

Free State Firebirds Update

Let's Go State!



Updates from the Firebirds Athletic Department



Firebird of the Week Congratulations!

Senior Nedim Pekusic | Boys Golf

Nedim Pekusic is one of five seniors on this year's Boys Golf Team, and he has made tremendous improvement from his Freshman year on the "practice squad." He is a joy to play with in practice, almost always has a positive attitude, and packs a mean cooler. We wish Nedim the best for the rest of the season. Thank you Ned for all you have done and that you will continue to do for the Firebirds Golf Team!



Firebird of the Week Congratulations!

Senior Willoughby Lam | Girls Soccer

Senior Willoughby Lam has been a standout player at Free State High School as a four-year starter on the Lady Firebirds Soccer Team. Willoughby plays Defender and has signed to play Soccer for Coach Jim Schwab at Johnson County Community College, where she will continue to pursue her academic goals in the Fall. Wil is the engine that moves our team – she is talented, highly focused, and an extremely hard working player. She has played a number of positions this season and has had an impact everywhere she goes. She is a leader and a source of inspiration and motivation to her teammates. She is a fierce competitor who is always ready to take any challenge straight on. We are thankful to have Wil in our team and are proud of the impact she has had on Free State Soccer. She will be remembered as one of the best players to ever wear the Free State Soccer uniform.



Firebird of the Week Congratulations!

Senior Savannah Randall | Girls Swim & Dive

Savannah Randall has been a member of the Free State Swim & Dive team for four years and has been a great lane leader and supporter of the team and teammates. Savannah follows the workout timeline, embraces the challenge of the sets, and encourages and pushes the team to make the intervals set by Coach. Savannah is the first on deck to cheer on teammates at swim and dive meets and asks others to join in on the fun. Savannah is willing and actually enjoys the events: 200 and 500 Free and steps up to help the team win by swimming these events. Savannah shows respect, responsibility, and excellence in all that she does. Savannah is a member of the National Honor Society and plans to attend Northwest Missouri State University next year to study Marine Biology.



Baseball Congratulations!

Lawrence Free State 11 - SM South 0

Lawrence Free State 3 - SM East 1

Boys Golf Congratulations!

**SM Northwest Invite – 1st Leg of Sunflower League
at Sunflower Hills Golf Course
10th Place**

Softball Congratulations!

Lawrence Free State 8 - SM West 2

Lawrence Free State 10 - Mill Valley 4

Girls Swim & Dive Congratulations!

vs. Lawrence, Washburn Rural | 1st Place

200 Yard Medley Relay | 1st Place

Bradie Ward, Halle McCullough, Liza Engelbrecht, Samantha Packard

200 Yard Medley Relay | 2nd Place

Gayla Gao, Mina Khosh, Lolly Hindman, Emma Day

200 Yard Free | Nisa Kay Khosh – 5th Place

200 Yard IM | Bradie Ward – 1st Place, Samantha Packard – 2nd Place, Gayla Gao – 5th Place

50 Yard Free

Halle McCullough – 1st Place, Emma Day – 2nd Place, Silvia Liu – 3rd Place, Aidyn Guy – 4th Place

Girls Swim & Dive Congratulations!

vs. Lawrence, Washburn Rural | 1st Place

1 Meter Diving | Chaney Finkeldei – 3rd Place

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

100 Yard Free

Bradie Ward – 1st Place, Silvia Liu – 3rd Place, Aidyn Guy – 4th Place, Emma Day – 5th Place

500 Yard Free | Gayla Gao – 1st Place, Nisa Kay Khosh – 2nd Place

200 Yard Free Relay | 1st Place

Halle McCullough, Emma Day, Aidyn Guy, Bradie Ward

Girls Swim & Dive Congratulations!

vs. Lawrence, Washburn Rural | 1st Place

100 Yard Backstroke

Lolly Hindman – 1st Place, Liza Engelbrecht – 2nd Place, Abbey Hossler – 4th Place

100 Yard Backstroke

Halle McCullough – 1st Place, Mina Khosh – 3rd Place, Camryn Fowle – 4th Place

400 Yard Free Relay | 1st Place

Samantha Packard, Gayla Gao, Lolly Hindman, Liza Engelbrecht

400 Yard Free Relay | 4th Place

Nisa Kay Khosh, May Gao, Aidyn Guy, Silvia Liu

Girls Swim & Dive Congratulations!

SM East Invitational | 3rd Place

200 Yard Medley Relay | 1st Place

Gayla Gao, Halle McCullough, Lolly Hindman, Samantha Packard

200 Yard Free | Samantha Packard – 2nd Place

200 Yard IM | Halle McCullough – 1st Place

100 Yard Fly | Lolly Hindman – 3rd Place, Gayla Gao – 6th Place

100 Yard Free | Emma Day – 9th Place, Silvia Liu – 11th Place

Girls Swim & Dive Congratulations!

SM East Invitational | 3rd Place

500 Yard Free | Samantha Packard – 1st Place, Nisa Kay Khosh – 16th Place

200 Yard Free Relay | 3rd Place

Lolly Hindman, Silvia Liu, Aidyn Guy, Emma Day

100 Yard Backstroke | Lolly Hindman – 1st Place, Gayla Gao – 3rd Place, Abbey Hossler – 13th Place

100 Yard Breaststroke | Halle McCullough – 3rd Place, Mina Khosh – 13th Place

400 Yard Free Relay | 2nd Place

Samantha Packard, Emma Day, Silvia Liu, Halle McCullough

Girls Swim & Dive Congratulations!

200 Yard Relay | 1st Place



Halle McCullough | 200 IM | 1st Place



Girls Swim & Dive Congratulations!

Samantha Packard | 200 Free | 2nd Place



Lolly Hindman | 100 Free | 3rd Place



Girls Swim & Dive Congratulations!

Samantha Packard | 500 Free | 1st Place



200 Free Relay | 3rd Place



Girls Swim & Dive Congratulations!

Lolly Hindman | 100 Back | 1st Place
Gayla Gao | 100 Back | 3rd Place



Abbey Hossler | 100 Back | 3rd Place



Girls Swim & Dive Congratulations!

400 Free Relay | 2nd Place



Lady Firebirds Swim & Dive | 3rd Place



Girls Swim & Dive Congratulations!

Lady Firebirds Swim & Dive
3rd Place



Boys Track & Field Congratulations!

2022 Barrier Breakers Meet | 5th Place – Barriers Broken Listed Below

100 Meter Dash | Michael Romito – 24th Place

200 Meter Dash | Ebuka Enyinnaya – 23rd Place

400 Meter Dash | Roman Jasso – 17th Place, Michael Romito – 18th Place, Cameron Stutler – 27th Place

800 Meter Run | Jack Keathley-Helms – 3rd Place, Jake Hedges – 9th Place

1600 Meter Run | Ben Shryock – 3rd Place

3200 Meter Run | Ben Shryock – 3rd Place

Boys Track & Field Congratulations!

2022 Barrier Breakers Meet | 5th Place – Barriers Broken Listed Below

110 Meter Hurdles | Elijah Sabatini – 11th Place

300 Meter Hurdles | Elijah Sabatini – 17th Place

4x400 Meter Relay | Roman Jasso, Michael Romito, Elijah Sabatini, Jack Keathley-Helms – 8th Place

4x800 Meter Relay | Tiger Sievers, Ethan Mason, Santino Jasso, Patryk Hupert – 8th Place

Pole Vault | Cooper Stone – 2nd Place, Dylan Farrell – T-4th Place, Logan Schwab – T-8th Place

Shot Put | Tyler Gourley – T-7th Place, Preston Tran – 11th Place

Javelin | Brain Lane – 2nd Place, Spencer Doan – 16th Place, Caden Thomas – 17th Place

Girls Track & Field Congratulations!

2022 Barrier Breakers Meet | 2nd Place – Barriers Broken Listed Below

200 Meter Dash | Audrey Duncan – 24th Place

800 Meter Run | Cayman Barnes – 12th Place

1600 Meter Run | Cayman Barnes – 19th Place, Olivia Goeser – 22nd Place

3200 Meter Run

Olivia Goeser – 10th Place, Allison Babbit – 16th Place, Brylee Burns – 17th Place, Isabelle Pro – 27th Place

4x100 Meter Relay | Taniyah Cox, Ta'Maya Douglas, Marrah Spriggs, Sofia Bourdo – 13th Place

4x400 Meter Relay | Ta'Maya Douglas, Samantha Whittlesey, Reese Hulcher, Aubrey Duncan – 8th Place

Girls Track & Field Congratulations!

2022 Barrier Breakers Meet | 2nd Place – Barriers Broken Listed Below

High Jump | Reese Hulcher – 1st Place

Pole Vault

Isa Evans – 1st Place, Ashley Mai – 3rd Place,
Avery Qualseth – T-4th Place, Mackenzie Vaughn – T-6th Place

Long Jump | Reese Hulcher – 8th Place

Shot Put | Soledad Edison – T-10th Place

Discus | Madison Base – 8th Place

Javelin | Aubrey Duncan – 1st Place, Julia Chapman – 15th Place

2021-22 Winter Postseason Honors!

CONGRATULATIONS to the Free State Firebirds who earned postseason honors for their outstanding performances during the 2021-22 Winter Sports Season!

Please click [2021-22 Lawrence Free State Winter Sports Post-Season Honors](#) to learn about these student-athletes. Be on the lookout for the *Lawrence Journal World's* 2021-22 Winter Sports All-Metro Team as it has yet to be released.

**FREE STATE WINTER SPORTS
POSTSEASON RECOGNITION**



LET'S GO STATE!

Firebirds in Action!



Sources of Strength Host Earth Day Clean-Up!

Sources of Strength sponsored an Earth Day clean-up on Friday, April 22nd!

In all, 46.18 pounds of trash was removed from the stadium, student parking lot, and the area by the bridge. Mr. Martin's AVID class, Ms. Haas and Biology Club, SoS members, Counselors, and individual Free State students participated in the effort. Mr. Greenwood picked up several old baseballs and even found a dollar in the process!

THANK YOU Sources of Strength for hosting this event!

Sources of Strength Host Earth Day Clean-Up!



Sources of Strength Host Earth Day Clean-Up!



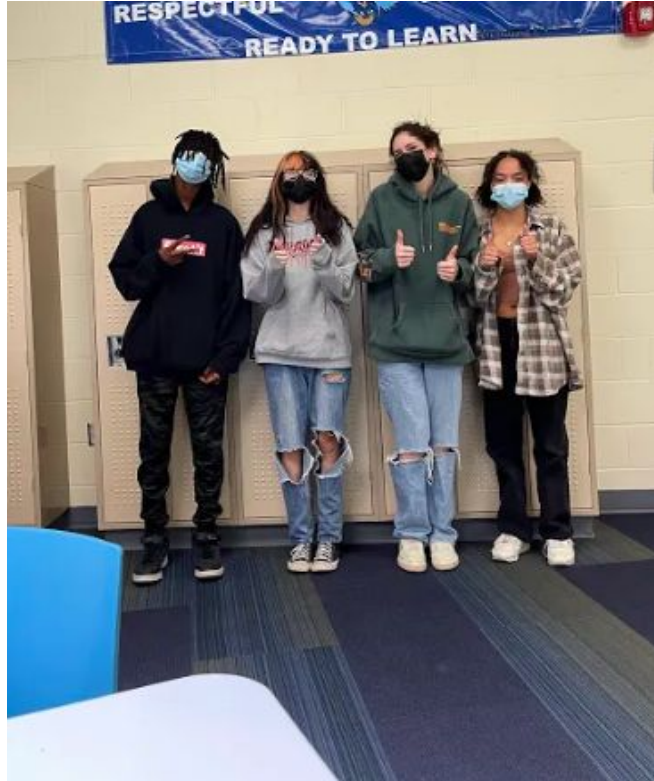
Sources of Strength Host Earth Day Clean-Up!



Sources of Strength Host Earth Day Clean-Up!



FSHS Equity Council visits West Middle School Equity Club



Former West students and current FS Equity Council members Junior MC Hill, Junior Gabriella Kellison, Junior Anita Letterman, and Junior Zoe Rose enjoyed speaking with 6th and 7th grade students about the importance of equity work and advocating for self and peers.

FSHS Equity Council visits West Middle School Equity Club



FSHS Equity Council visits West Middle School Equity Club



FSHS Equity Council visits Southwest Middle School Equity Club



Junior Tahima Hashim, Junior Naheen Jamal (SW alums), and Junior Soli Edison facilitated hard and impactful discussions with 7th Graders at Southwest Middle School.

FSHS Equity Council visits Southwest Middle School Equity Club



FHS Equity Council visits Southwest Middle School Equity Club



Don't Miss This!



Class Act Award!



Superintendent Dr. Anthony Lewis surprised Free State High special education paraeducator Justin Deaver Wednesday with the district's spring Class Act Award. LEAP Partner Truist Credit Union presented him with \$500. Deaver's nomination praises his work and relationships with students, modifications to support their needs, advocacy on their behalf, and how he assists students in advocating for themselves. Colleagues say that Deaver thinks on his feet and makes adjustments to meet the changing needs of students. They say everyone at Free State knows Justin and appreciates his positive attitude and willingness to help wherever he is needed. "Justin's level of commitment and pride in Free State is unparalleled," said Amy McAnarney, associate principal. "Justin has become our 'go to' and 'right hand man,' regardless of whether we are hosting an event on or off campus." Congratulations, Justin!

Forensics Congratulations!

The Free State Forensics team competed at the **East Kansas NSDA National Qualifier**, and experienced great success!

Qualifying to Nationals (June, in Louisville, KY):

Junior Kady Bischmann | Domestic Extemporaneous

Junior Emma Hefty | Original Oratory

Junior Cici Hunter | Humorous Interpretation

Junior Cici Hunter | Program of Oral Interpretation (Defers to HI)

Senior Ezra Joseph | International Extemporaneous

Junior Lily Otter | Dramatic Interpretation

Sophomore Sophie Racy | World Schools Debate

Senior Molly Roecker | Program of Oral Interpretation

Junior Emma Stammeyer | Student Congress

Freshman Anwen Williams | Informative

They'll join our national qualifying debate team, Junior Aaron Persinger and Freshman Simon Williams this Summer!

Forensics Congratulations!

Other Finalists (Top 6) at the Tournament:

Junior Emma Hefty | Informative

Junior Wendo Kimori | Informative

Freshman Anwen Williams | International Extemporaneous

Degree of Premier Distinction Recipients:

Senior Abbey Hossler

Senior Ezra Joseph

Senior John Marshall

Senior Serena Rupp

Academic All American Award Recipients

Junior Emma Hefty

Junior Aaron Persinger

Junior Emma Stammeyer

Forensics Congratulations!



Forensics Congratulations!



Forensics Congratulations!



Forensics
Congratulations!



What's Happening this Week!



Birthday Wishes!



Sophia Coen | April 25th

Heather Hilt | April 27th

Amy Hill | May 01st

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



Upcoming Next Week!



Monday, May 02nd

Varsity Boys Golf Host the Justin Siler Memorial Tournament
1pm, Lawrence Country Club

Tuesday, May 03rd

Varsity Baseball vs. Olathe East

5:30pm, CBAC-N

Varsity Softball vs. Lawrence

5:30pm, Firebirds Softball Stadium

Varsity Girls Soccer vs. Olathe South

7pm, ODAC-Soccer

Wednesday, May 04th

StuCo Executive Board Applications Due

Thursday, May 05th

Forensics Showcase Performances | 5pm, Commons

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

Varsity Softball vs. Olathe North | 5:30pm, ODAC-N

Varsity Girls Dive at 2022 Sunflower League Prelims | 6pm, SM Aquatic Center

Varsity Girls Soccer vs. SM East | 7pm, Firebirds Soccer Stadium

Friday, May 06th

2022 6A Regional Boys Tennis Tournament | 9am, CBAC

StuCo Executive Board Elections | Lunch, Commons

Varsity Boys and Girls Track & Field at 2022 SM North Relays | 2pm, SM North Stadium

Student Equity Council Applications Due | 4pm

Varsity Girls Swim at 2022 Sunflower League Prelims | 5pm, SM Aquatic Center

Student Equity Council Applications

Apply for Equity Council

Application due Friday,
May 6th 4 pm.

Email
kylee.johnston@usd497.org or
tmitchel@usd497.org if you
have questions.

SCAN HERE



Saturday, May 07th

Varsity Girls Dive at 2022 Sunflower League Finals
10am, SM Aquatic Center

Varsity Softball vs. Shawnee Heights
11am & 1pm, Firebirds Softball Stadium

Varsity Girls Swim at 2022 Sunflower League Finals
12am, SM Aquatic Center

Let's Go
State!

