

Free State Firebirds Update

#LetsGoState



Firebirds Athletic Department Updates





COMMUNICATION FROM THE FIREBIRD ATHLETIC DEPARTMENT

For information regarding the Firebird Athletic Department, please visit the Free State Athletics website (www.freestateathletics.com).

To receive alerts regarding a specific team, click on "Sign Up for Alerts" in the upper-right corner of the home page.

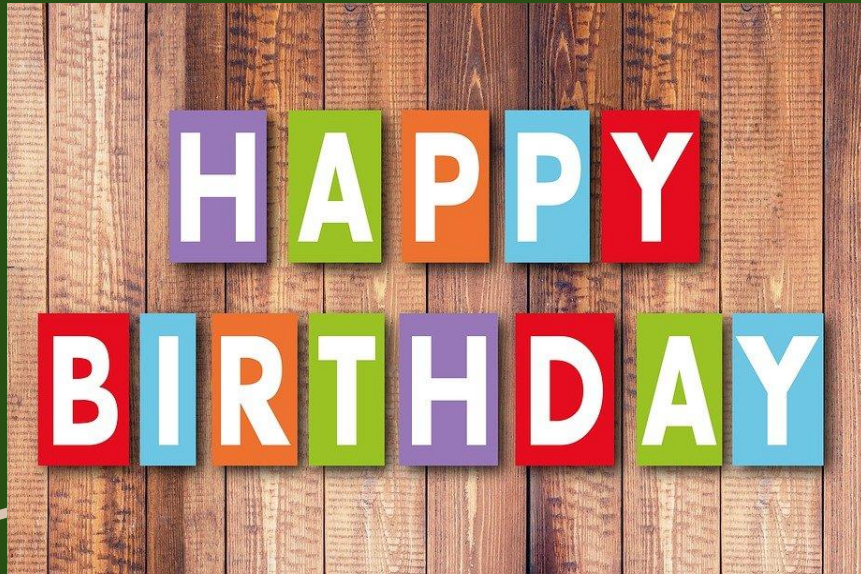
For the most up-to-date schedule for a specific team, please click on the season in the dark green banner at the top of the screen (i.e., Fall), select the team (i.e., Varsity Volleyball), hover over the "More" tab (far right on the screen), and select the schedule (i.e., 2020 Lady Firebirds Volleyball Schedule).

Let's Go State! | @ADFaunceLawFS

March Birthday Shoutouts!



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Andrew Martin | March 18th

Kathy Miller | March 20th

Upcoming Events this Week



Monday,
March 15th

In-Person Learning - Alpha A-K
Remote Learning - Alpha L-Z

Softball Parent Meeting
6pm | Auditorium

Track & Field Parent Meeting
6pm | [Coach Rose's Zoom Link](#)

Boys Tennis Parent Meeting
6:30pm | [Coach Clark's WebEx Link](#)

*Tuesday,
March 16th*

In-Person Learning - Alpha L-Z
Remote Learning - Alpha A-K

Girls Soccer Parent Meeting
6:30pm | Soccer Field

Wednesday,
March 17th

Remote Learning - Alpha A-Z
Super Flex Wednesday Schedule

Varsity Girls Swim & Dive vs.
Lawrence, SM South | 3:30pm, LIAC

*Thursday,
March 18th*

End of Third Quarter

In-Person Learning - Alpha A-K

Remote Learning - Alpha L-Z

*Friday,
March 19th*

No School

Varsity Baseball vs.
Sioux Falls Washington, SD | 4:15pm

ACT Prep Class

8:30-2:30pm on Friday, March 19th
at the Lenexa Conference Center

\$75 per Student

To register, go to

<http://actprep.info/freestate>



ACT Test Prep Class

Want to increase your ACT score? Apply for more scholarships? Improve your chances for admission at your college of choice? Then this class is for you.

WHEN: Friday, March 19
8:30 AM – 2:30 PM
45-min. lunch break included - BYOL

WHERE: Lenexa Conference Center
8741 Ryckert Street
Lenexa KS 66219

WHY: This class includes practical and relevant information on how to increase your ACT score. It shows you how to control the test and not let it control you. Because the ACT is predictable, it is highly susceptible to test-smart strategies. The class covers what will be on the test and how to master test-taking techniques.

This class is not a practice test!

Learn general ideas about the ACT as a whole and the individual tests:

- English - Learn what ACT test-writers are looking for and how to approach different types of questions.
- Math - Learn what problem-solving skills and math skills you need.
- Reading - Learn your best method for doing well on ACT reading.
- Science - Learn common question types and what's really required to do well.

COST: \$75 per student

REGISTRATIONS AFTER 3/12/21 ARE \$85

About the Program: Carolyn Devane has been teaching ACT classes and helping thousands of students improve their scores since 1999. Here's what students are saying:

"Not going to lie, I'm scared to tell my mom that this singular course was much more effective than the ACT course she enrolled me in. I think I can finally get my 36 and be less scared to apply to my dream Ivy League School."
— Anonymous Student, KSU ACT Class (June 2019)

"I took the class a week before the April ACT, and I improved my composite score by 3 points to a 30. I brought my English score from a 24 to a 31 and my Science from a 25 to a 31. The class really helped me with strategies."
— Bobby, Eudora High School (May 2018)

"I was able to increase my scores, with an overall 4-point increase in my composite. The test taking strategies helped me practice and manage my time. The class was worth the time and money."
— Anonymous Student, Pittsburg High School (Dec. 2017)

"I heard a lot about the class from my brother and, while it helped him raise his composite score by four points, I was a bit skeptical that one class could make such a difference. I was wrong! My composite score rose four points as well and my science score went from a consistent 22 to a 31 on the test right after I took the class! I am grateful that I was able to raise my score, allowing me to qualify for thousands more dollars in scholarships, and I credit all of this to the great class. Thank you!"
— Ben, Abilene High School (June 2017)

"Thank you so much for coming to Sabetha High School. I took the December ACT, hoping for a 29 or 30. The previous test I had gotten a 27. When I got my score back, I had gotten a 32!! A 3-point increase!! Thank you for showing us testing skills and strategies; it helped a lot!"
— Anonymous Student, Sabetha High School (Dec. 2016)

"I took the ACT in April and wanted to improve my score. Then I took the ACT Power Prep Class in May and also did the timed practice tests at home to help prepare. On the June ACT, my overall score went up 3 points and my science score went from a 24 to a 36! This class was the key! I truly learned the strategies needed to improve my score. Thanks for a great class."
— Jared, TWP - Marian High School, Hays (June 2015)

Steps to Register and Pay:

1. Go to <http://actprep.info/freestate> or scan QR code.
2. Complete the registration and pay online.*

*A receipt of successful registration will be emailed immediately.

Students/parents will also receive a reminder email 48-72 hours before the class date with all class details.

Questions? Go to www.powerpreponline.com.



*Saturday,
March 20th*

Varsity Baseball vs. Sioux Falls Lincoln, SD
10am

Next Week At-a-Glance



Next Week At-a-Glance

Monday, March 22nd

- In-Person Learning - Alpha A-K, Remote Learning - Alpha L-Z
- Orchestra Small Ensemble Showcase | TBA

Tuesday, March 23rd

- In-Person Learning - Alpha L-Z, Remote Learning - Alpha A-K
- Open House for Current 9th Graders | 5-8pm
- Virtual Parent-Teacher Conferences | 5-8:15pm

Wednesday, March 24th

- Remote Learning - Alpha A-Z, Super Flex Wednesday
- Open House for Current 9th Graders | 5-8pm
- Virtual Parent-Teacher Conferences | 5-8:15pm

Thursday, March 25th

- In-Person Learning - Alpha L-Z, Remote Learning - Alpha A-K
- Varsity Baseball vs. Sioux Falls Roosevelt, SD | 4pm

Friday, March 26th

- No School
- Self-Guided Tours for Current 9th Graders | 9-11:30am
- Varsity Baseball vs. Brandon Valley, SD | 1:15pm
- Varsity Boys/Girls Track & Field vs. Hayden, Lawrence, Shawnee Heights, Tonganoxie | 3pm

YOUTH SUBSTANCE USE AND MENTAL HEALTH IN DOUGLAS COUNTY

A virtual training for parents and community members

Monday, March 22nd
7:00 PM
Zoom

Hear from the Douglas County Youth Prevention Board about the most recent data collected on youth substance use and mental health in Douglas County and ways parents and other adults can help.



Screenshot

Youth Substance Use & Mental Health in Douglas County

7pm on Monday, March 22nd

[Click Here for Zoom Meeting Link](#)

Let's Go State!

