

Let's GO State!

Free State  
Firebirds Update

#FireUp



I DON'T DO THINGS  
**HALF**  
HEARTEDLY  
BECAUSE I KNOW IF  
I DO, THEN I CAN  
**EXPECT**  
HALF-HEARTED  
**RESULTS**



S.A.L.T. of the Firebirds Leadership Quote of the Week!

# Firebirds of the Week Congratulations!!

Hope Halsted, Senior  
Girls Basketball

Lou Fincher, Junior  
Wrestling



# Firebirds of the Week Congratulations!!

## Hope Halsted-Wheeler, Senior Girls Basketball

Hope Halstead-Wheeler, a four-year member of the Lawrence Free State Girls Basketball Program, is an outstanding teammate who always comes to practice with a great attitude and works each day to better her skills and to help make her teammates better! Hope is an outstanding example of the type of player every team needs. She is unselfish, has a great work ethic, and only cares that the teams succeeds. Hope is involved in many school activities and is a leader of her Youth Church group. Congratulations, Hope!

## Lou Fincher, Junior Wrestling

Junior Lou Fincher has been the driving force behind the success of the Free State Wrestling program for the past two years. Lou is a constant leader for others both in the Wrestling Room during practice and outside of practice. He maintains a high-level of expectation for his teammates as well as for himself. As a Captain of our team, Lou demonstrates the shared vision of our team and the desire to succeed on and off the mat. Congratulations and good luck this season, Lou!

# Girls Basketball Congratulations!!

Lady Hawks Classic Tournament | 7th Place

Lawrence Free State 40 - Barstow 20

Lady Hawks Classic All-Tournament Team

Caely Keston

# Boys Swim & Dive Congratulations!

KSU Quad vs. Lawrence, Manhattan, and Washburn Rural | 1st Place

200 Yard Medley | Jake Viscomi, Riley Sirimongkhon-Dyck, Reilley Moore, Benjamin Vorthmann - 1st Place

200 Yard Medley | Devon Lyle, Zach Bollinger, John Kelley, David Stuart - 5th Place

200 Yard Free | Benjamin Vorthmann - 1st Place

200 Yard IM | Devon Lyle - 3rd Place

50 Yard Free | Brady Flynn - 1st Place, David Stuart - 3rd Place

100 Yard Fly | Reilley Moore - 1st Place, Jake Viscomi - 2nd Place, Riley Sirimongkhon-Dyck - 3rd Place

# Boys Swim & Dive Congratulations!

KSU Quad vs. Lawrence, Manhattan, and Washburn Rural | 1st Place

100 Yard Free | Brady Flynn - 2nd Place, David Stuart - 5th Place

500 Yard Free | Jake Viscomi - 5th Place

200 Yard Free Relay | Brady Flynn, Trenton Hartman, David Stuart, Riley Sirimongkhon-Dyck - 2nd Place

100 Yard Back | Devon Lyle - 3rd Place, Finn VanDyke - 5th Place

100 Yard Breast | Riley Sirimongkhon-Dyck - 1st Place

400 Yard Free Relay | Brady Flynn, Devon Lyle, Jake Viscomi, Reilley Moore - 1st Place

# Boys Swim & Dive Congratulations!

Olathe Invitational | 2nd Place (Out-of-18 Teams)

200 Yard Medley | Jake Viscomi, Riley Sirimongkhon-Dyck, Reilley Moore, David Stuart - 2nd Place

200 Yard Free | Chad Anderson - 3rd Place

200 Yard IM | Reilley Moore - 1st Place

50 Yard Free | Benjamin Vorthmann - 3rd Place

100 Yard Fly | Reilley Moore - 1st Place, Jake Viscomi - 9th Place

100 Yard Free | Benjamin Vorthmann - 1st Place, Brady Flynn - 7th Place



# Boys Swim & Dive Congratulations!

Olathe Invitational | 2nd Place (Out-of-18 Teams)

500 Yard Free | Devon Lyle - 10th Place

200 Yard Free Relay | Benjamin Vorthmann, Riley Sirimongkhon-Dyck, Brady Flynn, Chad Anderson - 2nd Place

100 Yard Back | Jake Viscomi - 5th Place, Devon Lyle - 9th Place

100 Yard Breast | Riley Sirimongkhon-Dyck - T-4th Place

400 Yard Free Relay | Brady Flynn, Benjamin Vorthmann, Chad Anderson, Reilley Moore - 2nd Place

# JV Wrestling at JC Harmon Tournament



# Boys Cross-Country Post-Season Congratulations!!

2018 All-Sunflower League Honors

Ben Shryock

Ethan Sharp

2018 6A All-State Honors

Ben Shryock

Charlie Johnson

6A Coach of the Year - Coach Heffernan

2018 Journal-World All-Area Fall Sports Team

Ben Shryock

Charlie Johnson

# Girls Cross-Country Post-Season Congratulations!!

2018 All-Sunflower League Honors

Julia Larkin

Erin Fagan

2018 6A All-State Honors

Julia Larkin

6A Coach of the Year - Coach Heffernan

2018 Journal-World All-Area Fall Sports Team

Julia Larkin

Erin Fagan

# Football Post-Season Congratulations!!

2018 All-Sunflower League Honors

Jax Dineen | 2018 Player of the Year | 1st Team - RB, LB

Malik Berry | 1st Team - DB

Turner Corcoran | 1st Team - OL

Lovette Epelle | 1st Team - DL

Keenan Garber | 1st Team - WR, DB, Punt Returner

Jalen Nash | 1st Team - LB

# Football Post-Season Congratulations!!

2018 All-Sunflower League Honors

Malik Berry | 2nd Team - QB

Oliver Paranjothi | 2nd Team - DB

Shane Skwarlo | 2nd Team - OL

Ben Miller | Honorable Mention - LB

LJ Mack | Honorable Mention - Kick Returner & WR

# Football Post-Season Congratulations!!

2018 Journal-World All-Area Fall Sports Team

Bob Lisher | Coach of the Year

Jax Dineen | Player of the Year

Keenan Garber

Jalen Nash

# Football Post-Season Congratulations!!

2018 6A Kansas All-State Honors | Topeka Capital-Journal

Turner Corcoran | 1st Team - OL

Jax Dineen | 1st Team - LB

Keenan Garber | 1st Team - DB

Malik Berry | Honorable Mention - DB

Lovette Epelle | Honorable Mention - DL

Jalen Nash | Honorable Mention - LB



# Football Post-Season Congratulations!!

2018 6A Kansas All-State Honors | Wichita Eagle

Jax Dineen | 1st Team - LB

Keenan Garber | 1st Team - DB

Malik Berry | Honorable Mention - DB

Turner Corcoran | Honorable Mention - OL

Lovelle Epelle | Honorable Mention - DL

Jalen Nash | Honorable Mention - LB

# Football Post-Season Congratulations!!

2018 Simone Award Finalist | Jax Dineen

2018 Buchanan Award Finalist | Turner Corcoran

2018 Taylor Award Finalist | Keenan Garber

# Gymnastics Post-Season Congratulations!!

2018 All-Sunflower League Honors

Talia Gay | 1st Team - Bars

Talia Gay | 1st Team - Beam

Talia Gay | 1st Team - Floor

# Boys Soccer Post-Season Congratulations!!

2018 All-Sunflower League Honors

Rown Laufer | 1st Team

Drew Covington | 2nd Team

Will Davis | Honorable Mention

Hayden Robinson | Honorable Mention

2018 Journal-World All-Area Fall Sports Team

Drew Covington

Rown Laufer

# Girls Tennis Post-Season Congratulations!!

2018 All-Sunflower League Honors

Keegan VanPelt

Gabbie Gorman

Kate Piper

Anna Peard

Andie Veeder

2018 6A Kansas All-State Honors

Keegan VanPelt | 1st Team

# Volleyball Post-Season Congratulations!!

2018 All-Sunflower League Honors

Kaitlyn Hamilton | 1st Team

Rachel Hickman | 1st Team

Mya Gleason | Honorable Mention

Haley Hippe | Honorable Mention

2018 Journal-World All-Area Fall Sports Team

Kaitlyn Hamilton

Rachel Hickman

# Debate Congratulations!!

It was an incredible weekend for Free State Debate at the East Kansas NSDA District Tournament!

Our district is highly competitive and features some of the top teams in Kansas. This weekend, 33 teams from 14 schools competed to earn one of only three spots at NSDA Nationals next June, in Dallas. **Two of those three spots went to Free State!**

**Spencer Yost Wolff and Max Lillich | 7-1 record and qualified to Nationals!!**

**Alexi Somerville and James Vereen | 6-2 record and qualified to Nationals!!**



# Debate Congratulations!!

In the East Kansas Novice Championships, which features the top 40 novice teams from our NSDA District,  
**Free State had four teams place in the Top 6!**

Ryan Duan and John Marshall | 3rd Place

Simon Rutland and Sheya Bhakta | 4th Place

Serena Rupp and Audri Gutierrez | 5th Place

Rita Joseph and Abbey Hosslet | 6th Place



# Debate Congratulations!!



# Mrs. Rose's AP Chemistry Bottle Set Lab



# Monday, December 10th

Firebirds Debate Tournament | 345pm, Free State

Softball Parent Meeting | 7pm, Auditorium

# Tuesday, December 11th

Varsity Girls Basketball Game | 530pm, SM West

Varsity Boys Basketball Game | 7pm, SM West

Winter Band Concert | 7pm, Auditorium

# Wednesday, December 12th

Chamber Orchestra Tour | 10am-230pm, Liberty Memorial Central MS

Athletic Signing Recognition Ceremony | 230pm, Main Gym

Varsity Boys Swim & Dive vs. Lawrence, SM North | 330pm, SM North

Varsity Wrestling Dual vs. Basehor-Linwood | 6pm, Main Gym

Cocoa & Cram Sponsored by Link Crew | 630-830pm

# Saturday, December 15th

6A Regional Debate Tournament | All Day, Free State

Varsity Wrestling at Emporia Tournament | 9am, Emporia

Winter Formal | 8-11pm, KU Ballroom

Tuesday, December 18th

Varsity Boys Basketball vs. Gardner-Edgerton | 7pm

Pops Orchestra Concert | 7pm, Auditorium

# Winter Finals Schedule

## Wednesday, December 19th

Hour 01 | 8:05-9:15am \*Final Exam

Hour 02 | 9:20-10:12am

Hour 03 | 10:17-11:06am

Hour 04 | 11:11-12pm

Hour 05 | 12:05-1:22pm

1<sup>st</sup> Lunch 12:05-12:30pm

2<sup>nd</sup> Lunch 12:23-12:48pm

3<sup>rd</sup> Lunch 12:41-1:06pm

4<sup>th</sup> Lunch 12:57- 1:22pm

Hour 06 | 1:27-2:16pm

Hour 07 | 2:21-3:10pm

Please note Zero Hour final can be given either Wednesday, Thursday or Friday.



# Winter Finals Schedule

## Thursday, December 20th

Hour 02 | 8:05-9:15am \*Final Exam

Hour 03 | 9:20-10:30am \*Final Exam

Hour 04 | 10:35-11:45am \*Final Exam

Students Dismissed at 11:45am - No Lunch Served.

Please note Zero Hour final can be given either Wednesday, Thursday or Friday.

# Winter Finals Schedule

## Friday, December 21st

Hour 05 | 8:05-9:15am \*Final Exam

Hour 06 | 9:20-10:30am \*Final Exam

Hour 07 | 10:35-11:45am \*Final Exam

Students Dismissed at 11:45am - No Lunch Served.

Please note Zero Hour final can be given either Wednesday, Thursday or Friday.

# S.A.L.T. of the Firebirds Random Act of Kindness 30-Day Challenge



S.A.L.T. of the Firebirds

## RANDOM ACTS OF KINDNESS 30-DAY CHALLENGE

The S.A.L.T. of the Firebirds invite you to spread kindness to those of around us by participating in a Random Acts of Kindness 30-Day Challenge to celebrate the Holiday season!

Each day, I will tweet a Random Act of Kindness challenge...  
When you meet the challenge, please tweet me a message/picture/video to @ADFaunceLawFS, include the #FriendlyFirebirds.  
Good Luck & Happy Kindness!

IT'S NOT ME, IT'S US!