

IMPORTANT DATES TO REMEMBER

AUGUST 9 **FIRST DAY OF FALL SPORTS PRACTICE. MUST HAVE SPORTS PHYSICAL AND ALL FORMS COMPLETED BEFORE TRYING OUT. TURN IN ALL PAPERWORK TO THE ACTIVITIES OFFICE BEFORE AUG 3rd.**

FRANCIS HOWELL NORTH 2021-2022

FALL SPORTS-TRYOUTS ARE EVERY DAY, AUGUST 9 -13. PRACTICES ARE EVERY DAY THEREAFTER.

FOOTBALL Mon-Fri 2:30-5:45pm, Sat 8-11 Varsity only
@ Hollenbeck Middle School
BOYS SOCCER Mon-Fri 3:00 – 5:00 @ Lou Fusz Soccer Park
GIRLS VOLLEYBALL Mon-Fri 2:30-5:30 pm
CROSS COUNTRY (BOYS & GIRLS) Mon-Fri 8-10 a.m.
Meet in gym lobby
GIRLS TENNIS Mon-Fri 10:30-12:30 @ FH Central
GIRLS GOLF Mon 2:30 pm at Cave Springs. Remaining
schedule will be given out on Monday.
BOYS SWIM & DIVE TBD @ Rec Plex
SOFTBALL Mon-Fri, 8 – 10 am

WINTER SPORTS TRYOUTS BEGIN ON NOV 1, 2021

BOYS BASKETBALL
GIRLS BASKETBALL
WRESTLING
GIRLS SWIM & DIVE (Begins Nov 8 at the Rec Plex)
WINTER GUARD

SPRING SPORTS TRYOUTS BEGIN ON FEB 28, 2022

BASEBALL
BOYS GOLF
BOYS TENNIS
BOYS VOLLEYBALL
BOYS & GIRLS TRACK
GIRLS SOCCER
GIRLS LACROSSE

ADDITIONAL INFORMATION ON FALL SPORTS IS AVAILABLE BY E-MAILING THE FOLLOWING COACHES OR CALLING THE ACTIVITIES OFFICE AT 636-851-5006.

CROSS COUNTRY - Kim Martin
kimberly.martin@fhdschools.org

SOFTBALL – Bob Dunahue
robertdunahue@yahoo.com

BAND/GUARD – ROB STEGEMAN
robert.stegeman@fhdschools.org

FOOTBALL – Brett Bevill
brett.bevill@fhdschools.org

GIRLS VOLLEYBALL- Kent Stover
kent.stover@fhdschools.org

BOYS SOCCER – Larry Scheller
lawrence.scheller@fhdschools.org

GIRLS TENNIS – Dennis Myers
dennis.myers1013@yahoo.com

GIRLS GOLF – Chris Witthaus
christopher.witthaus@fhdschools.org

BOYS SWIMMING –Josh Galati
joshuascottgalati@gmail.com

Visit our websites at:

<http://fhnknights.org>

after July 15 our new website is

<https://fhnhs.rschoolteams.com/>

Sports Packets available in the
Activities Office or on-line.

Impact Testing will take place before the start of each season. **IMPACT TESTING IS REQUIRED BEFORE TRYING OUT FOR FOOTBALL, SOCCER, VOLLEYBALL, SOFTBALL, CHEERLEADING, MARCHING BAND, GUARD, BASKETBALL, WRESTLING, BASEBALL, LACROSSE, TRACK VAULTERS/ HIGH JUMPERS**

July 14 10am - 12 pm July 19 1 - 3 pm

July 21 1-3 pm July 28 2 - 3 pm

Testing is at FHN in room 35. Schedule an appointment through this website:

<https://www.signupgenius.com/go/60B054EAF2AA2BA0FF2-cognitive3>

Cheerleading and Knightline Dance tryouts take place in the spring.

Sign up to receive daily school announcements through FHSD e-news at:

http://fhds.sharpschool.net/news/enews_subscription/

Sign up to receive Activities Knightly News at:

<https://www.smore.com/xs883-knightly-news> or
<http://goo.gl/forms/VkEjVFkqj1>

Sign up to receive school flyers/general info at:

www.peachjar.com

Follow Mr. Janes on twitter @fhnactivities

PARENT INVOLVEMENT

Athletic Boosters –
HowellNorthAthleticBoosters@gmail.com

Band Boosters – Kristi Gordon
President@fhnbands.com