



JUNE 6, 2025

# THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

## A MESSAGE FROM THE PRINCIPAL

Hello Scottie Parents/Guardians/Families!

As we close out the school year, I want to reflect on what a fantastic success it has been—from academic achievements to incredible performances in the arts and athletics. Last weekend alone, our Boys Track team brought home the State Title. To be a State Champion is a tremendous accomplishment, and I'm very excited for these young men and their coach, Isaac Swillie – incredible season!

Congratulations also to our Girls Track team who earned an impressive 2nd place finish, and our Boys Baseball team battled to a strong 2nd place at State.

We are also proud to recognize three outstanding young women—Madison Johnson, Morgan McIntire, and Briley Snyder—who were named Southeast County Fair Princesses.

To all our students, especially our graduating seniors, you will be deeply missed. Thank you for making this year unforgettable. Wishing everyone a joyful, fun, and healthy summer!

Go Dawgs!

Jeff Smith

The Freeman School District complies with all federal and state rules and regulations and does not discriminate on the basis of age, sex, marital status, race, color, creed, national origin, disability or the use of a trained guide dog or service animal by a person with a disability, sexual orientation, including gender expression or identity, veteran or military status, and provides equal access to the Boy Scouts of America and other designated youth groups. Inquiries regarding compliance and/or grievance procedures may be directed to the school district's Title IX officer and/or Section 504/ADA coordinator: Randy Russell, Ph.D., Superintendent, 15001 S. Jackson Road, Rockford, WA 99030, 509-291-3695.

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# JUNE 2-11, 2025

**2 MON** *Seniors*  
Regular Schedule Finals in periods 5,6,7

**3 TUES** *Seniors*  
Regular Schedule Finals in periods 1,2,3,4  
Locker cleanout, Chromebook check-in during 5th  
**1:00 PM Graduation Rehearsal** in Blue Gym

**4 WED**  
Special Schedule **BBQ & Yearbooks**  
**1:00 PM State Recognition Assembly**

**5 THUR** *Seniors*  
Regular Schedule **Senior Trip**  
Breakfast at FHS Silverwood  
Dinner at CDA City Park

**6 FRI** *Seniors*  
AM Activity **11:00 AM Graduation Rehearsal** in Blue Gym  
**12:15 PM Senior Walk** Start in FES, then FMS, and FHS

**9 MON**  
Finals Schedule Finals in periods 1, 3, 5, 7

**10 TUES**  
Finals Schedule Finals in periods 2, 4, 6  
Lockers & Chromebook Check-in

**11 WED**  
Early Release Early Release

WEDNESDAY	
1	8:15-8:56
2	9:00-9:41
3	9:45-10:26
5	11:15-11:56
4	10:30-11:11
Lunch	11:56-12:26
Activity	12:30-1:15
6	1:19-2:00
7	2:04-2:45

MONDAY	
1	8:15-9:15
2	9:20-9:45
Break	9:45-10:00
3	10:00-11:00
4	11:05-11:30
5	11:35-12:35
Lunch	12:35-1:10
6	1:15-1:40
7	1:45-2:45

TUESDAY	
1	8:15-8:35
2	8:40-9:40
3	9:45-10:05
Break	10:05-10:20
4	10:20-11:20
5	11:25-11:45
Lunch	11:45-12:15
Activity	12:20-1:15
6	1:20-2:20
7	2:25-2:45

## CHROMEBOOK RETURN PROCESS NEXT WEEK

With the school year quickly coming to a close, it is extremely important that all school property is returned to Freeman High School so that cleaning, updating and preparations for the next year can begin. Just as textbooks, library books and other learning tools are collected at the end of the year, Chromebooks must be collected as well; they cannot be kept over the summer. We will collect all Chromebooks and chargers next week. Please make sure your student knows where their school-issued Chromebook and charger are located.

Per Freeman School District Technology policy, each student is responsible for any repair or replacement of a Chromebook that he/she collected at the start of the year or checked out during the school year. The fee to replace a missing Chromebook is \$200 and the fee to replace a missing charger is \$30. Any missing device or unpaid fee associated with a device will prohibit a student from collecting a clean machine next school year. A copy of other Chromebook related fees can be found on the website.

## ALL STUDENT FINES/FEES MUST BE PAID THIS WEEK

The countdown is on for the end of the year. We ask that you pay all your student's fines and fees and lunch balances before summer so that we can mail out report cards. If you do not get your student's account current, we will be holding report cards until that occurs.

### ✓ What to do:

- Log in to [payment portal](#) to see/pay fines and [Skyward](#) to see lunch balances or contact the school office at 291-3721 to check for any outstanding balances.
- Pay any fees or lunch charges ASAP either through the payment portal or in person in the office with cash, check or credit card.
- Be sure to add extra money into the lunch payment to get them all the way through next Wednesday, June 11th. Lunch price is \$3.80/day.





# FHS Cross Country

## Summer training starts 6/13

Optional practices M/W/F at 8AM  
Meet in front of the HS  
All faces, paces, and distances welcome!

## First day of practice 8/25

## Camping trip 9/5-9/7

Join us for a fun weekend of running and teambuilding at Farragut State Park!

## Questions?

Contact Coach Mallory at  
mallory.mcdonald@goscotties.com



Join our Band group  
for important updates!



## FINAL BAGPIPER ISSUE FOR THE 2024-2025 YEAR

Our Journalism Class has been hard at work and released their final issue of the Bagpiper for this year. Click on the image below to read the entire issue.



## Want a lower Avista bill this summer?

See if you qualify for Avista's My Energy Discount program! It offers a monthly bill discount that lasts for two years. Discounts are based on household size and income, and the income limits are a lot higher than people realize. In Spokane County, a 4-person household can make up to \$78,300 a year and qualify. It takes just a few minutes to sign up and no paperwork is needed.

Go to [myavista.com/MyEnergyDiscountWA](https://myavista.com/MyEnergyDiscountWA) or call Avista at (800) 227-9187 to see if you qualify and apply.







## Upcoming Sports



**2025 WIAA Scholastic Cup Champions!!**

Congratulations Freeman Athletics on their Scholastic Cup Championship! The Scholastic Cup recognizes performance in the classroom as well as on the playing surface. Schools that finish at the top of their respective classifications in state athletic competition receive points, as do schools that finish at the top in team academic performance. Sportsmanship is also a factor, with substantial points deducted for ejections from contests. At the end of the year, the school with the most points in their classification is awarded the prestigious Scholastic Cup!

## Sports Links:



**Pay Fines/Fees**



## 2025 SCOTTIES SPORTS

3 STATE CHAMPIONS - SOCCER, GIRLS GOLF AND BOYS TRACK

7 EVENT STATE CHAMPS IN TRACK AND TENNIS

3 - 2<sup>ND</sup> PLACE AT STATE - BOYS BASKETBALL, SOFTBALL AND BASEBALL

3 - 3<sup>RD</sup> PLACE AT STATE - VOLLEYBALL, FOOTBALL AND GIRLS TENNIS

9 DISTRICT CHAMPIONS - SOCCER, VOLLEYBALL, WRESTLING, BOYS BASKETBALL, BOYS AND GIRLS GOLF, SOFTBALL AND BOYS AND GIRLS TRACK

7 LEAGUE CHAMPIONS - SOFTBALL, BASEBALL, GIRLS BASKETBALL, BOYS BASKETBALL, WRESTLING, VOLLEYBALL AND SOCCER

**IT'S A GREAT DAY TO BE A SCOTTIE!**





Freeman Class of 2025 Graduation Ceremony  
Saturday, June 7th - 3pm  
Freeman High School Gymnasium



**Saturday  
Aug 16th  
1pm**

*Presented by:*



# 7TH ANNUAL *Freeman Athletics* **Golf Tournament**

*Register  
Now*

**Prizes:** 1st, 2nd, 3rd Place Teams

**Side Games:** Closest to pin (\$5) on par 3's  
and more

**Sponsorship:** Contact Chad Ripke  
[cripke@freemansd.org](mailto:cripke@freemansd.org)

**Registration:** [Register online](#)

*Team Registration*  
**\$400**

(includes golf, cart & dinner)

**Questions...**  
**509.291.3721**

**Links Golf Course**  
10623 Chase Rd.  
Post Falls, ID 83854

Special thanks to our corporate sponsors:  
Moss Adams LLC; Devan Schlagel-Unfred Insurance;  
Lilac City Septic; Camden Homes, Inc.; Fusion  
Architecture, PLLC; Woodward Geoscience, PLLC; iSmile  
Orthodontics





# **DAWG STRENGTH**

## **SUMMER WORKOUTS FOR ALL FREEMAN STUDENTS**

**WHO:** ALL BOYS AND GIRLS GRADES 7 - 12  
**FOCUS:** STRENGTH, CONDITIONING, AGILITY, and FLEXIBILITY  
**WHERE:** FREEMAN HIGH SCHOOL (WEIGHT ROOM, GYM AND FIELDS)  
**WHEN:** START DATE - MONDAY, JUNE 30  
END DATE - THURSDAY, JULY 31  
DAYS OFF - ALL FRIDAYS  
**TIME:** 7:00 - 9:00 A.M.  
**LEVELS:** BEGINNING, INTERMEDIATE AND ADVANCED  
**COST:** FREE!!

**INSTRUCTORS:** FREEMAN HIGH SCHOOL COACHES

**COME GET STRONGER, FASTER, AND MORE ATHLETIC.  
LETS HAVE SOME FUN THIS SUMMER WORKING HARD!**

**REGISTRATION FORMS ON FREEMANS D WEBSITE OR IN THE  
HIGH SCHOOL OR MIDDLE SCHOOL OFFICES.**

**QUESTIONS: CONTACT COACH MCKEOWN AT [MMCKEOWN@FREEMANS D.ORG](mailto:MMCKEOWN@FREEMANS D.ORG)**

# FREEMAN DAWG STRENGTH SUMMER WEIGHTS

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PLEASE PRINT

Student Name: \_\_\_\_\_

Address: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Email: \_\_\_\_\_

Cell #: \_\_\_\_\_ 2025 - 2026 Grade: \_\_\_\_\_

Allergies or Medication: \_\_\_\_\_

Insurance Company & Doctor: \_\_\_\_\_

In case of emergency, the supervisor on site has my permission to obtain medical treatment for my child. I understand this activity is voluntary and my child's participation is not mandatory. In case of emergency, the supervisor on site has my permission to obtain medical treatment for my student. I understand the Freeman School District does not purchase or have medical/dental/hospitalization insurance to cover any injury while participating in this event.

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Parent/Guardian Signature and Date





# Student HIGHLIGHTS



Congratulations to Annie Schiene  
She has committed to Montana State University for Cheer next year!



# Student HIGHLIGHTS



**Freeman  
Boys Track  
are the 2B  
State Champs!**

See entire list of individual  
placings on page 12.

**Freeman  
Girls Track  
2B State  
2<sup>nd</sup> Place!**

See entire list of individual  
placings on page 11.





# Student HIGHLIGHTS

## Freeman Girls State Track Placers:

### Girls:

Fiona Anderson: 100m - 5<sup>th</sup> / 4x100m Relay - 3<sup>rd</sup> / Pole Vault - **State Champ** / 4x200m Relay - **State Champ** & State Meet Record

Dakota Daines: 100m - 4<sup>th</sup> / 4x100m Relay - 3<sup>rd</sup> / Long Jump - **State Champ** / 4x200m Relay - **State Champ** & State Meet Record

Nicole DuPont: Triple Jump - 4<sup>th</sup> / High Jump - 4<sup>th</sup> / 4x100m Relay - 3<sup>rd</sup>

Anneke Haskins: High Jump - Tie for 8<sup>th</sup> / 300m Hurdles - 6<sup>th</sup> / 4x200m Relay - **State Champ** & State Meet Record

Logan Pecht: Discus - 8<sup>th</sup> / High Jump - 3<sup>rd</sup>

Phyllis Prosser: Pole Vault - 8<sup>th</sup>

Rylee Russell: 4x100m Relay - 3<sup>rd</sup> / 4x200m Relay - **State Champ** & State Meet Record

# Student HIGHLIGHTS

## Freeman Boys State Track Placers:

### Boys:

Jared Bazar: 100m - 5<sup>th</sup> / 200m - 4<sup>th</sup> / 4x400m Relay 4<sup>th</sup> / 4x100m Relay - **State Champ**

Josiah Bessire: 800m - 5th

Cody Cayce: 4x100m Relay - **State Champ**

Jaetyn Cole: 4x100m Relay - **State Champ**

Brayden Ennis: Javelin - 4th

Tyce Gilbert: 300m Hurdles - **State Champ** / 4x100m Relay - **State Champ** / 400m - 3<sup>rd</sup> / 4x400m Relay - 4th

Josiah Kann: 3200m - 8th

Trenton Sandborn: 110m Hurdles - **State Champ** / High Jump- **State Champ** / 300m Hurdles-4th

Giovanni Sutherland: 4x400m Relay - 4th

Rylan Talley: 4x400m Relay - 4th



# Student HIGHLIGHTS



**Congratulations Freeman Baseball  
2<sup>nd</sup> Place at State!**



# Student HIGHLIGHTS



## *SE Spokane County Fair Crowns 2025 Fair Royalty!*

*Congratulations to 3 Freeman students who were crowned Princesses for the  
2025 SE Spokane County Fair royalty:  
Morgan McIntire, Maddy Johnson and Briley Snyder*