



*Free State  
Firebirds Update  
Let's Go State!*





*Updates from the  
Firebirds Athletic Department*

# *Free State Firebirds Earn Fall Sports Post-Season Honors!*

Click [Here](#) to View  
Presentation!

**LAWRENCE FREE STATE  
FALL SPORTS POST-SEASON HONORS!**

Let's Go State!

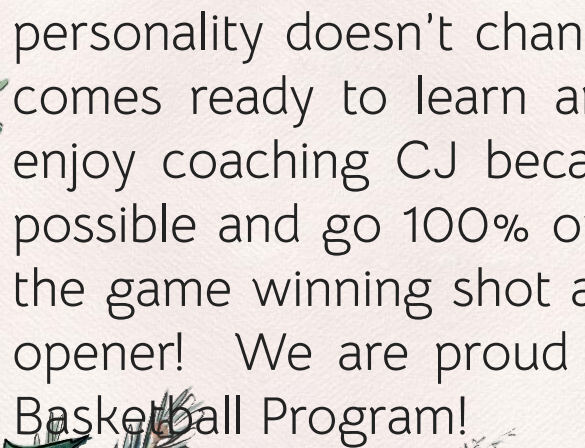






# *Firebird of the Week Congratulations!*

Freshman CJ Christwell | Boys Basketball



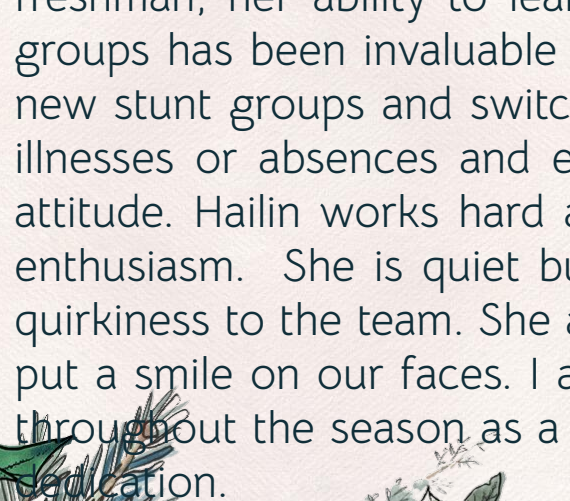
CJ is the type of kid that everyone wants to be around. His personality doesn't change whether he's on or off the court. He comes ready to learn and work hard each and every day. We enjoy coaching CJ because of his willingness to try as hard as possible and go 100% on his good and bad days. CJ also made the game winning shot at the buzzer to beat BVHS in the season opener! We are proud of the way CJ represents the Firebirds Basketball Program!





# *Firebird of the Week Congratulations!*

## Freshman Hailin McAleese | Cheer Team



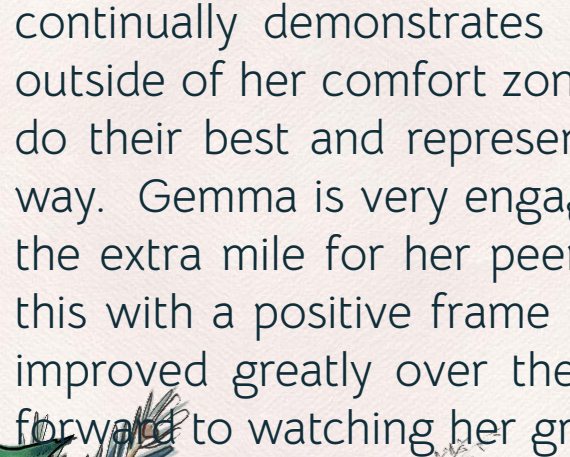
Hailin has been a tremendous asset to the Cheer Team this year. As a freshman, her ability to learn and adapt to new positions and new stunt groups has been invaluable to the team. She has volunteered to step into new stunt groups and switch positions around when we have had injuries, illnesses or absences and embraces any role given to her with a can-do attitude. Hailin works hard at practice and she does so with patience and enthusiasm. She is quiet but resilient and brings just the right amount of quirkiness to the team. She always knows how to make the team laugh and put a smile on our faces. I am excited to continue to watch Hailin improve throughout the season as a result of her work ethic, motivation and overall dedication.





# *Firebird of the Week Congratulations!*

Junior Gemma Waldron | Dance Team



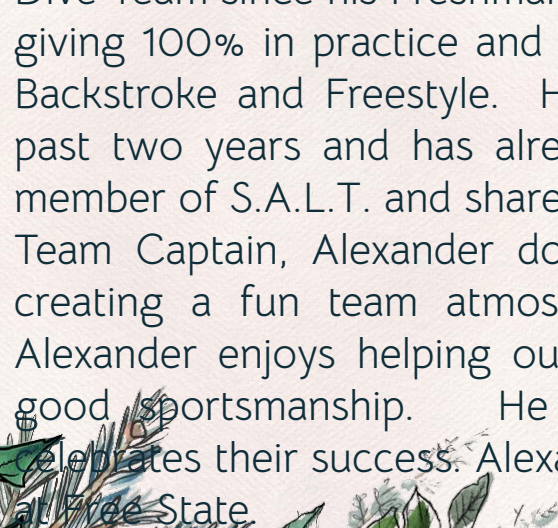
Gemma always puts 100% effort into both practices and games and continually demonstrates a can-do spirit even when asked to move outside of her comfort zone. She always encourages her teammates to do their best and represents the Free State Spirit Squad in a positive way. Gemma is very engaged in all she does and never hesitates to go the extra mile for her peers, teammates and coaches. She does all of this with a positive frame of mind and a smile to prove it! Gemma has improved greatly over the years since joining the team and we look forward to watching her grow.





# *Firebird of the Week Congratulations!*

## Senior Alexander Moore | Boys Swim & Dive Team



Alexander Michael Moore has been a member of the Free State Boys Swim and Dive Team since his Freshman year. He has contributed to the team's success by giving 100% in practice and at meets. Alexander is a talented swimmer in the Backstroke and Freestyle. He has competed at the State Championships the past two years and has already qualified for State this year. Alexander is a member of S.A.L.T. and shares his leadership skills and talents with the team. As Team Captain, Alexander does a great job of listening, leading by example, creating a fun team atmosphere, and communicating with his teammates. Alexander enjoys helping our young team learn how to swim fast and show good sportsmanship. He encourages and cheers on his teammates. He celebrates their success. Alexander models respect, responsibility, and excellence at Free State.





# *Boys Basketball Congratulations!*

Lawrence Free State 51 - Mill Valley 23

Lawrence Free State 80 - SM Northwest 52







# *Boys Swim & Dive Congratulations!*

vs. Lawrence, Olathe West, SM North | 1<sup>st</sup> Place

200 Yard Medley Relay | Alexander Moore, Dawson Bonnell, Jacob Heinz, Jackson Waggoner - 1<sup>st</sup> Place


200 Yard Medley Relay | Max Bates, Ari Mattes, Sina Khosh, Jamie King - 4<sup>th</sup> Place

200 Yard Medley Relay | Levi Bates, Asher Zelvy, Jackson Rea, Aidan Hanna - 5<sup>th</sup> Place

200 Yard Free | Max Bates - 2<sup>nd</sup> Place, Jackson Rea - 3<sup>rd</sup> Place

200 Yard IM | Dawson Bonnell - 2<sup>nd</sup> Place

50 Yard Free | Jackson Waggoner - 5<sup>th</sup> Place







# *Boys Swim & Dive Congratulations!*

vs. Lawrence, Olathe West, SM North | 1<sup>st</sup> Place

1 Meter Diving | Michael Leonard - 2<sup>nd</sup> Place

100 Yard Butterfly | Jacob Heinz - 4<sup>th</sup> Place

100 Yard Free | Alexander Moore - 2<sup>nd</sup> Place

500 Yard Free | Sina Khosh - 2<sup>nd</sup> Place, Jacob Heinz - 3<sup>rd</sup> Place, Ari Mattes - 4<sup>th</sup> Place

200 Yard Free Relay | Alexander Moore, Max Bates, Jackson Waggoner, Dawson Bonnell - 2<sup>nd</sup> Place

200 Yard Free Relay | Jack Kempf, Jake King, Levi Bates, Jamie King - 5<sup>th</sup> Place







# *Boys Swim & Dive Congratulations!*

vs. Lawrence, Olathe West, SM North | 1<sup>st</sup> Place

100 Yard Backstroke | Alexander Moore - 1<sup>st</sup> Place, Max Bates - 2<sup>nd</sup> Place, Sina Khosh - 4<sup>th</sup> Place

100 Yard Breaststroke | Dawson Bonnell - 2<sup>nd</sup> Place, Asher Zelvy - 4<sup>th</sup> Place

400 Yard Free Relay | Sina Khosh, Jacob Heinz, Jack Kempf, Jackson Waggoner - 3<sup>rd</sup> Place

400 Yard Free Relay | Jamie King, Jake King, Tiger Sievers, Jackson Rea - 4<sup>th</sup> Place





# Boys Swim & Dive Congratulations!

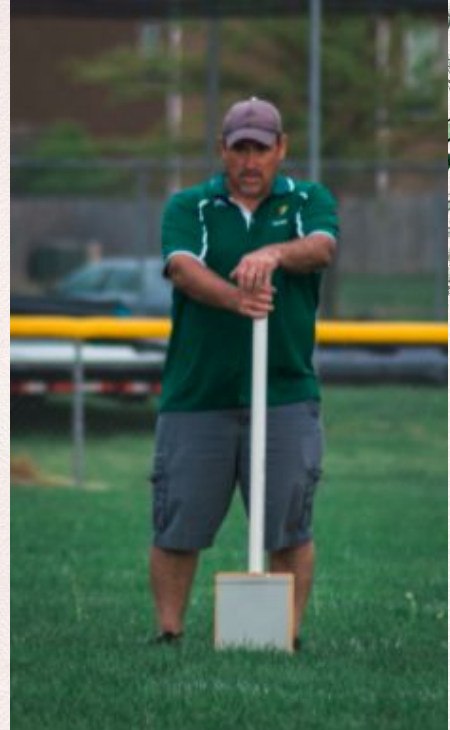
vs. Lawrence, Olathe West, SM North  
1<sup>st</sup> Place





# *Track & Field Congratulations!*

Congratulations to Track & Field Coach Darrell Andrew,  
a 2021 KCCTFCA Assistant Coach of the Year!







# Boys Wrestling Congratulations!

## 2021 Johnson County Classic | 6<sup>th</sup> Place

106 | Freshman Drew Streeter - 4<sup>th</sup> Place

106 | Freshman Grayson Hagen - 8<sup>th</sup> Place

113 | Junior Nolan Bradley - CHAMPION!

120 | Junior Wyatt Sutton - 10<sup>th</sup> Place

126 | Senior Darius Shields - Runner-Up!

132 | Freshman Cole Wright - 8<sup>th</sup> Place

138 | Junior Eric Streeter - 6<sup>th</sup> Place

170 | Senior Zach Shepley - 9<sup>th</sup> Place


182 | Junior Gavin Blanchard - 10<sup>th</sup> Place

182 | Senior Quez Lee - 13<sup>th</sup> Place

195 | Junior Matthew Marcum - 3<sup>rd</sup> Place

220 | Senior Brian Lane - 12<sup>th</sup> Place

285 | Junior Braxton Blanck - 10<sup>th</sup> Place





# *Boys Wrestling Congratulations!*

Junior Nolan Bradley with  
the winning move in the  
CHAMPIONSHIP ROUND  
at the 2021 JoCo Classic!





# Boys Wrestling Congratulations!

Congratulations to  
Senior Darius Shields on earning  
his 100<sup>th</sup> high school WIN!







# *Girls Wrestling Congratulations!*

2021 Ladycat Classic

143 C-Bracket | Freshman Daijah Preston - CHAMPION!

138 Championship-Bracket | Senior Madyson Gray - CHAMPION!





# Girls Wrestling Congratulations!





# *Girls Wrestling Congratulations!*

2021 Ladycat Classic  
CONGRATULATIONS to  
Senior Madyson Gray -  
Most Outstanding Wrestler







*Free State Firebirds in Action!*





# *Debate Congratulations!*

The Free State Debate team competed at the KSHSAA 4-Speaker Regional Tournament hosted by Olathe North High School this weekend.

After ten rounds of competition,  
the Firebirds finished with a 9-1 record -  
**REGIONAL CHAMPIONS!!**





# *Debate Congratulations!*

KSHSAA 4-Speaker Regional Tournament  
REGIONAL CHAMPIONS!!





# *National Honor Society*

## Officer Spotlight



# Isa Evans

## Vice President

### Involvement at Free State

Track and Field  
Cross Country

### Post-Secondary Plans

I plan to study chemistry or  
biochemistry with a minor in Spanish.

### Favorite Volunteer experience

My favorite volunteer experience was  
cleaning and organizing furniture at  
the Habitat for Humanity ReStore with  
friends.



# *Free State Sources of Strength*

Earlier this week, Free State's Sources of Strength hosted "Mental Health Monday," where students participated in activities designed to manage and alleviate stress and anxiety.





# Free State Sources of Strength





# *Free State Sources of Strength*





# Free State Sources of Strength





# *Free State Sources of Strength*





# *Free State Fishing Club*

December Meeting





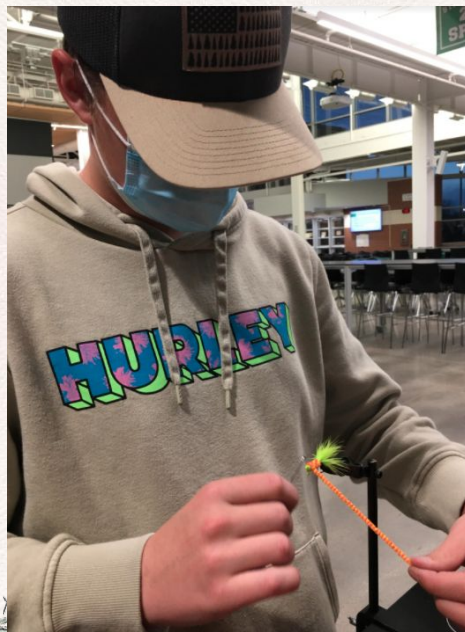
# *Free State Fishing Club*

Kim Barnett with "Fishing Future" attend the December Fishing Club meeting to teach the members how to make fly lures.





# *Free State Fishing Club*





# Free State Fishing Club





# Free State Fishing Club







*Don't Miss This!*



# *Free State Journalism Awards!*

Association of Texas Photography  
Instructors Fall Contest

Addison Driscoll  
Advanced Open - 1<sup>st</sup> Place







# *Free State Journalism Awards!*


Association of Texas Photography Instructors Fall Contest

Addison Driscoll

Advanced Cell/Smartphone Video

Get Loud - 1<sup>st</sup> Place

Click [Here](#) to Watch!





# *Free State Journalism Awards!*

Association of Texas Photography  
Instructors Fall Contest

Addison Driscoll  
Advanced Nature - 2<sup>nd</sup> Place







# *Free State Journalism Awards!*


Association of Texas Photography Instructors Fall Contest

Caroline Börk

K-8/Beginning Dramatic Short

1<sup>st</sup> Place

Click [Here](#) to Watch!







# *Free State Journalism Awards!*


Association of Texas Photography Instructors Fall Contest

Caroline Börk

K-8 Beginning - Video Documentary

1<sup>st</sup> Place

Click [Here](#) to Watch!







# *Free State Journalism Awards!*


Association of Texas Photography Instructors Fall Contest

Caroline Börk

K-8/Beginning Cell/Smartphone Video

1<sup>st</sup> Place

Click [Here](#) to Watch!








# *Free State Journalism Awards!*

Association of Texas Photography Instructors Fall Contest

Caroline Börk

K-8/Beginning Cell/Smartphone Video  
2<sup>nd</sup> Place

Click [Here](#) to Watch!








# *Free State Journalism Awards!*

Association of Texas Photography Instructors Fall Contest

Caroline Börk

K-8/Beginning Cell/Smartphone Video  
3<sup>rd</sup> Place

Click [Here](#) to Watch!

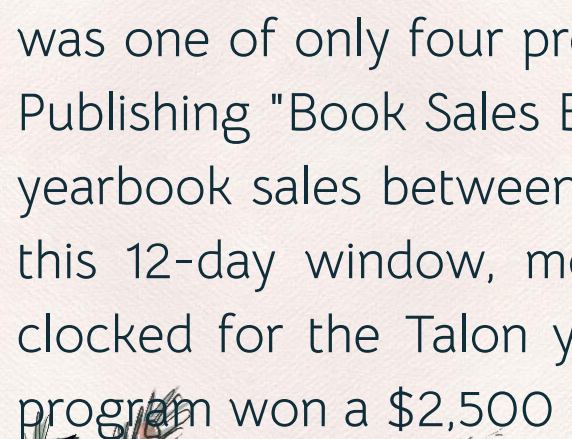






# *Free State Journalism Awards!*

## Herff Jones Publishing "Book Sales Blitz"



The business and promotions section of the FSJournalism staff was one of only four programs in the nation to win Herff Jones Publishing "Book Sales Blitz." Students competed for the highest yearbook sales between September 27<sup>th</sup> - October 09<sup>th</sup>. During this 12-day window, more than \$13K in yearbook sales were clocked for the Talon yearbook. As a result, the FSJournalism program won a \$2,500 room makeover.





*Upcoming Events Next Week!*





*Monday, December 20<sup>th</sup>*

Schedule for First Semester Final Exams

1 A/B | 8-8:54am

2 A/B | 9-9:54am

3 A/B | 10-10:54am

4 A/B | 11-11:54am

No Lunch







*Tuesday, December 21<sup>st</sup>*

Schedule for First Semester Final Exams

5 A/B | 8-8:54am

6 A/B | 9-9:54am

7 A/B | 10-10:54am

8 A/B | 11-11:54am

No Lunch







*Wednesday, December 23<sup>rd</sup> -  
Monday, December 27<sup>th</sup>*



## KSHSAA Winter Moratorium

### WINTER MORATORIUM

**Art. 1:** The Executive Board shall establish a consecutive five-day period (including December 25) where there shall be no school practice or interscholastic contests or activities.

- a. There shall be no interschool activities.
- b. There shall be no staff members present for any interscholastic activities.
- c. There shall be no staff members present for any interscholastic activity practice in activities under the jurisdiction of the KSHSAA.

**Art. 2:** There shall be no group interscholastic activity practice either on or outside school premises under supervision of school employees.

**Art. 3:** Music groups may perform, provided there is no practice in the school facilities and their performance is locally and on a volunteer basis only.

**Art. 4:** Trips by school activity students or groups are permissible, provided the students do not participate physically in any activity related to interschool activities.





*Upcoming in January!*





*Tuesday, January 04<sup>th</sup>*

Varsity Girls Basketball | 5:30pm, SM South

Varsity Boys Basketball | 7pm, SM South







*Thursday, January 06<sup>th</sup>*

Welcome Back!

First Day of Second Semester







*Friday, January 07<sup>th</sup>*

Varsity Boys Swim & Dive vs. Lawrence, SM East, SM North, SM West  
3:30pm, SM Aquatic Center

Varsity Girls Basketball | 5:30pm, Gardner-Edgerton

Varsity Boys Basketball | 7pm, Gardner-Edgerton







*Saturday, January 08<sup>th</sup>*

Varsity Girls Wrestling at Topeka-Seaman Tournament

8am, Topeka-Seaman

Varsity Boys Wrestling at Joel Rios Tournament

9am, SM South

Varsity Boys Basketball vs. Park Hill South

5:30pm, St. Thomas Aquinas







*Happy Holidays from the  
Free State Firebirds Family!*