

## IMPORTANT DATES TO REMEMBER

**AUGUST 11** **FIRST DAY OF FALL SPORTS PRACTICE. *MUST HAVE ON-LINE REGISTRATION, MSHSAA SPORTS PHYSICAL, MSHSAA ANNUAL, AND ALL FORMS COMPLETED ON OUR WEBSITE BEFORE TRYING OUT.* REGISTRATION BEGINS JUNE 1 -DEADLINE TO REGISTRATION FOR FALL SPORTS IS JULY 27. <https://fhnhs.rschoollteams.com/>**

## FRANCIS HOWELL NORTH SPORTS 2025-2026

**FALL SPORTS - TRYOUTS ARE EVERY DAY, AUGUST 11 -15. ACTUAL TIMES ARE TBD (will be e-mailed to you in your final on-line approval email.)**

### **ON-LINE REGISTRATION DUE BY JULY 27**

CROSS COUNTRY (BOYS & GIRLS)

FOOTBALL

GIRLS GOLF

BOYS SOCCER

SOFTBALL

BOYS SWIM & DIVE @ Rec Plex

GIRLS TENNIS

GIRLS VOLLEYBALL

### **WINTER SPORTS TRYOUTS BEGIN ON NOV 3, 2025 ON-LINE REGISTRATION DUE BY OCT 19**

BOYS BASKETBALL

GIRLS BASKETBALL

GIRLS WRESTLING

BOYS WRESTLING (Begins Nov 10)

GIRLS SWIM & DIVE (Begins Nov 10 at the Rec Plex)

### **SPRING SPORTS TRYOUTS BEGIN ON MAR 2, 2026 ON-LINE REGISTRATION DUE BY FEB 15**

BASEBALL

BOYS GOLF

BOYS TENNIS

BOYS VOLLEYBALL

BOYS & GIRLS TRACK

GIRLS SOCCER

GIRLS LACROSSE

## FALL SPORT'S COACHES

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

FOOTBALL – Erik Webster  
erik.webster@fhdschools.org

BOYS SOCCER – Travis Cairer  
travis.carier@fhdschools.org

GIRLS GOLF – Nikki Brinkman  
nikki.brinkman@fhdschools.org

SOFTBALL – Mike Freedline  
michael.freedline@fhdschools.org

Girls Tennis – Zach Howard  
zachary.howard@fhdschools.org

BOYS SWIMMING – Shawn Farrar  
shawn.farrar@fhdschools.org

GIRLS VOLLEYBALL- Stephanie Fisk  
vegas194@hotmail.com

MARCHING BAND – Dr. Ryan Curtis  
ryan.curtis@fhdschools.org

## PARENT INVOLVEMENT

Athletic Boosters –  
HowellNorthAthleticBoosters@gmail.com

Band Boosters –  
President@fhnbands.com

Visit our Activities website at:

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

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

On-line registration will open approx. 6 weeks prior to season start date and end 2 weekS prior to season start date.

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

Testing dates will be published on our Activities website, FHN E-News, Twitter and Peachjar prior to each season.

**Cheerleading and Dance** tryouts take place in the spring.

**STAY UP TO DATE AS NEW INFO IS POSTED:**

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

FHN E-News is automatically sent to parent e-mails. Students and other interested parties can sign up to receive E-News on our school website -  
<https://fhn.fhdschools.org/>

**Sign up to receive Activities Knightly News at:**  
<https://www.smores.com/xs883-knightly-news> or  
<http://goo.gl/forms/VkEjVFkgj1>

**Sign up to receive school flyers/general info at:**  
[www.peachjar.com](http://www.peachjar.com)

**Follow Mr. Janes on Twitter @fhnactivities**