



January 16, 2020

Friday Flyer

Upcoming Sports

Thursday, January 16th

Wrestling @ Home vs. Deer Park JV—6pm, V—7pm

Friday, January 17th

Basketball @ Medical Lake BJV—4pm, GJV—5:30pm,
BV—5:30pm, BC—7:00pm, GV—7:15pm

Saturday, January 18th

Basketball @ Home vs. Colville BJV—2:30pm,
BV—4pm, GJV—4pm, BC—5:30pm,
GV—5:45pm

Tuesday, January 21st

Basketball @ Deer Park GJV—4pm, BJV—5:30pm,
GV—5:30pm, BC—7:15pm, BV—7:15pm

Wednesday, January 22nd

Wrestling Mix & Match @ Home—5pm

Saturday, January 25th

Basketball @ Home vs. Newport BC—2:30pm,
GJV—2:30pm, GV—4pm, BJV—4pm,
BV—5:45pm

Wrestling @ Dream Duals (Convention Center) - 8am

JAN/FEB EVENTS

1/17	NO SCHOOL—Teacher PD Day
1/20	NO SCHOOL—MLK Jr Day
1/23	Finals—Periods 1,3,5
1/24	Finals—Periods 2,4,6
2/5	Late Start—Professional Dev.
2/17	NO SCHOOL—President's Day

ZERO HOUR STRENGTH TRAINING

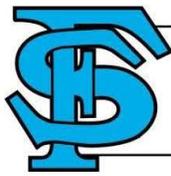
Students who are interested in joining Zero Hour Strength Training can add it at Semester. If you are interested, please see Mr. Herda ASAP for a contract to complete. The class is limited to 24 and is first come, first serve.

Yearbook Update

A few have asked about purchasing a yearbook even though the deadline has passed. Ms. Longinotti has ordered 15 extra yearbooks which will be sold on a first come, first served basis. In order to claim one of the extra yearbooks, you must bring \$45 to Mrs. Hayek to purchase a book, and then bring your receipt to Ms. Longinotti. Once the 15 books are sold, Ms. Longinotti will take a wait list and if there are additional books available in May, she will notify the students who signed up for that in the order the students talked to her.

JOIN THE BOOSTER CLUB

Our Freeman High School Athletic Booster Club supports all athletics and is always looking for more members to get involved in support. Please see the form on the next page to see how you can support and/or get involved. GO SCOTTIES!



**FREEMAN HIGH SCHOOL
ATHLETIC BOOSTER CLUB**

The support of parents, community, and local businesses is a huge part of the Freeman Scotties winning tradition. We thank you in advance for your support and look forward to cheering our teams on to Victory!

FHS Athletic Booster Club supports baseball, basketball, cross country, football, golf, soccer, softball, tennis, track & field, volleyball and wrestling. We also support the two programs that support our teams: our cheer squad and pep/marching bands. Our funds come primarily from memberships, concession sales, and Harvest Hoops. Please help us continue a great legacy of charity and volunteerism that will make the 2018-2019 school year the best yet for the Freeman athletic program.

FHS Booster Club memberships have helped provide the following to our athletic program:

student-athlete college scholarships, baseline concussion testing program for all FHS athletes, water bottle filling station, cross country & track tents, soccer tent & benches, team gear bags, cheer mats, gym scorer's tables and team chairs, track & field recorder, golf bags, wrestling mats, softball pitching machines, pep band drum stands and drumline equipment, boys and girls basketball Krossover Program, Vertimax machine in weight room, Hudl program, volleyball rolling carts, tennis court sweeper, baseball Turface, restroom/concession building at football field, and so much more!

Please help support athletics at Freeman by becoming an active member of the FHS Athletic Booster Club! All boosters are honored with their names displayed on the FHS Athletic Booster Club banner in the FHS Blue Gym. Meetings are at the high school each month and open to everyone. Be sure to check out our Facebook page at www.facebook.com/FreemanAthleticBoosterClub.

Your 2019-2020 FHS Athletic Booster Club Executive Board Officers are:

President: Brent Clark baclark@gmail.com *Vice President:* Doug Goldsmith gfarms@air-pipe.com
Treasurer: Scott Phipps scott@thephipps.net *Secretary:* Krystal Tippett krystal Tippett@hotmail.com
Concessions: Stephanie Sather harrydsather@gmail.com *Membership:* Margie Arnzen thomasarnzen7@msn.com

Cut here and return the bottom portion with your check – NO CASH, please. ↓

2019-2020 Membership Options – choose one

- \$20 Alumni/Freeman Staff *circle one*
 - \$30 New Individual/Family
 - \$25 Renewal Individual/Family
 - \$125 Business
 - \$100 Century Club
 - \$500 Lifetime Member
- _____ (Business Name)
\$ _____ Additional Donation?

Name _____ Phone _____
as you would like it displayed

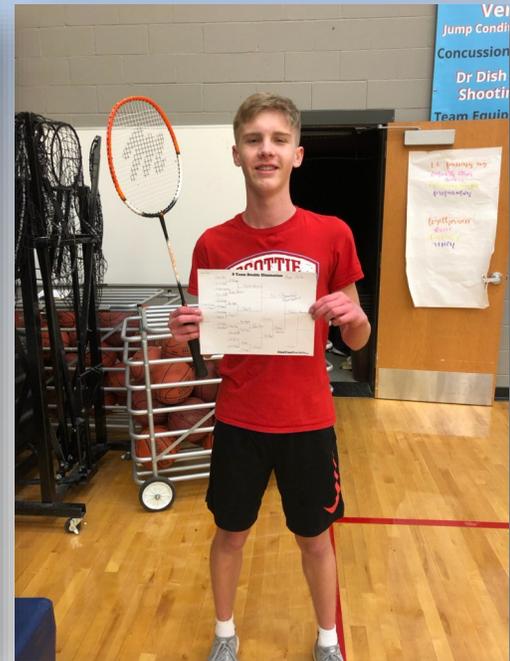
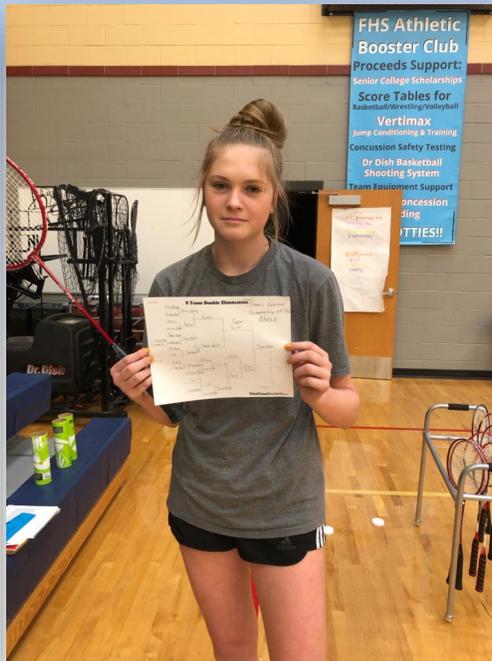
Address _____ Email _____
to receive Booster info

I have children at (*check all that apply*): Freeman Pre-School FES FMS FHS None

Please make your check payable to **FHS ATHLETIC BOOSTER CLUB** and return to main office or mail to : FHS Athletic Booster Club c/o FHS S. 14626 Jackson Rd., Rockford, WA 99030

STUDENT *Highlights*

Lifetime Fitness Badminton Tournament



Congrats to our Lifetime Fitness Class Badminton Tournament Champions:

Boys Silver Bracket: Logan Haase, Girls singles: Jaycee Goldsmith, Boys Gold Bracket: Daniel Watts

PACE Students of the Month



December PACE Students of the Month

The character trait for the month of December was CARING and these students were voted Students of the Month for displaying this trait:

Daisy Folsom, Robee McNeilly, Nathan Cochran, Ryan Hicks, Delaney Lamotte, William Russell, Levi Dutt and Lily Jones

STUDENT *Highlights*

Golden Garment Game At Eastern

We are so proud of our students for their excellent display of spirit at the Golden Garment Basketball games last Saturday night! They came home with wins on the court as well as the "Golden Garment" prize for overall display of spirit and participation.

