

Free STATE FIREBIRDS UPDATE

Let's Go State!



UPDATES FROM THE FIREBIRDS ATHLETIC DEPARTMENT!



summer information Reminder!

Information regarding the 2022 Free State Firebirds Summer Athletic Opportunities is now available! For information regarding the 2022 Summer Workout Program and/or camps (both high school and youth), please click the link below.

[2022 Free State Firebirds
Summer Athletic Opportunities](#)



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BOYS GOLF CONGRATULATIONS!

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6A Kansas State Boys Golf Tournament | 11th Place

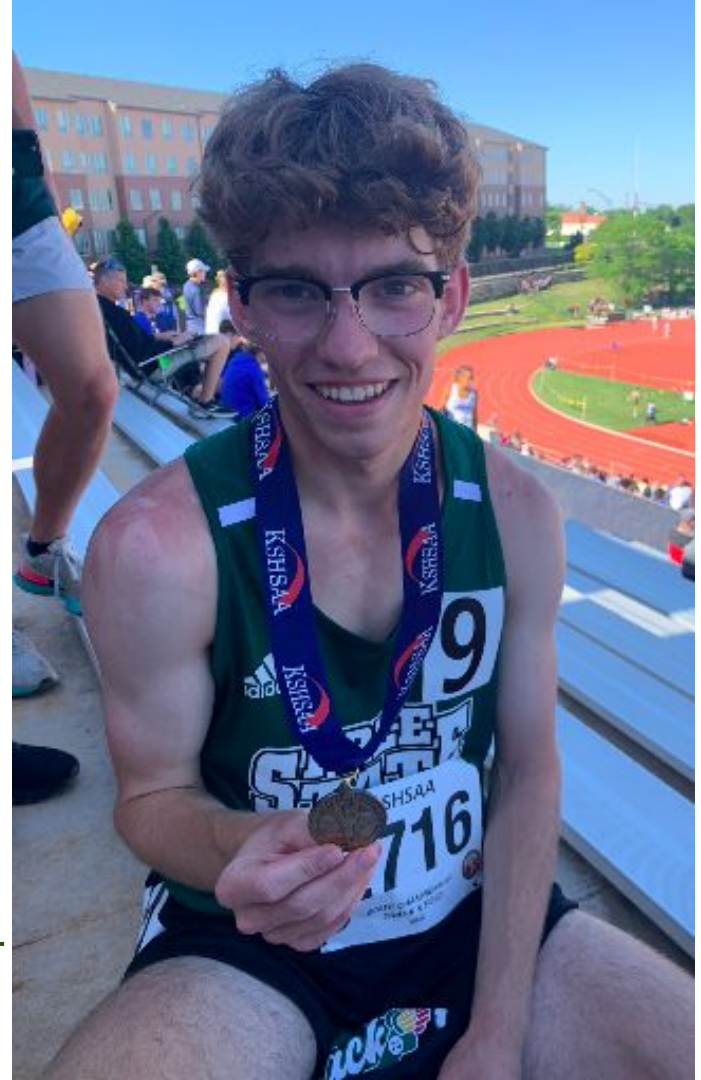
Sophomore Jack Randall | 29th Place

BOYS TRACK & FIELD CONGRATULATIONS!

6A Kansas State Boys Track & Field Meet
3200m | Ben Shryock

STATE CHAMPION & SCHOOL RECORD HOLDER!

Photo Credit: Ella Marshall



BOYS TRACK & FIELD CONGRATULATIONS!

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6A Kansas State Boys Track & Field Meet | 8th Place

400 Meter Dash | Michael Romito - 4th Place

800 Meter Run | Jack Keathley-Helms - 6th Place, Jake Hedges - 14th Place

1600 Meter Run | Ben Shryock - 6th Place

4x400 Meter Relay | Roman Jasso, Michael Romito, Elijah Sabatini, Jack Keathley-Helms - 6th Place

4x800 Meter Relay | Jack Keathley-Helms, Jake Loos, Jake Hedges, Ben Shryock - Runner-Up!

Discus | Brian Lane - 10th Place

Shot Put | Tyler Gourley - 15th Place

Pole Vault | Logan Schwab - 7th Place, Dylan Farrell - 10th Place

GIRLS TRACK & FIELD CONGRATULATIONS!

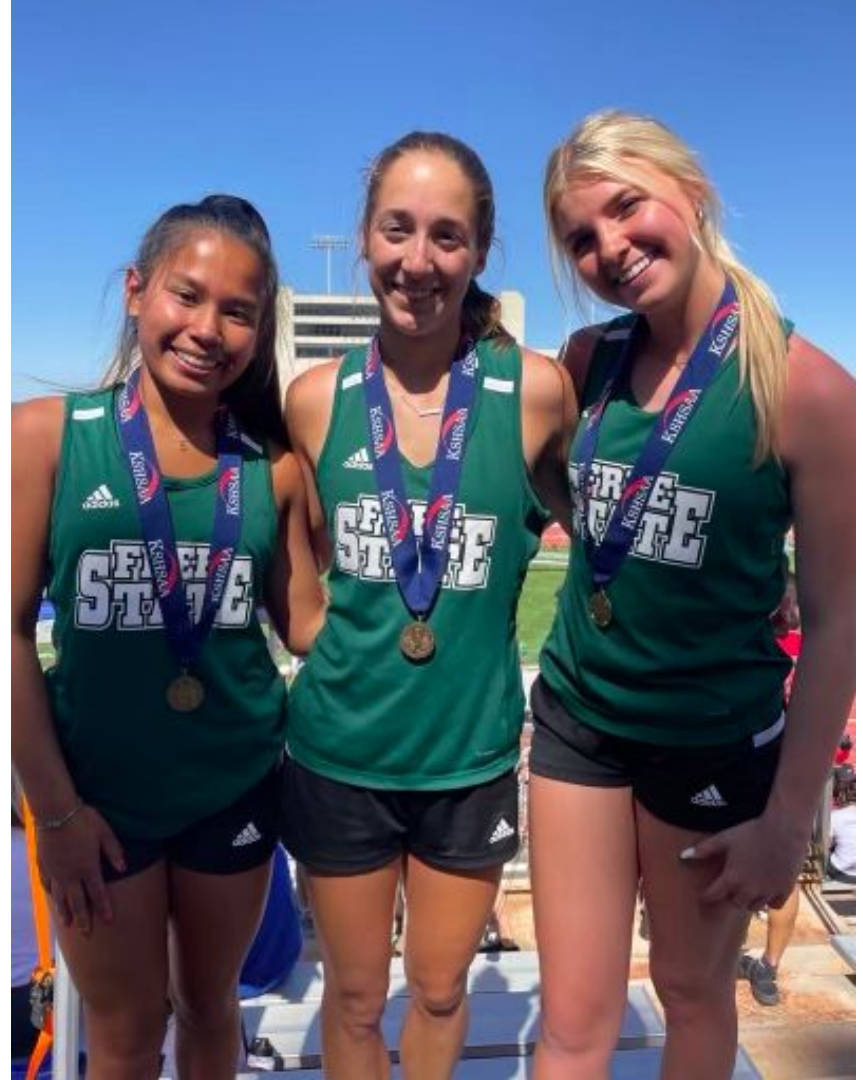
6A Kansas State Girls Track & Field Meet

Pole Vault | Ashley Mai - 3rd Place!

Pole Vault | Isa Evans - STATE CHAMPION!

Pole Vault | Kenzie Vaughn - 6th Place!

Photo Credit: Ella Marshall



GIRLS TRACK & FIELD CONGRATULATIONS!

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6A Kansas State Girls Track & Field Meet | 8th Place

800 Meter Run | Cayman Barnes – 13th Place

1600 Meter Run | Brylee Burns – 15th Place

3200 Meter Run | Isabelle Pro – 14th Place

4x800 Meter Relay | Isabelle Pro, Olivia Goeser, Samantha Whittlesey, Cayman Barnes – 13th Place

High Jump | Reese Hulcher – Runner-Up!

Javelin | Aubrey Duncan – 5th Place

Shot Put | Madison Base – 15th Place

DON'T MISS THIS!



STAFF MEMBER OF THE MONTH CONGRATULATIONS!

Shelly Bennett, School Nurse

Shelly has done an excellent job of providing medical care and assistance. And, her position at Free State has been complicated by an unrelenting virus during a pandemic, unlike anything we've experienced in our lifetime. Through all this, Shelly has maintained a positive attitude, friendly demeanor, and always has a smile for everyone.



STAFF MEMBER OF THE MONTH CONGRATULATIONS!

Sophia Coen, English

As a first-year teacher, Sophia has hit the ground running, and she does so with passion and zeal. Her standout quality is the importance she places on the inclusion of students from all different backgrounds. She selects materials for her English classes that represent a variety of views such as: the LGBTQ community, minority groups and women.



STAFF MEMBER OF THE MONTH CONGRATULATIONS!

Sarah Houston, Para

Sarah always has the power of positivity! She always has a smile, and students gravitate towards her for help because she is so approachable. Sarah is a team player in the Special Education department and has been essential to us making it through this year!



STAFF MEMBER OF THE MONTH CONGRATULATIONS!

Phil Mitchell, Social Studies

Phil builds positive and supportive relationships with students and staff members. Kids know that they can go to him for help with material but also about advice on how to handle situations. Phil has always been amazing, but being able to stay on top of his teaching and maintaining his positive rapport with students while also being there for his family has been inspiring.

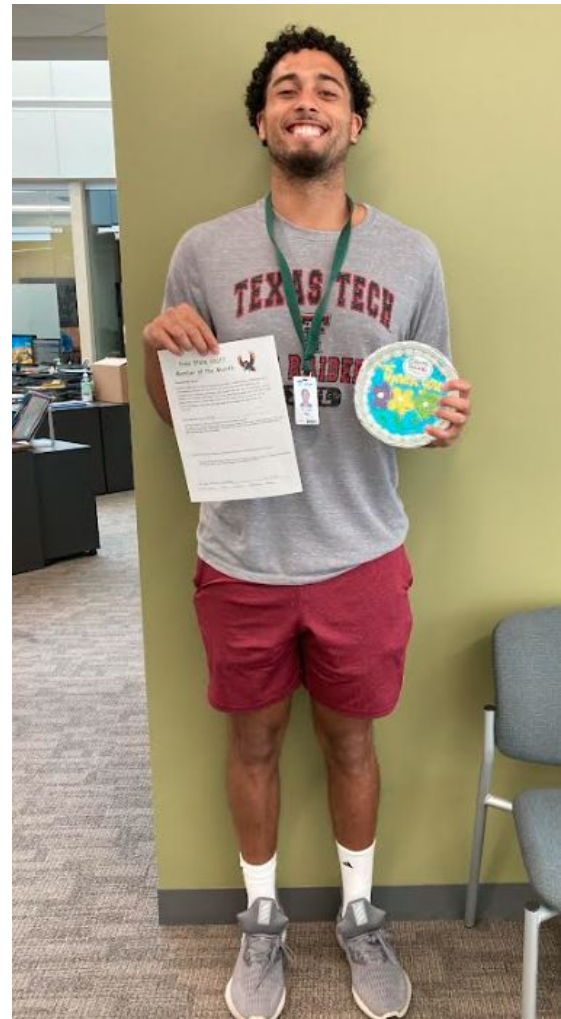
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STAFF MEMBER OF THE MONTH CONGRATULATIONS!

Nick Ray, Para

Nick has a positive attitude and positive energy even on the most challenging days. He started working here only a few ago but jumped right in and has been able to form relationships with even the most difficult students. He goes above and beyond every day and has been a true blessing!



STAFF MEMBER OF THE MONTH CONGRATULATIONS!

Erica Wheat, Special Education

Erica works every day to help students meet academic and social/emotional goals. She is a stable adult, oftentimes the only one her students have, and they depend on her every day. Erica never quits on her students and shows them compassion, which leads to their success.



A LOOK AHEAD!



HAPPY SUMMER BIRTHDAYS!

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Dale Owings | May 31st
Katie Brandau | June 05th
Gabe Dalton | June 06th
Simon Skinner | June 07th
Joanna Romito | June 08th
Aaron Clark | June 09th
Dee Kemp | June 09th
Ashley Ladd | June 09th
Sara Abeita | June 15th
Marc Conover | June 18th
Lori Jo Moore | June 19th
Mitchell Kibbe | June 20th
Kat Dillon | June 21st
Judy Erpelding | June 23rd

Rita Phillippi | July 08th
Kellie Stebbins | July 09th
Collin Watgen | July 12th
Theresa Gabrielson | July 13th
Aaron Lambie | July 16th
Laurie Folsom | July 18th
Jeff Haas | July 18th
Nolan Henderson | July 18th
Melissa Smith | July 24th
Don Stevanov | July 26th
Russell Clark | July 27th
Phil Mitchell | July 27th
Marisa Hegeman | July 31st
Nicole Jones | July 31st

Theresa Martin | August 06th
Layne Meyer | August 07th
Ken Hile | August 08th
Kelly Thompson | August 08th
Brandon Cameron | August 11th



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