

Free STATE FIREBIRDS UPDATE

Let's Go State!



**UPDATES FROM THE
FIREBIRDS ATHLETIC
DEPARTMENT**



**FIREBIRDS
OF THE WEEK
CONGRATULATIONS!**

Senior Tiger Sievers | Boys Cross Country

Tiger is a senior this year and in his third year of cross country. Tiger is a model example for any athlete regardless of sport. When he started three years ago, he showed some promise with his running ability and at the same time made a significant impact on the team as a person. He has worked hard over the past three years to improve his time from 23:26 minutes in his first race to 18:25 in his most recent. However, that is not the whole story for Tiger. When he joined us he brought kindness, and cheerfulness to the team, he is rarely seen without a smile on his face, but much like his running his positive attitude has also evolved into leadership. He has been someone who leads by example and by opportunity. He is not a loud leader but when he sees that the group needs some direction he steps in and his teammates respond because they respect him. He is an example of why people want to be a part of our team. We are grateful for him!

**LADY FIREBIRDS
OF THE WEEK
CONGRATULATIONS!**

Senior Allison Babbitt | Girls Cross Country

Allison is a senior in her fourth year of running with cross country and track & field. She has been a mainstay of our program during that time, which means she is someone who comes to running every day regardless of the weather or her schedule. Her presence, like others before her and others on the team now is what sets the foundation of success for her and her teams. She already knows the secret of success which is simply showing up and putting the work in every day. This fall looked to be particularly challenging and there was some uncertainty if she would be able to run cross country. Where others may have found a reason to give up, Allison did what she does and showed up all summer to run anyway, then when challenges arose she showed up anyway and now she is still running and leading our team in a way that no one else could. We are lucky to have her with us this year! Congratulations to Allison!

**FIREBIRDS
CROSS COUNTRY
CONGRATULATIONS!**



at Millard South Invitational | 5th Place

Senior Ben Shryock | 1st Place - 16:17.80

Sophomore Jake Loos | 19th Place - 17:32.80

Sophomore Ryan Whittlesey | 35th Place - 18:00.00

Sophomore Blake Wohler | 38th Place - 18:04.10

Senior Jack Keathley-Helms | 39th Place - 18:04.40

Junior Carson Marsh | 41st Place - 18:06.90

Sophomore Jake Hedges | 65th Place - 18:52.70

**LADY FIREBIRDS
CROSS COUNTRY
CONGRATULATIONS!**



at Millard South Invitational | 6th Place

Sophomore Isabelle Pro | 21st Place - 21:05.40

Junior Olivia Goeser | 22nd Place - 21:10.90

Senior Allison Babbitt | 25th Place - 21:15.90

Senior Janice Werth | 27th Place - 21:34.70

Freshman Greta Barnett | 34th Place - 21:41.00

Freshman Brylee Burns | 35th Place - 21:47.30

Freshman Cayman Barnes | 60th Place - 23:20.70

Lawrence Free State 49 - SM South 14

**FIREBIRDS
FOOTBALL
CONGRATULATIONS!**



Photo Credit:
Mr. Lloyd



at Washburn Rural Invitational
Claire Berquist | 3rd Place
Emma Stammeyer | 17th Place

**LADY FIREBIRDS
GOLF
CONGRATULATIONS!**



Photo Credit:
Coach Meyer



at Washburn Rural Invitational

LADY FIREBIRDS JV GOLF TEAM!



Photo Credit:
Leigh Moore



**LADY FIREBIRDS
JV GYMNASTICS!**



at Olathe North Invitational | 3rd Place

Vault

Addi Allen - 1st Place, Anne Cross - 2nd Place,
Daisiana Douglas - T-3rd Place, Mallory Qualseth - 6th Place

Bars

Addi Allen - 1st Place, Mallory Qualseth - 2nd Place,
Anne Cross - 4th Place

Beam

Mallory Qualseth - 4th Place

Floor

Mallory Qualseth - 4th Place

All-Around

Mallory Qualseth - 1st Place

FIREBIRDS SOCCER!



vs. SM South Raiders



FIREBIRDS SOCCER!



vs. SM South Raiders



**LADY FIREBIRDS
TENNIS
CONGRATULATIONS!**



at Lawrence Quad
vs. Lawrence, Olathe South, SM South
1st Place

#1 Singles | Emma Evans - 2-1

#2 Singles | Wendo Kimori - 3-0

#1 Doubles | Dayna Steadman & Maya Lee - 3-0

#2 Doubles | Jada Fowler & Angelica Velasquez - 3-0

Lawrence Free State 3 - Olathe West 2
Lawrence Free State 2 - SM North 0
Lawrence Free State 2 - Olathe North 0

**LADY FIREBIRDS
VOLLEYBALL
CONGRATULATIONS!**





S.A.L.T. of the Firebirds Kick-Off Meeting!

**FREE STATE FIREBIRDS
IN ACTION!**



Homecoming 2021 SPIRIT Week!

Tropical Tuesday



Mrs. Phillippi's Class

**Homecoming
2021 SPIRIT
Week!**

Decade Wednesday



Ms. Ladd and Mrs. Phillippi

**Homecoming
2021 SPIRIT
Week!**

Decade Wednesday



Mr. Smith, Jackson Salmans, Ella Marshall, Anna Egan, Molly Weishaar

Homecoming 2021 SPIRIT Week!

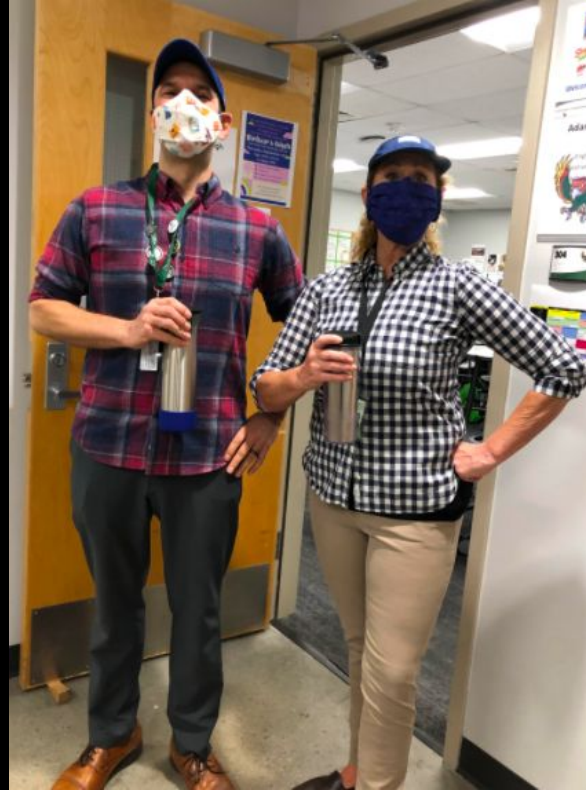
Twin Thursday



Mr. Kibbe, Mr. Erwin, Mr. Baker

**Homecoming
2021 SPIRIT
Week!**

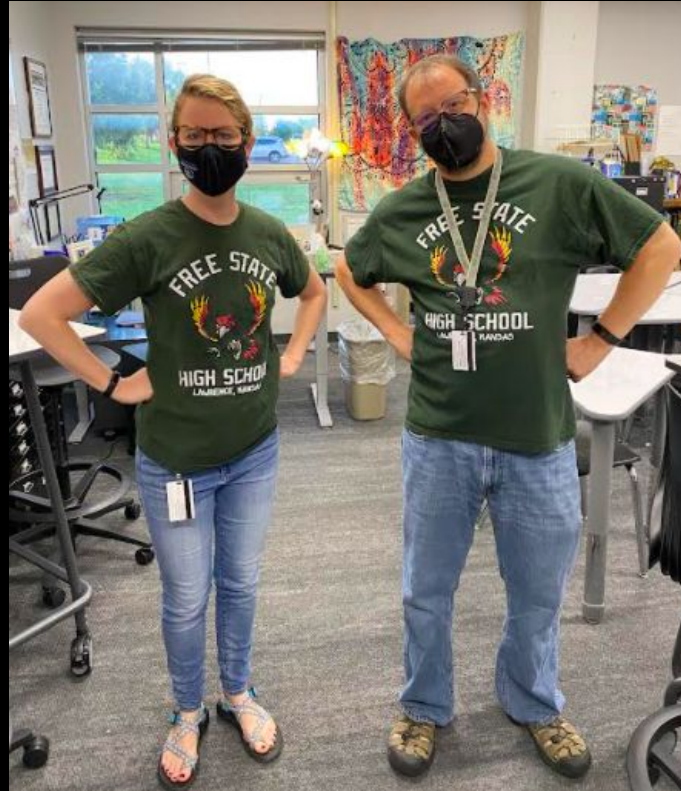
Twin Thursday



Mr. Smith and Mrs. Woolfolk

Homecoming 2021 SPIRIT Week!

Twin Thursday



Mrs. Johnston and Mr. Martin

**Homecoming
2021 SPIRIT
Week!**

Twin Thursday



Ms. Harris and Mrs. Barratt

Homecoming 2021 SPIRIT Week!

Twin Thursday



Mrs. Phillippi and Ms. Ladd

Homecoming 2021 SPIRIT Week!

Twin Thursday



Mrs. Abeita, Mrs. Haas, Mrs. Schwarting

Homecoming 2021 SPIRIT Week!

Free State Friday



Free State Math Department

FRIDAY NIGHT FOOTBALL!

Photo Credit:
Mr. Lloyd



FRIDAY NIGHT FOOTBALL!

Photo Credit:
Mr. Lloyd



FRIDAY NIGHT FOOTBALL!

Photo Credit:
Mr. Lloyd



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Photo Credit:
Mr. Lloyd



FRIDAY NIGHT FOOTBALL!

Photo Credit:
Mr. Lloyd



FRIDAY NIGHT FOOTBALL!

Photo Credit:
Mr. Lloyd



Homecoming 2021 SPIRIT Week!

Homecoming Parade



Free State Theatre Department

FREE STATE THEATRE CLASSES



Repertory Theatre working on the Meisner Technique and being in the moment as actors.

FREE STATE THEATRE CLASSES



Repertory Theatre working on the Meisner Technique and being in the moment as actors.

FREE STATE THEATRE CLASSES



Repertory Theatre working on the Meisner Technique and being in the moment as actors.

FREE STATE THEATRE CLASSES



Stagecraft class working on scenic painting.

FREE STATE THEATRE CLASSES



Stagecraft class working on scenic painting.

**ACADEMIC ASSISTANCE
FOR FRESHMEN &
SOPHOMORES**



ACADEMIC ASSISTANCE FOR FRESHMAN & SOPHOMORES!

Freshman, Sophomore Academic Help



Welcome back! I hope everyone's year is off to a strong start. If you hit a bump in the road, my job is to support you academically. I would love to help freshman and sophomore students with tasks such as these:

- planning how to catch up on assignments after an absence
- organizing physical and digital materials
- using time efficiently so there is time for school *and* fun
- advocating for oneself with adults in the building
- using effective study strategies to improve test scores
- coping and getting back on track after a disruptive experience.

My office is **416F** (upstairs adjacent to the "long" restroom), and my contact info is below. Let me know if I can help.

Keri Austin-Janousek (Ms. A.-J.)
Office: 785-330-1455
Email: klaustin@usd497.org

**WHAT'S HAPPENING
THIS week!**



BIRTHDAY WISHES!



Chris Goulter
September 14th

Cyd Matthey
September 14th

Regan Agre
September 16th

Stu Strecker
September 16th

Christiana Cranberry
September 17th

**MONDAY,
SEPTEMBER
13TH**

Varsity Boys Soccer
6pm, De Soto
Purchase Tickets [Here](#)

**TUESDAY,
SEPTEMBER 14TH**

Varsity Girls Tennis at Gardner-Edgerton
9am, Gardner-Edgerton

Varsity Girls Golf at Olathe South Invitational
12:30pm, Sycamore Ridge Golf Course

Varsity Volleyball Dual
6pm, SM West

Varsity Boys Soccer vs. Olathe Northwest
7pm, Firebirds Soccer Stadium
Purchase Tickets [Here](#)

**Wednesday,
September 15TH**

National Honor Society Induction Ceremony
7pm, Auditorium

**NATIONAL HISPANIC
HERITAGE MONTH
SEPTEMBER 15TH -
OCTOBER 15TH**



Welcome to Hispanic Heritage Month!

This month-long event (September 15th-October 15th) celebrates the histories, cultures, and contributions of American Citizens whose ancestors came from Spain, Mexico, the Caribbean, Central America, and South America.

- To play, pick up these instructions and a Bingo board from Mrs. Williams in Room 411 or the Library.
- There will be 40 biographies posted outside of the Library, across from Room 411. When you find a biography, read it (it will be written in easy-to-understand Spanish!).
- Then, look for a square on your Bingo board that matches the description of that person, and write their name in the square.
 - For example, if the biography is about Shakira and says she is from Colombia, you could write “Shakira” in the box on your card that says “Is from Colombia.”
 - You can mark off no more than two squares per person!
- Once you have a Bingo (5 in a row) turn your card into Mrs. Williams in Room 411. You will get **one entry** for each Bingo - so if you want more chances to win, fill up your entire card!
- To be eligible for the drawing, you must turn in your card by Monday, October 18, 2021.

**THURSDAY,
SEPTEMBER 16TH**

Varsity Girls Golf at Olathe Northwest Invitational
1pm, Heritage Park Golf Course

Varsity Gymnastics at Hawk Invite
5pm, Mill Creek Center

Varsity Volleyball vs. Olathe Northwest, SM East
5pm, Olathe Northwest | Purchase Tickets [Here](#)

Varsity Boys Soccer vs. Olathe North
7pm, Firebirds Soccer Stadium | Purchase Tickets [Here](#)

Black Box Theatre Festival
7pm, Black Box | Purchase Tickets [Here](#)

**FREE STATE
FISHING CLUB
MEETING!**

**FREE STATE
FISHING CLUB**



**EVERY 3RD THURSDAY OF THE
MONTH**

**IN THE COMMONS FROM 3:30-5
1ST MEETING SEPTEMBER 16TH,
2021**

ALL ARE WELCOME!!

**BLACK BOX
THEATRE
FESTIVAL**

A background image featuring a movie theater setting. A large studio light is positioned in the upper left, casting a beam of light. A director's chair is in the center, and a clapperboard is in the lower left. The text is overlaid on this image in a bold, yellow, sans-serif font.

**4700 OVERLAND DRIVE
LAWRENCE, KS
66049**

**BLACK BOX THEATRE
FESTIVAL**

AUDITORIUM STYLE

**SEPTEMBER 16 AND 17
AT 7:00PM**

**FREE STATE
AUDITORIUM**

**\$5 GENERAL ADMISSION
BUY TICKETS AT
WWW.FSTHEATRE.COM**

**FRIDAY,
SEPTEMBER 17TH**

Varsity Football vs. Olathe North
7pm, ODAC

Purchase Tickets [Here](#)*

*Olathe North will offer one cash box.

Please purchase your tickets ahead of time to avoid
standing in line and missing out on the game!

Black Box Theatre Festival
7pm, Black Box | Purchase Tickets [Here](#)

**SATURDAY,
SEPTEMBER 18TH**

Varsity Boys and Girls Cross Country
at Maple Leaf Classic
8:30am, Baldwin Golf Course

**LOOKING AHEAD
AT WEEK!**



**MONDAY,
SEPTEMBER 20TH**

Varsity Girls Golf at SM Northwest Invitational
1pm, Sunflower Hills Golf Course

Varsity Gymnastics vs.
Emporia, Lawrence, Newton
6pm, Emporia

**TUESDAY,
SEPTEMBER 21ST**

Varsity Volleyball vs. Gardner-Edgerton, SM South
5pm | Purchase Tickets [Here](#)

Varsity Boys Soccer vs. SM Northwest
7pm, Firebirds Soccer Stadium
Purchase Tickets [Here](#)

**THURSDAY,
SEPTEMBER
23RD**

Varsity Girls Tennis vs.
Mill Valley, Olathe Northwest, Olathe West
3:30pm, Rock Chalk Tennis

**FRIDAY,
SEPTEMBER
24TH**

Varsity Football vs. Gardner-Edgerton
7pm, Firebirds Football Stadium
Purchase Tickets [Here](#)

Varsity Boys Soccer vs. Olathe East
7pm, CBAC-Soccer
Purchase Tickets [Here](#)

**SATURDAY,
SEPTEMBER
25TH**

Varsity Boys and Girls Cross Country
at Ottawa Invitational
9am, Eisenhower Road Course

Varsity Girls Tennis at Emporia Invitational
9am, Emporia

Varsity Volleyball at Washburn Rural Invitational
9am, Washburn Rural

Varsity Gymnastics at 2021 Sunflower League Meet
10am, Olathe Northwest

Click Above to View a Video by
the Free State **Sources of Strength**

Let's Go STATE!

