
FREE STATE FIREBIRDS UPDATE

— Let's Go State! —



UPDATES FROM THE FIREBIRDS ATHLETIC DEPARTMENT



FIREBIRDS OF THE WEEK CONGRATULATIONS!

Sophomores Daryn Harlow and Connor Brown | Baseball

Daryn and Connor are players on the Firebird Baseball Team.

They are constantly living up to the standards that the program has established.

Daryn and Connor's work ethic in the building and at practice translates to their success on the field.

Both student-athletes come to practice each day to make their team better.

Congratulations, Daryn and Connor!

FIREBIRD OF THE WEEK CONGRATULATIONS!

Senior Emma Evans | Girls Track & Field

Emma Evans is a four-year Track athlete that is always willing to step in and help at practice. Her positive attitude and leadership are always appreciated. She is willing to compete in whatever we ask her to do, and also has stepped in to help clerk meets and she also gives assistance to other jumpers to help keep practice moving swiftly.



FIREBIRD OF THE WEEK CONGRATULATIONS!



Sophomore Harper Merrill | Girls Track & Field

Harper had a great week by PRing in both jumping events. Her exuberance is off the charts and she truly enjoys competing. She gets along well with her teammates and we are happy that she has fought through injury and is able to be part of our competitions this season.

BASEBALL CONGRATULATIONS!

Lawrence Free State 4 – Olathe Northwest 2

Lawrence Free State 15 – Capital City 5

SOFTBALL CONGRATULATIONS!

Lawrence Free State 12 - SM South 9

Lawrence Free State 5 - Holton 0

Lawrence Free State 13 - Lansing 5

GIRLS SWIM & DIVE CONGRATULATIONS!

vs. Lawrence, SM South, Turner | 1st Place

200 Yard Medley Relay

Liza Engelbrecht, Mina Khosh, Lolly Hindman, Bradie Ward – 1st Place

Gayla Gao, Jocelyn Wilson, Molly Nuckolls, Abbey Hossler – 2nd Place

200 Yard Free | Samantha Packard – 1st Place, Halle McCullough – 2nd Place

200 Yard IM | Bradie Ward – 1st Place, Molly Nuckolls – 3rd Place, Gayla Gao – 4th Place

50 Yard Free | Liza Engelbrecht – 1st Place, Jocelyn Wilson – 2nd Place, Silvia Liu – 5th Place

1 Meter Diving | Audrey Hoey-Kummerow – 2nd Place, Maya Huang – 3rd Place

GIRLS SWIM & DIVE CONGRATULATIONS!

vs. Lawrence, SM South, Turner | 1st Place

100 Yard Fly | Samantha Packard – 1st Place, Liza Engelbrecht – 2nd Place, Lolly Hindman – 3rd Place

100 Yard Free

Bradie Ward – 1st Place, Molly Nuckolls – 2nd Place, Silvia Liu – 3rd Place, Aidyn Guy – 5th Place

500 Yard Free | Halle McCullough – 1st Place, Nisa Kay Khosh – 4th Place

200 Yard Free Relay

Samantha Packard, Jocelyn Wilson, Liza Engelbrecht, Halle McCullough – 1st Place

Abbey Hossler, Silvia Liu, Aidyn Guy, Camryn Fowle – 3rd Place

GIRLS SWIM & DIVE CONGRATULATIONS!

vs. Lawrence, SM South, Turner | 1st Place

100 Yard Backstroke | Gayla Gao – 1st Place, Lolly Hindman – 2nd Place, Abbey Hossler – 5th Place

100 Yard Breaststroke | Jocelyn Wilson – 1st Place, Mina Khosh – 2nd Place, Camryn Fowle – 5th Place

500 Yard Free | Halle McCullough – 1st Place, Nisa Kay Khosh – 4th Place

400 Yard Free Relay

Gayla Gao, Halle McCullough, Samantha Packard, Bradie Ward – 1st Place

Molly Nuckolls, Silvia Liu, Aidyn Guy, Lolly Hindman – 2nd Place

Karsyn Robertson, May Gao, Savannah Randall, Nisa Kay Khosh – 5th Place

BOYS TENNIS CONGRATULATIONS!

vs. Lawrence | 1st Place

#2 Singles | Britton Snyder - 8-0 WIN!

#3 Singles | George Thornton - 8-1 WIN!

#4 Singles | Jake Hedges - 8-3 WIN!

#5 Singles Minh Vu - 8-6 WIN!

#6 Singles - Jared Loos 8-1 WIN!

#1 Doubles | George Thornton & Jake Hedges - 8-3 WIN!

#2 Doubles | Minh Vu & Jared Loos - 8-7 WIN!

#3 Doubles | Britton Snyder & Felipe Reina-Salas 8-3 WIN!

BOYS TENNIS CONGRATULATIONS!

vs. Lawrence | 1st Place



BOYS TENNIS CONGRATULATIONS!

at Olathe South Quad | 1st Place

Singles | Britton Snyder, Felipe Reina-Salas, & Reed Melvin - 7-2!

#1 Doubles | Minh Vu & Jared Loos - 3-0!

#2 Doubles | Joel Harrison & Owen Thompson - 3-0!

#3 Doubles | Nathaniel Slemmer & Jacob Rasmussen - 3-0!

BOYS TENNIS CONGRATULATIONS!



at Olathe South Quad | 1st Place

BOYS TRACK & FIELD CONGRATULATIONS!

Little KU Meet | 1st Place

100 Meter Dash

Roman Jasso - 3rd Place, Michael Romito - 6th Place,
Ebuka Ennyinnaya - 9th Place, Logan Schwab - 10th Place

200 Meter Dash | Ebuka Ennyinnaya - 4th Place

400 Meter Dash | Tiger Sievers - 4th Place, Jake Loos - 6th Place, Patryk Hupert - 7th Place,
Cameron Stutler - 8th Place, Havea Hafoka - 9th Place

800 Meter Run | Ben Shryock - 1st Place, Jack Keathley-Helms - 3rd Place

1600 Meter Run

Ben Shryock - 2nd Place, Jack Kealthey-Helms - 3rd Place,
Jake Loos - 4th Place, Blake Wohler - 6th Place

BOYS TRACK & FIELD CONGRATULATIONS!

Little KU Meet | 1st Place

3200 Meter Run

Ryan Whittlesey - 2nd Place, Jake Hedges - 3rd Place,
Max Bates - 4th Place, Carson Marsh - 7th Place, Levi Bates - 8th Place

110 Meter Hurdles | Trevor Sidabutar - 3rd Place, Elijah Sabatini - 4th Place, Steve Pi - 6th
Place, Jale Jordan - T-9th Place, Thomas Henderson - T-9th Place

300 Meter Hurdles

Trevor Sidabutar - 3rd Place, Elijah Sabatini - 4th Place, Jalen Jordan - 9th Place

4x100 Meter Relay | A - 2nd Place

4x400 Meter Relay | A - 2nd Place

4x800 Meter Relay | 4th Place

Jake Hedges, Levi Bates, Keat Hockenbury, Ethan Mason

BOYS TRACK & FIELD CONGRATULATIONS!

Little KU Meet | 1st Place

High Hump | Samir Yussuf - 9th Place

Pole Vault

Cooper Stone - 1st Place, Dylan Farrell - 2nd Place,

Logan Schwab - 3rd Place, Shepherd Morrison - 4th Place

Long Jump | Cameron Stutler - 9th Place, Quez Lee - 10th Place

Triple Jump | Quez Lee - 2nd Place

Shot Put | Tyler Gourley - 3rd Place, Preston Tran - 6th Place

Discus | Preston Tran - 8th Place

Javelin

Brian Lane - 2nd Place, Spencer Doan - 5th Place,

Caden Thomas - 6th Place, Jackson Roberts - 9th Place

GIRLS TRACK & FIELD CONGRATULATIONS!

Little KU Meet | 2nd Place

100 Meter Dash | Taniyah Cox - 10th Place

200 Meter Dash | Aubrey Duncan - 4th Place, Jordan Walker - 9th Place

400 Meter Dash | Samantha Whittlesey - 8th Place

800 Meter Run | Cayman Barnes - 1st Place, Olivia Goeser - 8th Place, Brylee Burns - 10th Place

1600 Meter Run

Isabelle Pro - 1st Place, Olivia Goeser - 2nd Place, Brylee Burns - 3rd Place,
Ella Marshall - 6th Place, Allison Babbit - 7th Place

3200 Meter Run | Isabelle Pro - 2nd Place, Neely Morrison - 5th Place

GIRLS TRACK & FIELD CONGRATULATIONS!

Little KU Meet | 2nd Place

100 Meter Hurdles | Marrah Spriggs - 1st Place

300 Meter Hurdles | Marrah Spriggs - 2nd Place

4x100 Meter Relay | 3rd Place

Taniyah Cox, Ta'Mya Douglas, Marrah Spriggs, Nomso Ennyinnaya

4x400 Meter Relay | 2nd Place

Cayman Barnes, Samantha Whittlesey, Reese Hulcher, Aubrey Duncan

4x800 Meter Relay | 3rd Place

Elle Cormaney, Neely Morrison, Cayman Barnes, Evie Stull

GIRLS TRACK & FIELD CONGRATULATIONS!

Little KU Meet | 2nd Place

High Hump | Reese Hulcher – 1st Place, Olivia Roderick – 4th Place

Pole Vault | Isa Evans – 1st Place, Avery Qualseth – 2nd Place

Long Jump | Reese Hulcher – 3rd Place, Harper Merrill – 7th Place, Sofia Bourdo – 8th Place

Triple Jump | Harper Merrill – 4th Place

Shot Put | Cameron Vaughn – 6th Place

Discus | Madison Base – T-4th Place

Javelin | Aubrey Duncan – 1st Place, Julia Chapman – 9th Place

FIREBIRDS IN ACTION



NATIONAL HONOR SOCIETY CONGRATULATIONS!

Congratulations to the 2022-23 National Honor Society Officers!

Junior Grace Xie | President

Junior Michael Bido | Vice President

Junior Rachel Lee | Secretary

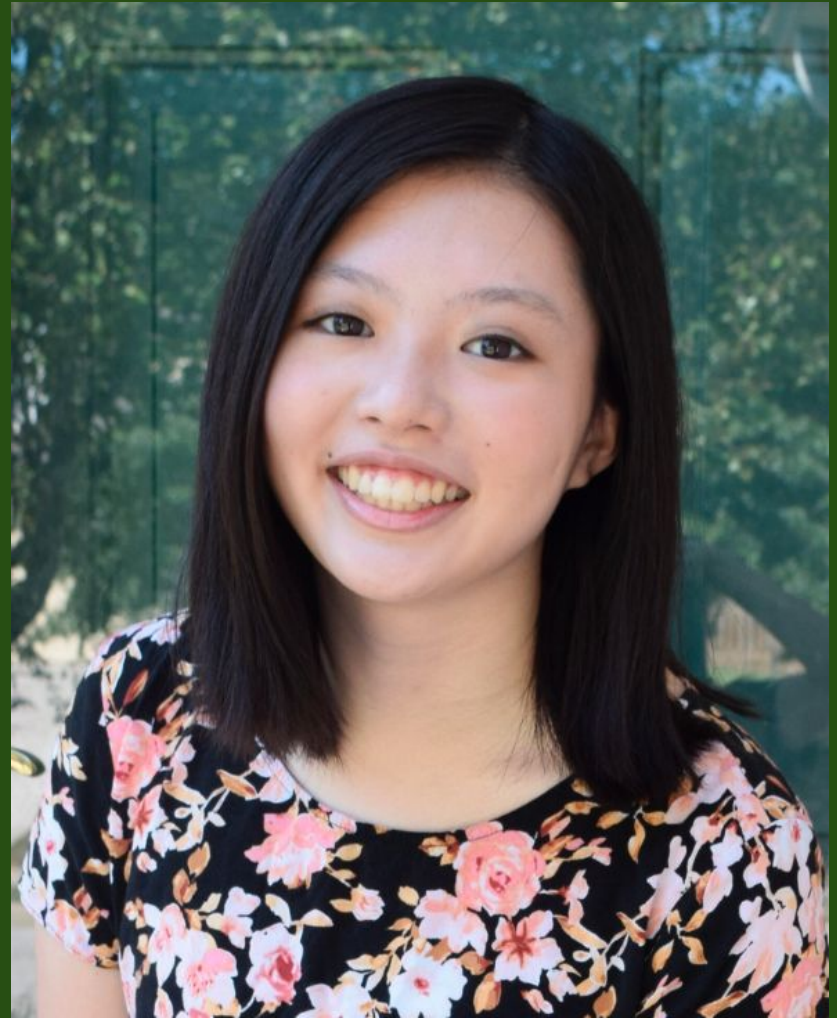
Junior Lolly Hindman | Director of Activities

Junior Olivia Goesser | Director of Communication

Junior Tahima Hashim | Director of Firebirds' First Friends

**2022-23
NHS OFFICER
CONGRATULATIONS!**

Grace Xie, President



**2022-23
NHS OFFICER
CONGRATULATIONS!**

Michael Bido, Vice President



**2022-23
NHS OFFICER
CONGRATULATIONS!**

Rachel Lee, Secretary



2022-23
NHS OFFICER
CONGRATULATIONS!

Lolly Hindman, Director of Activities



**2022-23
NHS OFFICER
CONGRATULATIONS!**

Olivia Goeser,
Director of Communications



2022-23
NHS OFFICER
CONGRATULATIONS!

Tahima Hashim,
Director of Firebirds' First Friends



FREE STATE FISHING CLUB

The Free State Fishing Firebirds
took a field trip to a local lake
for some lure testing.
The end result was two fish caught
along with some much needed
outdoor time!



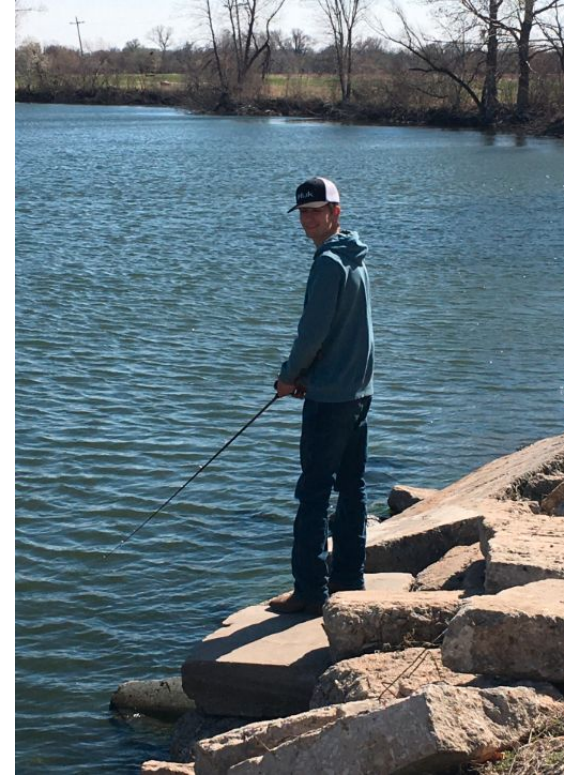
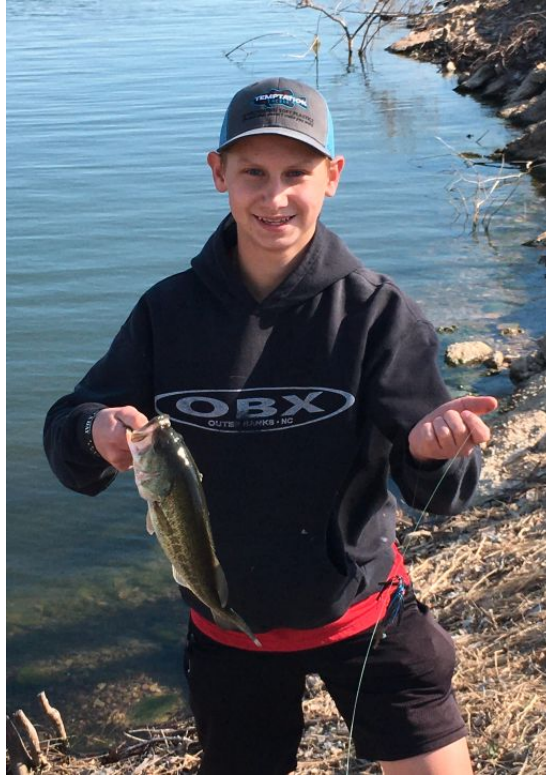
FREE STATE FISHING CLUB



FREE STATE FISHING CLUB



FREE STATE FISHING CLUB



DON'T MISS THIS!



ATTENTION JUNIORS!

Juniors!

We need volunteers for Great Green Help!

Sign up before 4/13 to receive a free T-shirt!

All volunteers must be signed up by 4/20. All will be provided free lunch.

The link to sign up is on our Instagram and in an email from Mr. Graber!



WHAT'S HAPPENING THIS WEEK!



BIRTHDAY WISHES!

Amanda Faunce | April 19th

Nice Metz | April 23rd

Blake Swenson | April 23rd

Deb Ziegler | April 23rd



MONDAY, APRIL 18TH

Varsity Boys Golf at 1st Leg of Sunflower League
1pm, Sunflower Hills Golf Course

TUESDAY, APRIL 19TH

Blood Drive | 8am-3pm, Aux Gym

Varsity Baseball vs. SM South | 5:30pm, Firebirds Baseball Stadium

Varsity Softball at SM West | 5:30pm, SM Softball Complex #3

Open House for Incoming Freshman | 6-8pm

Varsity Girls Soccer at Gardner-Edgerton | 7pm, Gardner-Edgerton

WEDNESDAY, APRIL 20TH

National Honor Society NEW Member Meeting | 7:20am, Room 232

Varsity Boys Golf at Topeka-Seaman Invite | 1pm, Village Greens GC

National Honor Society NEW Member Meeting | 3:30pm, Room 232

Exodus Art Show | 3:30–8pm, Commons

Site Council Meeting | 6–7pm

MANDATORY MEETING FOR NEW NHS MEMBERS!

Attention Newly Selected NHS Members!

Please attend a meeting on Wednesday, April 20th at either 7:20am or 3:30pm in Room 232. All NEW members need to attend. You will learn how the National Honor Society works, the expectations for members, meet the NHS Officers and learn how to get started volunteering.

Questions?

Please see Mrs. Romero in Room 407.

THURSDAY, APRIL 21ST

Free State Fine Arts Department Trip to Chicago

StuCo Applications Available – Room 223

Varsity Girls Swim & Dive vs. Lawrence, Washburn Rural | 3:10pm, LIAC

Varsity Baseball vs. SM East | 5:30pm, Firebirds Baseball Stadium

Varsity Softball vs. Mill Valley | 5:30pm, Firebirds Softball Stadium

Varsity Girls Soccer vs. Olathe West | 7pm, Firebirds Soccer Stadium

FRIDAY, APRIL 22ND

Free State Fine Arts Department Trip to Chicago

Earth Day Bridge Pick Up Day Sponsored by Sources of Strength

Varsity Boys Tennis at LHS Invitational | 1pm, Firebirds Tennis Courts

Varsity Boys and Girls Track & Field at Barrier Breakers | 3pm, Firebirds Track

Varsity Girls Swim Prelims at SM East Invitational Prelims | 4:30pm, SM Aquatic Center

Varsity Girls Soccer vs. Topeka | 7pm, Firebirds Soccer Stadium

EARTH DAY BRIDGE PICK UP DAY!

On Friday, April 22nd (Earth Day), Free State Sources of Strength will be sponsoring a clean up day. Students are invited to sign up for one ILT to help clean up the area around the bridge and Free State grounds.



SATURDAY, APRIL 23RD

Free State Fine Arts Department Trip to Chicago

Varsity Girls Swim & Dive Finals at SM East Invitational

Dive - 8am, Swim - 11:30am, SM Aquatic Center

Varsity Softball at Lawrence

10am, Lawrence Softball Stadium

UPCOMING NEXT WEEK



MONDAY, APRIL 25TH

Varsity Boys Tennis at BV Northwest Classic
8am, Plaza Tennis Center

Varsity Boys Golf Tournament at Topeka West Invitational
1pm, Topeka Country Club

Local Scholarship Presentations
7pm, Auditorium

TUESDAY, APRIL 26TH

Varsity Baseball vs. Mill Valley
5:30pm, Firebirds Baseball Stadium

Varsity Softball vs. Gardner-Edgerton
5:30pm, Firebirds Softball Stadium

Varsity Girls Soccer at Mill Valley
7pm, Mill Valley

WEDNESDAY, APRIL 27TH

Class of 2022 Cap & Gown Distribution
2:30-4:30pm

Lady Firebirds Soccer FREE Community Clinic
Click [HERE](#) for More Information!

Open House for Incoming Freshman
6-8pm

THURSDAY, APRIL 28TH

Varsity Boys Tennis at 2022 Sunflower League Tournament
8am, CBAC-Tennis

Varsity Girls Swim & Dive vs. Lawrence, Olathe South, SM North
4pm, Chisholm Trail MS

Varsity Baseball at Olathe South | 5:30pm, ODAC-S

Varsity Softball at Olathe East | 5:30pm, CBAC-N

Varsity Girls Soccer at SM North | 7pm, SM North Stadium

FRIDAY, APRIL 29TH

Great Green Help Day for Juniors!

Varsity Boys and Girls Track & Field at Gardner Invite

3:45pm, Gardner-Edgerton

Varsity Baseball at Olathe West

6pm, CBAC-N

SATURDAY, APRIL 30TH

Varsity Girls Diving at SM South Invitational
8am, SM Aquatic Center

Prom
8-10pm

SUNDAY, MAY 01ST

Strike it Up for a Cause

Sunday, May 1st from 1-4p at
Royal Crest Lanes

PLEASE JOIN FREE
STATE HIGH SCHOOL
IPS TO HELP RAISE
MONEY FOR THE
MITCHELL FAMILY!!

BOWLING -
\$10/PERSON
RAFFLE TICKETS -
1 TICKET: \$5
5 TICKETS - \$20



LET'S GO STATE!

