Free State Firebirds Update

Let's Go State!

Updates from the Firebirds Athletic Department

Firebirds of the Week
Congratulations!

Senior Oscar Wheeler | Boys Cross Country

Oscar has been a valuable member of the Cross Country team for the past four years. Two areas of emphasis for any team member in Cross Country are commitment and supporting others. He has met both of those criteria and then some. Like many of those who attend Free State, Oscar's outside-of-school schedule didn't always easily align with cross country practice and the fall season. Where many would have reasonably chosen not to come out for the team, especially the last two seasons when it became harder, Oscar and his family found a way. At the same time Oscar also never wavered in his support of teammates, he is always kind and finds the positive in situations while also blending in some humor along the way. We are lucky to have had Oscar as part of our team!

Firebirds of the Week
Congratulations!

A 3-Senior Salute: Ashley Mai, Chaney Finkeldei, Audrey Hoey-Kummerow | Gymnastics

Free State Gymnastics is pained to try to choose only one when these three athletes have exemplified leadership, strength, encouragement & positivity for the four years that they have been a part of our program.

Ashley Mai is our "Team Cheerleader" and "Hype Girl" that has a next level work ethic and internal drive that is a coach's dream!

Chaney Finkeldei is the "brain" of our team, our logistics manager and a bonafide "workhorse" for Free State gymnastics! There is nothing that this girl can't do or try!

Audrey Hoey-Kummerow is the definition of positivity, longevity of training and humor, all rolled into one athlete!

These three athletes have put in the time, effort and training to be a part of the 2020 State Championship team AND they have continued to build upon their team's successes well into 2021 and beyond! Free State Gymnastics will NOT be the same without them!

Boys Cross Country Congratulations!

6A Regional Boys Cross Country Meet | Regional CHAMPIONS!

CHAMPION | Ben Shryock - 16:03.3

4th Place | Jack Keathley-Helms - 16:41.6

8th Place | Jake Loos - 17:06.9

10th Place | Blake Wohler - 17:10.8

13th Place | Ryan Whittlesey - 17:17.8

19th Place | Carson Marsh - 17:38.4

24th Place | Jake Hedges - 17:57.3

Girls Cross Country Congratulations!

6A Regional Girls Cross Country Meet | 3rd Place

7th Place | Janice Werth - 20:05.6

9th Place | Allison Babbit - 20:13.3

10th Place | Isabelle Pro - 20:16.5

21st Place | Greta Barnett - 21:12.5

22nd Place | Brylee Burns - 21:13.6

26th Place | Caymen Barnes - 21:48.5

27th Place | Olivia Goeser - 21:50.7

Cross Country Congratulations!

Girls Golf Congratulations!

6A Kansas State
Girls Golf Tournament
Claire Berquist
T-7th Place!

Gymnastics Congratulations!

2021 Kansas State Gymnastics Meet | 4th Place

Beam | Chaney Finkeldei - 5th Place

Boys Soccer Congratulations!

Lawrence Free State 4 - Lawrence 0

Volleyball Congratulations!

6A Kansas Sub-State Volleyball Tournament CHAMPIONS & State Bound!

Lawrence Free State 2 - Haysville Campus 0

Lawrence Free State 2 - Derby 0

Volleyball Congratulations!

Firebirds Athletic Department Senior Spotlight Cross Country

Firebirds Athletics Senior Spotlight Cross Country

Allison Babbit

Member of the Firebirds Cross Country Team

Firebirds Athletics Senior Spotlight Cross Country

Max Bates

4-Year Member of the Firebirds Cross Country Team

Other Activities/Athletics Involved in at Free State

Band, CHamber Choir, Chamber Singers, LFS Dems, National Honor Society, S.A.L.T. of the Firebirds, Swim & Dive, Track & Field

Post-Secondary Plans

I am currently undecided as to where I will attend college in the Fall.

Favorite Free State Memory

My favorite Free State memory is being an alternate for the 6A State Cross Country Meet my Junior year when the boys won the 6A Championship.

Firebirds Athletics Senior Spotlight Cross Country

Max Bates

Firebirds Athletics Senior Spotlight Cross Country

Sam Cast

Member of the Firebirds Cross Country Team

Firebirds Athletics Senior Spotlight Cross Country

Sam Coleman

Member of the Firebirds Cross Country Team

Firebirds Athletics Senior Spotlight Cross Country

Evan Darrow

1-Year Member of the Firebirds Cross Country Team

Other Activities/Athletics Involved in at Free State

Tennis

Post-Secondary Plans

I plan to attend the University of Kansas next year.

Favorite Free State Memory

My favorite Free State memory is eating at Pizza Ranch with the Cross Country Team.

Firebirds Athletics Senior Spotlight Cross Country

Elijah Ditto

Member of the Firebirds Cross Country Team

Firebirds Athletics Senior Spotlight Cross Country

Max Fagan

Member of the Firebirds Cross Country Team

Firebirds Athletics
Senior Spotlight
Cross Country

Douglas Hale

4-Year Member of the Firebirds Cross Country Team

Post-Secondary Plans

I plan to attend college next year.

Favorite Free State Memory

My favorite Free State memory is going to the Winter Formal my Sophomore year.

Firebirds Athletics Senior Spotlight Cross Country

Patryk Hubert

Member of the Firebirds Cross Country Team

Firebirds Athletics Senior Spotlight Cross Country

Santino Jasso

4-Year Member of the Firebirds Cross Country Team

Other Activities/Athletics Involved in at Free State

Track & Field, Young Democrats

Post-Secondary Plans

I plan to attend college in Colorado or on the East coast to study Political Science.

Favorite Free State Memory

My favorite Free State memory is Crispito!

Firebirds Athletics Senior Spotlight Cross Country

Santino Jasso

Firebirds Athletics Senior Spotlight Cross Country

Gavin Johnson

Member of the Firebirds Cross Country Team

Firebirds Athletics Senior Spotlight Cross Country

Jack Keathley-Helms

4-Year Member of the Firebirds Cross Country Team

Other Activities/Athletics Involved in at Free State

Chamber Singers, National Honor Society, Track & Field

Post-Secondary Plans

I plan to attend the University of Kansas next year.

Favorite Free State Memory

My favorite Free State memory is winning the 2020 6A Kansas State Boys Cross Country Championship!

Firebirds Athletics Senior Spotlight Cross Country

Lilly Kidd

4-Year Member of the Firebirds Cross Country Team

Other Activities/Athletics Involved in at Free State

Basketball, Track & Field

Post-Secondary Plans

I hope to enlist in the military (The Air Force) and study Fire Science/Emergency Management.

Favorite Free State Memory

My favorite Free State memory is the Cross Country Campout! Every year Coach Heffernan would take us to Rim Rock Farm to run the course, campout, and then run into town the next morning!

Firebirds Athletics Senior Spotlight Cross Country

Jamie King

4-Year Member of the Firebirds Cross Country Team

Other Activities/Athletics Involved in at Free State

Band, Military Club, National Honor Society,
Swim & Dive, Tennis, Track & Field

Post-Secondary Plans

I plan to study Computer Science and Cybersecurity.

Favorite Free State Memory

My favorite Free State memories are competing with my teammates in sports and performing with the Wind Ensemble.

Firebirds Athletics Senior Spotlight Cross Country

Jamie King

Firebirds Athletics Senior Spotlight Cross Country

Jonathan King

Member of the Firebirds Cross Country Team

Firebirds Athletics Senior Spotlight Cross Country

Takoma Lees

4-Year Member of the Firebirds Cross Country Team

Other Activities/Athletics Involved in at Free State

Track & Field

Post-Secondary Plans

I plan to attend college and study Civil Engineering.

Favorite Free State Memory

My favorite Free State memory is going to Cross Country spaghetti dinners.

Firebirds Athletics Senior Spotlight Cross Country

Takoma Lees

Firebirds Athletics Senior Spotlight Cross Country

Ella Marshall

3-Year Member of the Firebirds Cross Country Team

Other Activities/Athletics Involved in at Free State

Journalism, National Honor Society,
S.A.L.T. of the Firebirds, Track & Field

Post-Secondary Plans

I plan to attend a four-year college.

Favorite Free State Memory

My favorite Free State memory is running at the Sunflower League Meet my Junior year.

Firebirds Athletics Senior Spotlight Cross Country

Ella Marshall

Firebirds Athletics Senior Spotlight Cross Country

Jayden Ramirez-Morris

Member of the Firebirds Cross Country Team

Firebirds Athletics Senior Spotlight Cross Country

Luke Raney

Member of the Firebirds Cross Country Team

Firebirds Athletics Senior Spotlight Cross Country

Trey Shanks

Member of the Firebirds Cross Country Team

Firebirds Athletics Senior Spotlight Cross Country

Ben Shryock

Member of the Firebirds Cross Country Team

Firebirds Athletics Senior Spotlight Cross Country

Tiger Sievers

3-Year Member of the Firebirds Cross Country Team

Other Activities/Athletics Involved in at Free State

Swim & Dive, Tennis, Track & Field

Post-Secondary Plans

I plan to attend the University of Kansas and study Aerospace Engineering.

Favorite Free State Memory

My favorite Free State memory is making new friends and learning how to run at Cross Country practice.

Firebirds Athletics Senior Spotlight Cross Country

Tiger Sievers

Firebirds Athletics Senior Spotlight Cross Country

Koenobie Smith

Member of the Firebirds Cross Country Team

Firebirds Athletics Senior Spotlight Cross Country

Rorie Sturgeon

Member of the Firebirds Cross Country Team

Firebirds Athletics Senior Spotlight Cross Country

Janice Werth

Member of the Firebirds Cross Country Team

Firebirds Athletics Senior Spotlight Cross Country

Oscar Wheeler

4-Year Member of the Firebirds Cross Country Team

Other Activities/Athletics Involved in at Free State

Swim & Dive, Track & Field

Post-Secondary Plans

I am currently undecided on my post-secondary plans, but it will include running!

Favorite Free State Memory

My favorite Free State memory is running my PR at Rim Rock - 20:03 (3.1 Miles).

Firebirds Athletics Senior Spotlight Cross Country

Oscar Wheeler

Firebirds Athletics Senior Spotlight Cross Country

Sophie Williams

4-Year Member of the Firebirds Cross Country Team

Other Activities/Athletics Involved in at Free State

Band, GSA, Key Club, Track & Field

Post-Secondary Plans

I plan to attend college to study Anthropology.

Favorite Free State Memory

My favorite Free State memory is meeting new friends and getting up to shenanigans.

Firebirds Athletics Senior Spotlight Cross Country

Sophie Williams

Firebirds Athletics Senior Spotlight Cross Country

Bryce Wilson

Member of the Firebirds Cross Country Team

Firebirds Athletics Senior Spotlight Cross Country

Claire Wilson

4-Year Member of the Firebirds Cross Country Team

Other Activities/Athletics Involved in at Free State

FFA, Orchestra, Track & Field

Post-Secondary Plans

I plan to take a Gap Year to do volunteer work.

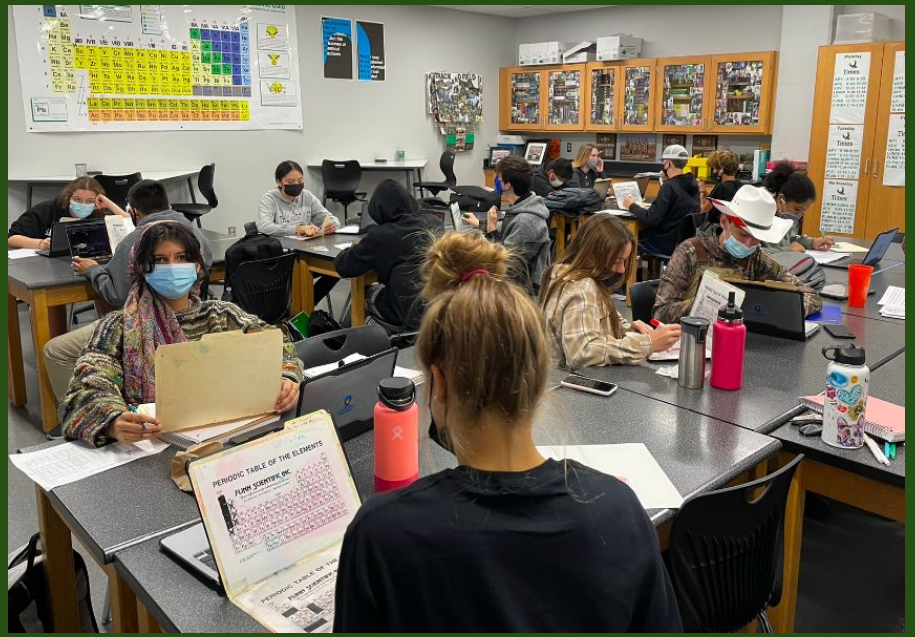
Favorite Free State Memory

My favorite Free State memory is
having a lot of fun hanging out with friends.

Free State Firebirds in Action!

Mrs. Rose's Chemistry Class

Electron Battleship



National Honor Society Officer Spotlight

Mina Khosh

Director of Firebirds' First Friends

Involvement at Free State

Girls Swim & Dive
S.A.L.T. of the Firebirds
Link Crew
Pre-Med Club

Post-Secondary Plans

I plan to study biology on a pre-med or pre-dental track.

Favorite Volunteer experience

My favorite volunteer experience was the trash pick-up at Free State last year when it was super cold and rainy.

Spirit Week | Halloween

Spirit Week | Halloween

Spirit Week | Halloween

Spirit Week | Halloween

Spirit Week | Support a Sport

Spirit Week | Support a Sport

Spirit Week | Western Wednesday

Don't Miss This!

StuCo Bulletin Board!

Firebirds - make sure you check out the StuCo Bulletin Board located across from Room 223 to learn about the BIG events happening at Free State!
The bulletin board is updated weekly - don't miss it!

What's Happening this Week!

Birthday Wishes!

Elaine Hendrickson | October 27th

Monday, October 25th

No School | Fall Break

Tuesday, October 26th

Student Technology Device Exchange
8am-3:22pm, Small Gym

6A Kansas Boys Soccer Regional Semifinal Game vs. Garden City*
6pm, Garden City
*KSHAA Event - Passes Not Accepted
$6 - Adults, $5 - K-12 & Senior Citizens - CASH ONLY.

Wednesday, October 27th

Student Technology Device Exchange | 8am-3:22pm, Small Gym

Thursday, October 28th

Senior Class Meeting RE: Graduation
9:30-10:30am, Auditorium

Trunk-or-Treat Hosted by the Free State IPS Program
5pm, Northeast Parking Lot

Boys Wrestling Informational Meeting
6pm, Weight Room

6A Kansas Boys Soccer Regional Championship Game
vs. TBA

Free State IPS Hosts Trunk-or-Treat!

Boys Wrestling Informational Meeting

Firebirds - if you are interested in competing for the Firebirds Wrestling Team, please attend an informational meeting (for student-athletes only) at 6pm on Thursday, October 28th in the Weight Room. If you are unable to attend, please email Coach Streeter at rstreete@usd497.org.

Friday, October 29th

6A Kansas State Volleyball Tournament
3:30pm, Salina-Tony's Pizza Events Center
*KSHAA Event - Passes Not Accepted
$9 - Adults, $6 - K-12 & Senior Citizens - CASH ONLY.

6A Kansas Football Week #9 Playoff Game vs. Wichita South*
7pm, Firebirds Football Stadium
*KSHAA Event - Passes Not Accepted
$7 - Adults, $5 - K-12 & Senior Citizens - CASH ONLY.

Saturday, October 30th

6A Kansas State Cross Country Meet

Boys - 10:40am/Girls - 12pm, Andover-4 Mile Creek Resort

*KSHAA Event - Passes Not Accepted

$9 - Adults, $6 - K-12 & Senior Citizens - CASH ONLY.

6A Kansas State Volleyball Tournament

1pm, Salina-Tony's Pizza Events Center

*KSHAA Event - Passes Not Accepted

$9 - Adults, $6 - K-12 & Senior Citizens - CASH ONLY.

Looking Ahead at Next Week!

Wednesday, November 03rd

Lady Firebirds Basketball Pre-Tryout Meeting
6-7pm, Commons

Thursday, November 04th

Coffee House Jams
Sponsored by StuCo
6-8pm, Commons

Friday, November 05th

6A Kansas State Boys Soccer Tournament
TBA, CBAC

6A Kansas Football Regional Game
7pm, TBA

Saturday, November 06th

6A Kansas State Boys Soccer Tournament

TBA, CBAC

Let's Go State!