

SEPTEMBER 16, 2022

# THE FRIDAY FLYER

Weekly Newsletter of Freeman High School

509-291-3721

## 2023 Seniors: important yearbook deadlines...

### Friday, October 14th:

Deadline to submit senior portraits and baby pictures (see flyer on page for directions on how to submit your photos to the yearbook). If you have any issues meeting the 10/14 deadline, please reach out to Ms. L ASAP at [plonginotti@freemansd.org](mailto:plonginotti@freemansd.org) to make arrangements.

### Friday, October 14th:

Senior quotes are due. Ms. L will post a google form to submit your quote (you will need to be logged in with your goscotties email to access it). Any quotes that are not school appropriate or reference things that are not school appropriate will not be used. If you miss the deadline, you will not have a senior quote with your photo. You must use the google form to submit your quote (don't email Ms. L).

### TBD:

Senior superlatives: we will post a google form to vote on senior superlatives later this month. Winners will be notified and a time will be scheduled to take your photo in October.

### TBD:

All class photo: watch your email for the date and time of our all class and 13-year senior photo. Goal is by the end of October. This will be a before school photo shoot.

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.

## In This Issue

Dawghouse Coffee Cards

PAGE 02

Upcoming Events

PAGE 02

College & Career News

PAGE 03

Upcoming Sports

PAGE 04

Athletics Auction/Dinner FAQ's

PAGE 04

General Information

PAGE 05

Student Highlights

PAGE 06-07

Yearbook Sr. Tributes/Ads

PAGE 08

Australia/New Zealand Trip

PAGE 09

Athletics Dinner/Auction

PAGE 10

Football Tailgating

PAGE 11-12

Booster Club Form

PAGE 13



## Dawghouse Coffee



Did you know that Freeman High School FBLA has a coffee stand? They are open school days from 7:45 - 8:10am (not on late start days). They are now offering \$25 prepaid coffee gift cards! Students and staff can use their "Dawg Cards" to purchase a wide variety of drinks in the morning. Come see them to purchase or call (509) 291-4920 (during open hours).



## HAVE OLD FREEMAN GEAR LYING AROUND?

Do you have any old Freeman t-shirts, sweatshirts or jerseys lying around that you aren't using anymore? We have someone willing to make a t-shirt quilt to auction off at our Athletics Auction - we just need old shirts. If so, bring them in to the High School office by September 23rd.

## UPCOMING events

**MON. SEPTEMBER 26TH**

Sr. Information Night - 6pm

**TUES. SEPTEMBER 27TH**

School Board Mtg. - 6pm  
K-8 MPR

**WED. SEPTEMBER 28TH**

Late Start - 10:15am

**MON. OCTOBER 3RD**

Powderpuff Football

**WED. OCTOBER 5TH**

Macho Volleyball

**FRI. OCTOBER 7TH**

Picture Retakes  
Homecoming Game - 7pm

**SAT. OCTOBER 8TH**

Homecoming Dance - 8pm

**MON. OCTOBER 10TH**

No School - Teacher PD Day

**WED. OCTOBER 12TH**

School Board Mtg. - Latah  
Creek Golf Course - 6pm

A complete listing of High School events can be found under the High School website at the "[Calendar](#)" tab.



## CLASS OF 2023 SENIOR INFORMATION NIGHT:

Attention Class of 2023 Parents & Guardians! You are invited to a Senior Information Night on Monday, September 26th, at 6pm in the Multi-purpose Room. Here are some items we will go over:

- General timeline for College and Career planning for senior year
- Financial aid information (FAFSA)
- Scholarships
- College applications
- Answer any college and career questions

We hope you will take advantage of this informative evening.

## AP EXAM DATES 2023

Here are the testing dates for AP Exams this Spring. Exam fees are \$97/test (\$35 for Free & Reduced Lunch) when ordered by November 15th. More information will follow from both your students' teachers and Ms. Holm.

AP U.S. Gov't. & Politics - May 1 8am

AP Environmental Science - May 2 8am

AP English Literature - May 3 8am

AP U.S. History - May 5 8am

AP Calculus AB - May 8 8am

AP Biology - May 10 12pm

## IMPORTANT COLLEGE & CAREER READINESS DATES:

- September 20: University of Idaho visit at FHS during lunch
- September 26: Senior Parent/Guardian Information Night 6-7pm
- September 29: Grand Canyon University visit at FHS during lunch
- October 4: T24 College Fair @ Spokane Valley Tech 5:30 - 7:30pm
- October 12: PSAT Day 9-11
- October 12: Senior Financial Information by STCU at FHS
- October 13: Business After School - Wagstaff 3-5pm
- November 1: National College Fair @ Convention Center
- November 2: Trades Night @ East Valley High School 5-8pm





## Upcoming Sports



**9/16** - Varsity vs. Rogers  
7pm

**9/19** - JV @ Rogers 5pm

**9/23** - Varsity vs. Lakeside  
7pm



**9/16** - @ Newport 4pm

**9/19** - vs. Deer Park 4pm

**9/20** - @ Riverside 4pm

**9/22** - vs. Medical Lake 4pm

**9/23** - vs. CDA Charter 4pm



**9/16** - vs. Newport JV/C-4pm,  
Var-5:30pm

**9/20** - @ Riverside JV/C-4pm,  
Var-5:30pm

**9/22** - vs. Medical Lake JV/C-  
4pm, Var-5:30pm

**9/23-24** - @ Linda Sheridan  
Tourney

**CROSS  
COUNTRY**

**9/17**- Asotin Invite 10am

**9/24** - Can-Am Invite  
10:45am

## Sports Resources



**Pay Fines/Fees**



## Athletics Auction/Dinner Fundraiser FAQ's

We are having a fundraiser for Athletics at Freeman on Saturday, October 22nd at the Coeur d'Alene Casino (see flyer on page ?). This adults-only evening will be a fun community get together as well as an opportunity to raise funds for our ASB Athletics. Here are some common questions we have heard in regards to the event so we hope you find this information helpful:

### Q: Why an additional fundraiser after the Golf Tournament?

Our Golf Tournament Fundraiser was a great success again this year! We raised \$16,000! Thank you to everyone who was involved. This is a great fundraiser but we were looking for an additional way to fundraise that would also be a great community event where more people can be involved.

### Q: Where do the funds go?

Funds will go into the General Athletics ASB fund. This fund is used to cover officials fees, sports travel, uniforms, general equipment, WIAA participation fees and more. All funds are managed by the ASB Student Council, the ASB Advisor, the Athletic Director and the Principal and are used to cover things on an as needed/necessary basis.

### Q: How else does Athletics receive funds?

The only other source of revenue for General Athletics at Freeman is our gate/tickets for home games or the few tournaments that we host throughout the year. Because of Covid with either no sporting events or minimal with no gate/tickets sold, we saw a need to raise additional funds.

### Q: What is the goal for the funds raised?

The primary goal would be to raise enough to cover our sports travel fund and officials fees. We have had hugely successful programs and last year we spent over \$24,000 on hotel rooms for post season play! Our officials bill was over \$15,000 and they have raised their rates 8% this year.





# Daily Happenings & General Information

We understand that communication is key. Our primary form of communicating with you as parents/guardians is through this Friday Flyer each week. Here is some basic FHS details...

## BELL SCHEDULES

Regular Schedule		
0	7:00 - 7:50	50 min
1	8:15 – 9:05	50 min
2	9:10 – 10:00	50 min
ADVISORY	10:05 – 10:35	30 min
3	10:40 – 11:30	50 min
4	11:35 – 12:25	50 min
LUNCH	12:25 – 12:55	30 min
5	1:00 – 1:50	50 min
6	1:55 – 2:45	50 min

2 Hour Late Start		
1	10:15 – 10:51	36 min
2	10:56 – 11:32	36 min
3	11:37 – 12:13	36 min
LUNCH	12:13 – 12:43	30 min
4	12:47 – 1:23	36 min
5	1:28 – 2:04	36 min
6	2:09 – 2:45	36 min

## ATTENDANCE LINE

We do not have an "attendance only" phone number at the high school. Please call our main phone line at 291-3721 if your student will be absent/tardy or leaving early on any given day.

## BREAKFAST/LUNCH

For the last two years Freeman School District has provided free meals to all students regardless of free/reduced or paid status. This year we will be operating under the standard National School Lunch guidelines, which means students will once again pay for meals. However, families can still fill out Free/Reduced price meal applications. Instructions on how to apply [here](#).

- BREAKFAST** - served only in the K-8 MPR. High school students wishing to have breakfast at school will need to go to the K-8 MPR to get their "grab-n-go" breakfast. Cost: \$2.10
- LUNCH** - served at the High School in the MPR. Cost: \$3.25



## ACTIVITY BUS

We have an Activity Bus that runs after sports M-F for the first two weeks of Middle School Sports Seasons and then M-Th the rest of the year. Bus departs at 5:25pm. Questions on more details, call the Transportation Department at 291-5555.

# Student HIGHLIGHTS



## FREEMAN FFA

at the Spokane County Fair



# Student HIGHLIGHTS

***Congratulations to our 2022 AP Scholars***

*(includes recent grads)*

**AP<sup>®</sup> Scholars**



*Abbigail Amend - AP Scholar*

*Ashley Boswell - AP Scholar with Honor*

*Abigail Bryant - AP Scholar*

*Sydney McLean - AP Scholar with Honor*

*Jack Schneider - AP Scholar with Honor*

*Jenna Sharp - AP Scholar*



## Class of 2023: Yearbook Senior Pictures & Tributes

**Deadline -  
October 14**

**Senior Pictures and Baby Pictures are due  
Friday, October 14 for the 2023 Yearbook!**

### Submitting Senior Photos - both baby and senior portraits.

In order to receive the highest quality image, **we are requesting that you submit your photos on-line** this year (see directions below). Many studios will be able to do this for you. The senior portrait must be 2"x3" (portrait) and at least 300 dpi. Scanned baby pictures should also be 300 dpi and approximately 2"x3". **Deadline to submit both these photos to the yearbook is Friday, October 14.**

### Directions to upload your photos:

- Before uploading your photo, please save the image as a full size save and **RENAME** your senior portrait to your students first\_lastname (ex. Jenny\_Smith) and your baby portrait to first\_lastname\_baby (Jenny\_Smith\_baby) so that it is easy to identify photos.
  - Next, go to [www.hjshare.com](http://www.hjshare.com) and enter the school code for Freeman (dawgcountry)
  - You will be asked to put in your name, email and phone number.
  - You will then be asked to "Agree to Terms", which is typical.
  - You will then be asked to browse to your photo. Simply navigate to where you have the photo saved, select the photo, and click on upload.
  - You are almost done - it will then ask for some information about the picture, such as who is in it - please type in your child's name (we always use the students given name). That's all there is to it!
- (If you cannot submit your photos on-line, please deliver them to Pia Longinotti at the high school in an envelope labeled with your name. Please do so as soon as possible, prior to October 14)

**Senior Tributes:** If you are interested in purchasing a tribute, or "shout-out" for your child or grandchild, please see the reverse side of this flyer for information. You will be able to submit photo(s) and a message for your senior in the yearbook! What a great way to say something special that will last a lifetime! Hurry though - space is limited! **We sold out last year! To reserve your spot, simply contact Ms. Longinotti with the size you would like, or purchase your tribute through the Freeman Store by October 31 to reserve your spot and send in your info.** Content for your tribute is due on Dec. 15. Payment is due by January 31st. For more information regarding the senior pics, baby pics, or a senior tribute, please contact our Yearbook advisor, Pia Longinotti, at 291-3721, ext 205, or at [plonginot@freemansd.org](mailto:plonginot@freemansd.org).

**October 15 - Deadline to submit baby and senior pics**  
**November 15 - Deadline to reserve a senior tribute**  
**December 15 - Deadline to submit pictures and words for tributes (the sooner, the better).**  
**January 31 - Deadline to pay for tributes (the sooner, the better).**

## Class of 2023: Senior Tributes

**Senior tributes:** Please see the sizes below for cost, and the number of graphics/words recommended for your tribute size. Contact Ms. Longinotti to reserve your tribute size by November 15: 291-3721, ext 205.

*Please note that once the allotted spaces have sold out, we can't sell more.*

- 1/8 page tribute- 1 graphic & 40 words** Approximately 3.5" x 2"  
Cost - \$65
- 1/2 Page - Limited to 3 graphics & 160 words.** Approx. 7.125" x 4.5"  
Cost - \$200
- 1/4 Page - 2 graphics & 80 words** Approx. 3.5" x 4.5" or 7.125" x 2"  
Cost - \$100
- Full Page - Limited to 4 graphics & 300 words** Approx. 7.125" x 9.5"  
Cost - \$400



## 2023 FHS yearbook Business ad agreement:

### CONTACT INFORMATION

BUSINESS NAME & OWNER: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
 EMAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

### PURCHASE OPTIONS

- ☐ FULL PAGE: \$450 \_\_\_\_\_  
Includes full-page ad in the yearbook
- ☐ HALF PAGE: \$230 \_\_\_\_\_  
Includes half-page ad in the yearbook
- ☐ 1/4 PAGE: \$120 \_\_\_\_\_  
Includes quarter-page ad in the yearbook
- ☐ 1/8 PAGE: \$65 \_\_\_\_\_  
Includes eighth-page ad in the yearbook

☐ ANGEL BOOK(S): \$50 \_\_\_\_\_  
Please donate my copy of the yearbook to:

### PAYMENT OPTIONS

☐ CASH ☐ CHECK: # \_\_\_\_\_ ☐ SEND INVOICE

### FINAL INFORMATION

IMPORTANT DEADLINES:  
**ARTWORK: Dec. 15 • PAYMENT: January 15**  
 Please note: Our design team can create your business ad if you prefer. Submit graphics and text/finished ads to [plonginotti@freemansd.org](mailto:plonginotti@freemansd.org) in jpg or pdf format.

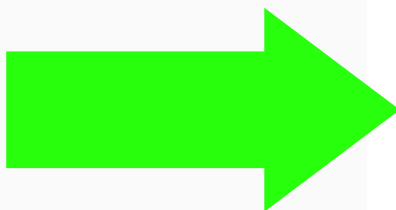
Yearbook staffer or adviser \_\_\_\_\_

Customer name (printed) \_\_\_\_\_ Date \_\_\_\_\_

Customer signature \_\_\_\_\_

### ARTWORK INSTRUCTION:

**HAVE A BUSINESS?**  
**WANT TO ADVERTISE IN OUR**  
**YEARBOOK?**





WE'RE GOING TO

# The South Pacific



Dear FHS parents and students,  
Hello! I am excited to inform you that I'm organizing an educational tour of Australia/New Zealand on June 24 – July 3, 2024 for Freeman High School students. International travel offers a wealth of opportunities for learning outside the classroom, and this will be a fun, easy way for students to see the world with their friends. Please join me for an informational meeting to learn more about our tour itinerary, the sign up process, and the payment schedule.

**Meeting Date: Wednesday, September 21, 2022**

**Meeting Time: 5:00 pm**

**Meeting Location: FHS Room 205**

If you'd like a sneak peak of the tour before the meeting, just visit [www.explorica.com](http://www.explorica.com); enter the TourCenter ID **Frye-8011** under the Sign Up link to see the full itinerary, print important information about the tour and learn more about the tour destinations.

Please let me know if you are interested in learning more about this trip by completing the Google form at <https://bit.ly/FryeAusNZ2024>, emailing me at [afrye@freemansd.org](mailto:afrye@freemansd.org), or having your student stop by my room to get an informational brochure.

I look forward to speaking with you and traveling with your student!

Sincerely,

Mrs. Frye





# Freeman Athletics Dinner & Auction

**Help us continue the tradition of excellence**

Join us for a fun evening featuring a social hour, auction and dinner to raise funds for Sports Travel and Officials Fees at Freeman.

**Buy tickets in the HS Office  
or online [HERE](#)**

**Ticket Price**  
**\$75/\$40**  
couple/ind.  
on sale beg. 8/29

## How to Get Involved

- ✓ Purchase tickets
- ✓ Donate/procure items by 9/30
- ✓ Help on the committee/volunteer day of
- ✓ Stay the night - discounted room rate - use code 9935 CALL 1-800-523-2464

## Date/Time

**Oct. 22, 2022 - 5:30pm**

## Location



Coeur d'Alene Casino  
37914 S. Nukwalqw Rd.  
Worley, ID 83876

## Contact Us

Cindy Schneider - [schneidervandals@aol.com](mailto:schneidervandals@aol.com)  
Lesley Lochmiller - [lesleylochmiller11@gmail.com](mailto:lesleylochmiller11@gmail.com)

Kristal Hayek - [khayek@freemansd.org](mailto:khayek@freemansd.org)  
Chad Ripke - [cripke@freemansd.org](mailto:cripke@freemansd.org)



FREEMAN HIGH SCHOOL ASB PRESENTS

# FOOTBALL TAILGATING

Looking for a fun way to get together with the Freeman Community and support Freeman's students and athletes? Join us this fall for Varsity Football Tailgating!



**FREEMAN HIGH SCHOOL**

SCHOOL BUS PICKUP LOT



**4 PM**

EVERY HOME GAMEDAY

**ALL FREEMAN FAMILIES AND  
COMMUNITY MEMBERS WELCOME!  
BEGINS NEXT FRIDAY!**

**FREE EVENT!**

EMAIL [SMOORE@FREEMANSD.ORG](mailto:SMOORE@FREEMANSD.ORG) WITH QUESTIONS!

**FREEMAN HIGH SCHOOL**  
**VARSITY FOOTBALL TAILGATING RULES AND GUIDELINES**

Thank you for your participation in the inaugural year of Freeman High School ASB's Football Tailgating! The goal of this event is to provide the Freeman community a way to come together in support of Freeman High School's students and athletes. To ensure a safe and fun experience for all, please follow the following guidelines.

- Tailgating will be allowed only in the designated area – the southwestern most parking lot next to Jackson Road, where busses pick up students at the end of the day
- To ensure easy access to spectators who require shorter walking distance to the venue, the six parking spots closest to the sidewalk will be left open
- The lot will open at 4:00 p.m. prior to Varsity football games for tailgating
- Propane or electric grills are allowed but must be extinguished by kickoff or upon entering the stadium and must not be left unattended
- Open flames are NOT allowed
- Alcohol of any kind is NOT allowed. Violation of this state law may result in arrest or citation
- Generators are allowed; however, the fuel must be stored in approved safety containers
- Please keep your space clean. Garbage can be placed in the dumpsters on the south side of the MS/ES MPR
- All tailgaters must leave the lot within 30 minutes of the conclusion of the game
- Failure to adhere to any listed regulation may result in removal from the tailgate area
- Freeman School District reserves the right to remove any tailgater(s) who poses a public nuisance or hazard at any time
- All Freeman School District rules, policies, and laws will be enforced

**REMEMBER THE PURPOSE OF THIS EVENT IS TO SHOW SCHOOL SPIRIT – ONLY BANNERS, SIGNS, ETC. THAT DEMONSTRATE SCHOOL SPIRIT WILL BE ALLOWED**

Tailgating at Freeman Football games is free of charge. Donations for Freeman High School ASB will be accepted at the event to help fund future activities like this.

**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: cheer squad and pep/marching bands. Our funds come primarily from memberships, and concession sales. Please help us continue a great legacy of charity and volunteerism that will make this 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](http://www.facebook.com/FreemanAthleticBoosterClub).

**Your 2022-2023 FHS Athletic Booster Club Executive Board Officers are:**

President: Brad Boswell [brad@boswellhomes.com](mailto:brad@boswellhomes.com)

Vice President: Doug Goldsmith [gfarms@air-pipe.com](mailto:gfarms@air-pipe.com)

Treasurer: Amy Flaig [amyflaig@icloud.com](mailto:amyflaig@icloud.com)

Secretary: Stephanie Jones [We3jones@hotmail.com](mailto:We3jones@hotmail.com)

Concessions: Stephanie Sather [barrydsather@gmail.com](mailto:barrydsather@gmail.com)

Membership: Rachael Schwartz [rachael.schwartz@yahoo.com](mailto:rachael.schwartz@yahoo.com)

Leslie Lochmiller [Lesleylochmiller11@gmail.com](mailto:Lesleylochmiller11@gmail.com)

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

**2022-2023 Membership Options – choose one**

- |  |  |
|--|--|
| <input type="radio"/> <b>\$20</b> Alumni/Freeman Staff <i>circle one</i> | <input type="radio"/> <b>\$125</b> Business _____<br>(Business Name)                       |
| <input type="radio"/> <b>\$30</b> New Individual/Family                  | <input type="radio"/> <b>\$100</b> Century Club  |
| <input type="radio"/> <b>\$25</b> Renewal Individual/Family              | <input type="radio"/> <b>\$500</b> Lifetime Member      \$ _____      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

Revised 06/13/2022