

FREE STATE FIREBIRDS UPDATE

Let's Go State!



UPDATES FROM THE FIREBIRDS ATHLETIC DEPARTMENT



COVID UPDATE RE: ATHLETICS

As allowed under current statute and the Douglas County mask mandate, an exemption has been made to allow for a mask exemption for sports during active play only. Active play means when you are actively on the court or the mat, not on the bench while others play (or coach). When not in active play, a mask must be worn. Spectators will be required to wear a mask while attending Free State athletic events. Thank you in advance for your cooperation as we work to keep our community safe.

FIREBIRD OF THE WEEK CONGRATULATIONS!

Senior Jacob Heinz | Boys Swim & Dive

Jacob Heinz has been a member of the Free State Boys Swim and Dive Team since his Freshman year. He is a dedicated swimmer and works so hard at practice! He pushes himself to do his best at meets and sets high goals for himself. He scores points at each meet in his events, the 100 Butterfly and the 500 Free, which require lots of tough sets in practice. Jacob is a great role model for our underclassmen and he models respect, responsibility, and excellence at Free State.

BOYS BASKETBALL CONGRATULATIONS!

2022 McPherson Invitational Tournament | CHAMPIONS!

Lawrence Free State 73 - Bishop Carroll 34

Lawrence Free State 60 - McPherson 51, 20T

Lawrence Free State 64 - St. James Academy 59

BOYS BASKETBALL CONGRATULATIONS!



BOYS BASKETBALL CONGRATULATIONS!



CONGRATULATIONS to
Seniors Jordan Brown (MVP)
and Mozae Downing on earning
All-Tournament honors!

BOYS BOWLING CONGRATULATIONS!

vs. Mill Valley, SM East | 2nd Place

Bishop Miega Invitational | 2nd Place

Mike Tennyson - 2nd Place

Jacob Goos - 3rd Place



GIRLS BOWLING CONGRATULATIONS!

vs. Mill Valley, SM East | 2nd Place

Kaitlynn Sedich - 3rd Place

Bishop Miega Invitational | 4th Place

Olivia Hemker - 5th Place



BOYS SWIM & DIVE CONGRATULATIONS!

vs. BV Southwest, BV West | 2nd Place

200 Yard Medley Relay | Max Bates, Dawson Bonnell, Sina Khosh, Alexander Moore - 2nd Place

200 Yard Medley Relay | Levin Bates, Ari Mattes, Jacob Heinz, Jamie King - 4th Place

200 Yard Free | Dawson Bonnell - 2nd Place, Jackson Rea - 5th Place

200 Yard IM | Sina Khosh - 5th Place

1 Meter Diving | Elliot Ahlvers - 1st Place, Isaiah Wilkins - 3rd Place

1 Meter Diving | Michael Leonard - 4th Place, Jackson Waggoner - 5th Place

100 Yard Fly | Dawson Bonnell - 1st Place, Jacob Heinz - 3rd Place

BOYS SWIM & DIVE CONGRATULATIONS!

vs. BV Southwest, BV West | 2nd Place

100 Yard Free | Alexander Moore - 2nd Place, Jamie King - 4th Place

500 Yard IM | Jacob Heinz - 3rd Place, Ari Mattes - 5th Place

200 Yard Free Relay | Max Bates, Jackson Waggoner, Jamie King, Dawson Bonnell - 3rd Place

200 Yard Free Relay | Levi Bates, Jack Kempf, Tiger Sievers, Jake King - 5th Place

100 Yard Backstroke | Alexander Moore - 2nd Place, Max Bates - 4th Place, Sina Khosh - 5th Place

400 Yard Free Relay | Max Bates, Sina Khosh, Jackson Waggoner, Alexander Moore - 3rd Place

400 Yard Free Relay | Jake King, Jackson Rea, Jack Kempf, Jacob Heinz - 5th Place

BOYS WRESTLING CONGRATULATIONS!

BV Northwest Husky Invitational | 3rd Place

106 | Grayson Hagen - Runner-Up

106 | Drew Streeter - 3rd Place

113 | Nolan Bradley - Runner-Up

126 | D'onte Goodman - 4th Place

132 | Eric Streeter - 5th Place

145 | Trey Shanks - 8th Place

152 | Ben Mellenbruch - 5th Place

160 | Zach Shepley - 3rd Place

195 | Matthew Marcum - CHAMPION!

220 | Brian Lane - 6th Place

Lawrence Free State 64

Basehor-Linwood 6

Lawrence Free State 74

SM Northwest 6

BOYS WRESTLING CONGRATULATIONS!



BOYS WRESTLING CONGRATULATIONS!

On Wednesday, January 19th, the Free State Wrestling recognized several Wrestling alumni, including the first State Placer in school history, Scott Smith (2000). Scott is battling ALS and was honored at center mat along with many friends, teammates, and past coaches. The 1st Annual "Rise Above ALS Duals" raised over \$1,200 for ALS Research at the event.

Afterwards, there was a small alumni reception in the Wrestling Room to unveil the new "Free State Wrestling Wall of Fame," featuring all 45 individual State placers spanning from 2000-2021.

BOYS WRESTLING CONGRATULATIONS!



BOYS WRESTLING CONGRATULATIONS!



FREE STATE WRESTLING

GIRLS WRESTLING CONGRATULATIONS!

Senior Madyson Gray on the podium at last weekend's tournament at Wichita West!

Madyson was also voted "Most Outstanding Wrestler" of the tournament!

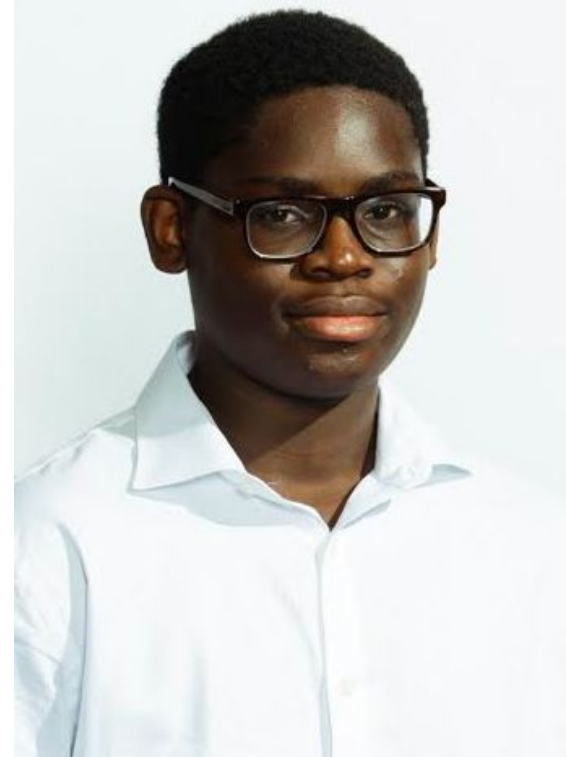


FREE STATE FIREBIRDS IN ACTION!



BOYS & GIRLS CLUB OF LAWRENCE YOUTH OF THE YEAR CONGRATULATIONS!

Congratulations to Free State Freshman Ohene Danso - 2022 BGCLK Youth of the Year nominee! Ohene is the son of Naomi and Alfred Danso. Ohene plans on attending an Ivy League School, and he is most interested in Princeton. Ohene is a fantastic combination of academic and athletic talents, as he intends to major in Information Technology in college and hopes to become a professional volleyball player. Fittingly, Ohene plays volleyball whenever he can, including the volleyball team at the Center for Great Futures. The program will begin at 7pm on January 27th at The Liberty Hall, and is free for the public to attend.



CONGRATULATIONS JUNIOR WENDO KIMORI – MLK ONE DREAM CELEBRATION MASTER OF CEREMONY!



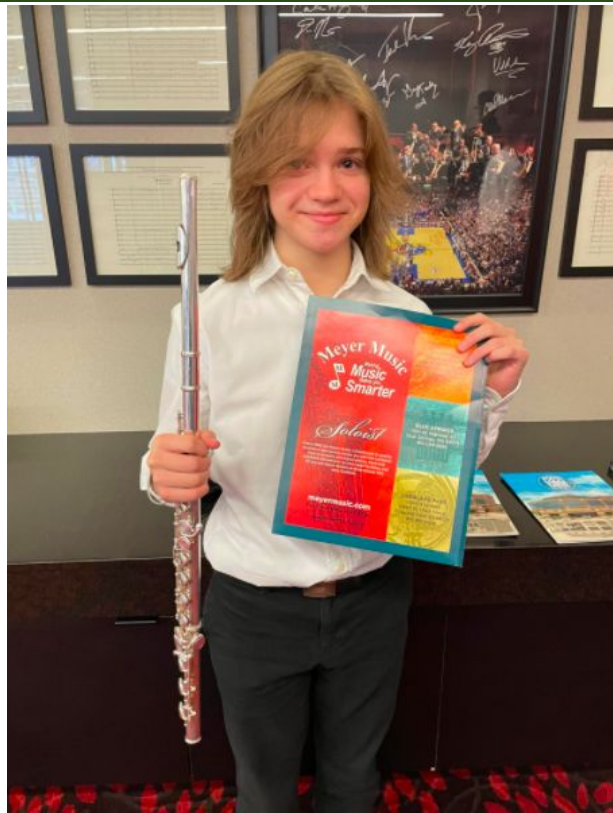
FREE STATE BAND CONGRATULATIONS!

Congratulations to Free State Freshmen Elliot Skillman and Gayla Gao for an outstanding performance at the 20th Kansas John Philip Sousa Honor Band held at the Lied Center! Elliot worked with Dr. Tremon Kizer of The University of Central Florida, and Gayla premiered a new composition by Randall Standridge under the baton of Jay Gephart of Purdue University.

Elliot and Gayla auditioned and were selected from hundreds of students across Kansas for this event. This is Gayla's third year in a row she has performed with this Honor Band.

FREE STATE BAND CONGRATULATIONS!

Elliot Skillman



Gayla Gao



NATIONAL HONOR SOCIETY OFFICER SPOTLIGHT

Ezra Joseph

President

Involvement at Free State

- Speech and Debate
- Chamber Choir
- Chamber Singers
- LINK Crew
- Young Democrats Club

Post-Secondary Plans

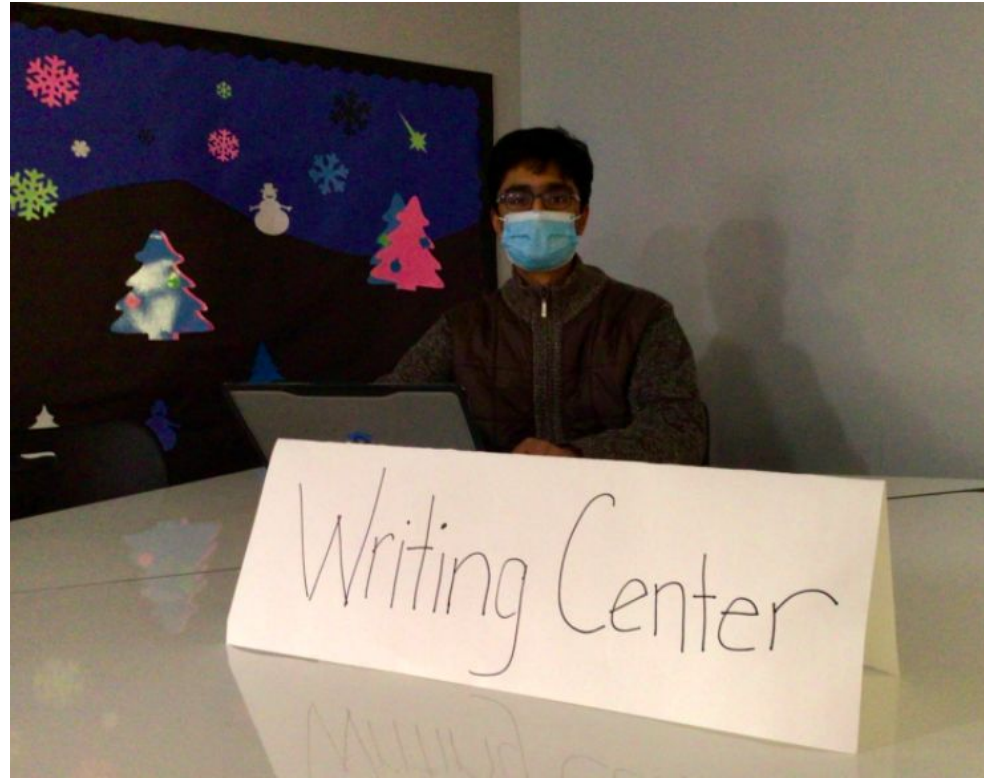
I plan on studying Chemical Engineering with a focus in Biomedical Engineering.

Favorite Volunteer experience

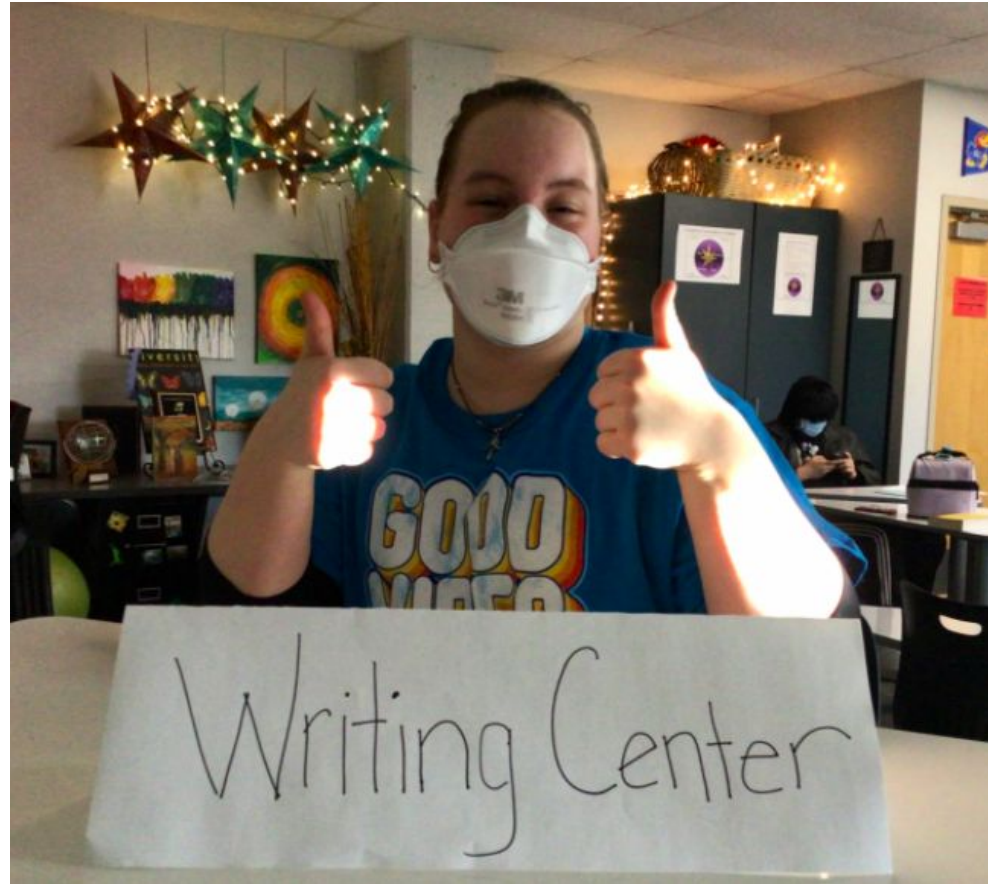
It was something that happened pretty recently, the organizer of an event came up to me afterwards and thanked me for being a leader, not even knowing who I was or my relationship with NHS.



**SENIOR PRANAV VOGETI
WORKING THE WRITING
CENTER IN ROOM 302.**



**JUNIOR LOLLY HINDMAN
IS READY TO HELP YOU
IN THE WRITING CENTER
FROM 8-9AM ON
THURSDAY MORNINGS!**



MRS. ROSE'S AP CHEM CLASS PLAYING HUNGRY-HUNGRY HIPPOS TO MODEL REACTION MECHANISMS!



DON'T MISS THIS!



COVID-19 PROTOCOL



NATIONAL HONOR SOCIETY

Firebirds – interested in becoming a member of the National Honor Society?

All Sophomores or Juniors with a 3.5GPA or higher are invited to apply. Application packets can be found in the Attendance Office or in Mrs. Romero's room (#407). All applications are due by 3:30pm on Friday, February 18th.

Current members do not need to re-apply.

All current NHS members are eligible to apply to become an officer of the National Honor Society. Please see Mrs. Romero for an application.

WHAT'S HAPPENING THIS WEEK!



BIRTHDAY WISHES!

Chris Everett | January 26th

David Reber | January 28th

Rachel Downs | January 30th

Brian Percival | January 30th



TUESDAY, JANUARY 25TH

Varsity Boys Diving at Topeka Invitational
1:30pm, Topeka Cap Fed Natatorium

Varsity Boys and Girls Bowling vs. SM Northwest, SM South
3pm, Mission Bowl-N

Varsity Boys Swimming at Topeka Invitational
5pm, Topeka Cap Fed Natatorium

WEDNESDAY, JANUARY 26TH

Varsity Girls Wrestling vs. Lawrence Dual
5pm, Lawrence

Varsity Boys Wrestling at Lawrence Dual
6pm, Lawrence

Varsity Boys Basketball
7pm, Gardner-Edgerton

THURSDAY, JANUARY 27TH

Varsity Girls Basketball vs. SM West
at the 2022 Lady Firebirds Winter Classic
3pm, Free State

FRIDAY, JANUARY 28TH

Varsity Girls Basketball vs. TBA at the 2022 Lady Firebirds Winter Classic
TBA, Free State

Varsity Boys Basketball
7pm, SM South

SATURDAY, JANUARY 29TH

Varsity Boys Dive at SM East Invite
9am, SM Aquatic Center

Varsity Girls Basketball vs. TBA at the 2022 Lady Firebirds Winter Classic
TBA, Free State

COMING UP NEXT WEEK!



MONDAY, JANUARY 31ST

Varsity Boys and Girls Bowling vs. Lawrence, Ottawa, Shawnee Heights
3:30pm, Gage Bowl

TUESDAY, FEBRUARY 01ST

Varsity Boys and Girls Bowling vs. Olathe West, SM East, SM North
3pm, Park Lanes

Varsity Girls Basketball | 5:30pm, Olathe East

Girls Soccer Pre-Season Informational Meeting | 6pm, Commons

Varsity Boys Basketball | 7pm, Olathe East

All-City Concert Choir | 7pm, KU Lied Center

THURSDAY, FEBRUARY 03RD

2022 Sunflower League Varsity Boys Dive Prelims
4:30pm, SM Aquatic Center

FRIDAY, FEBRUARY 04TH

2022 Sunflower League Varsity Boys Swim Prelims
4:30pm, SM Aquatic Center

Varsity Girls Basketball vs. Olathe South
5:30pm, Free State

Varsity Boys Basketball vs. Olathe South
7pm, Free State

Winter Play | She Kills Monsters: Young Adventurers Edition
7pm, Auditorium

Click [Here](#) to Purchase Tickets

SATURDAY, FEBRUARY 05TH

2022 Sunflower League Varsity Boys Swim & Dive Finals
9:30am, SM Aquatic Center

Varsity Boys Basketball vs. Lee's Summit
5:30pm, Lee's Summit West

Winter Play | She Kills Monsters: Young Adventurers Edition
7pm, Auditorium
Click [Here](#) to Purchase Tickets

LET'S GO STATE!

