention

Senior Ryan Duan - Midfielder

Senior Yoav Gillath - Forward

Firebirds Soccer Congratulations!

Kansas Class 6A All-State Honors

Senior Sarj Zeedan - 1st Team

Junior Joon Chun - Honorable Mention

LJ-World All-Area Team

Senior Sarj Zeedan - 1st Team

Junior Joon Chun - 1st Team

Lady Firebirds Tennis



Lady Firebirds Tennis Congratulations!

All-Sunflower League Honors

Senior Keegan VanPelt - 2nd Place Singles

Junior Dayna Steadman - 4th Place Doubles

Freshman Maya Lee - 4th Place Doubles

Lady Firebirds Volleyball



Lady Firebirds Volleyball Congratulations!

Kansas Volleyball Association Class 6A All State Honors

Sophomore Sawyer Thomsen - 2nd Team

Sophomore Rylee Unruh - Honorable Mention

6A Eastern Kansas Volleyball Honors

Sophomore Sawyer Thomsen - 1st Team 6A EKS

Sophomore Aubrey Duncan - 2nd Team 6A EKS

All-Sunflower League Honors

Sophomore Aubrey Duncan - 1st Team

Sophomore Sawyer Thomsen - 1st Team

Sophomore Rylee Unruh - 2nd Team

Junior Madi Beeley - Honorable Mention

Junior McKenzie Marcum - Honorable Mention

Lady Firebirds Volleyball Congratulations!

LJ-World All-Area Team

Sophomore Sawyer Thomsen - Player of the Year

Sophomore Aubrey Duncan - 1st Team

Sophomore Rylee Unruh - 1st Team

Kansas Volleyball Association

Class 6A State Volleyball All-Tournament Team

Sophomore Aubrey Duncan

Sophomore Rylee Unruh

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