

FALL SPORTS**CROSS COUNTRY**

Head Coach..... Kimberly Martin
 Assistants..... Joseph Brocksmith, Sean Fowler

FOOTBALL

Head Coach..... Brett Bevill
 Assistants..... Mike Castro, Mike Bevill, Matt Couch,
 Zach Goodsell, Adam Maxey,
 Will Crawford, Chad Millard

GOLF (Girls)..... Nikki Brinkman
 Asst..... Christopher Witthaus

SOCCER (Boys)

Varsity..... Travis Cairer
 Assistant..... Matt Havermale
 Jr. Varsity..... Daniel Lamb
 Freshman..... Tara Beveridge

SOFTBALL

Varsity..... Michael Freedline
 Assistant..... Jesse Stewart
 Jr Varsity..... Barry Morrison
 Freshman..... Abigail Davis

SWIM (Boys)..... Shawn Farrar
 Asst..... Austin Farrar awfarrar@gmail.com
 Diving..... David Nielson NielsenDavid79@gmail.com

TENNIS (Girls)..... Zachary Howard
 Assistant..... Amanda Barnhouse

VOLLEYBALL (Girls)
 Varsity..... Stephanie Fisk vegas194@hotmail.com
 Assistant..... Danielle Dagenais danielle_dagenais@yahoo.com
 Jr. Varsity..... Konner Kness knesskonner@gmail.com
 Freshman..... Molly Wade

WINTER SPORTS

BASKETBALL (Boys)
 Varsity..... Dr. Larry Green
 Asst..... Jeremy Scott
 Jr Varsity..... Gaite Brauns
 Freshman..... Dave Shoulta rookie0014@yahoo.com

BASKETBALL (Girls)
 Varsity..... Danielle Rampley
 Assistant..... Thomas Moran
 Jr. Varsity..... Mayghen Mugele
 Freshman..... Scott Coates scoates13@yahoo.com

SWIM (Girls)..... Keri Spinney kerispinney23@gmail.com
 Asst..... Rowan Pugh
 Diving..... David Nielson NielsenDavid79@gmail.com

WRESTLING

Boys Varsity..... Christopher Brown
 Boys Assistant..... Harold Ritchie, III harold.ritchie3@gmail.com
 Boys Assistant..... Dalton Riggins corporateresidesllc@gmail.com
 Boys Assistant..... Tyeler Collins twc083@lindenwood.edu
 Girls Varsity..... Jesse Conaway jesse@jesseconaway.com
 Girls Assistant..... Kim Skwira
 Girls Assistant..... Sean Fowler

SPRING SPORTS**BASEBALL**

Varsity..... Michael Freedline
 Assistant..... Jesse Stewart
 Jr Varsity..... Barry Morrison
 Freshman..... Thomas Moran

GOLF (Boys)..... Christopher Witthaus
 Asst..... Nikki Brinkman

LACROSSE (Girls)..... Rowan Pugh
 Assistant..... Shelby Pritt
 Assistant..... Joanna Hall
 Assistant..... Emilee Fischer

SOCCER (Girls)

Varsity..... Matt Havermale
 Assistant..... Travis Cairer
 Jr Varsity..... Tara Beveridge
 Freshman..... Stacy Bevill

TENNIS (Boys)..... Zachary Howard
 Assistant..... Jonathan Douglas

TRACK (Boys/Girls)..... Kimberly Martin
 Assistants:..... Charles Simmons, Shawn Farrar, Kyle Morse,
 Joseph Brocksmith, Theresa Hopson

VOLLEYBALL (Boys)

Varsity..... Robin Yuede
 Assistant..... Molly Wade
 Jr. Varsity..... Mayghen Mugele
 Freshman..... Jami Heflin

CHEERLEADERS

Varsity..... Tracy Wuertenberg
 Assistants..... Jen Scarbrough
 Breanne Callaway Breannecallaway@yahoo.com
 Susan Hemmer skhemmer@me.com

DANCE

Varsity..... Stacy Knop smsshadow@hotmail.com
 Assistant..... Toni Giancola tonimartorelli@sbcglobal.net

BAND

Marching/Jazz/Winter..... Dr. Ryan Curtis
 Guard..... Luke Christensen ljchristensen@gmail.com

CHOIR

Jennifer Oncken

Visit our Activities website at
<https://fhnhs.schoolteams.com/>
 for information on how to
 register for high school sports.



Year Round Essential Activities

Class Officers:

Senior Class Rep
Junior Class Rep
DECA-An Association of Marketing Students
Assistant
Drama Club
Assistant
E-Sports
Assistant
Educators Rising
FBLA - Future Business Leaders of America
Assistant
FCCLA -Family, Career, Community
Leaders of America
HOSA - Health Occupations Students of America
Journalism
Assistant
Knights of Excellence
MAC Scholars
Mentor Program
National Honor Society
Junior.....
Senior/Soph.....
Newspaper
Pep Club
Scholar Bowl
Sign Language
Speech & Debate
Assistant
Student Council
Technology Student Assoc/Robotics
Yearbook
Youth In Government

Sara White
Marissa Heyer
Mike Freedline
Larry Green, Abigail Davis
Kim Sulzner
Jen Oncken
Brett Bevill
Zach Goodsell
Sara White
Abigail Davis
Landon Strayhorn
Marissa Heyer

Chris Dalton
Aaron Manfull
Jordyn Kiel
Lindsey Scheller, Kristen Johnson
Ashley Seiss
Kristen Johnson, Jordyn Kiel

Kim Coil
Angie Mason
Aaron Manfull
Rachel Pirrone, Rowan Pugh
Anne Ledbetter
Tom Skinner
Randy Pierce randebate@aol.com
Noah Slaughter
Rachel Pirrone, Rowan Pugh
Michael Green
Jordyn Kiel
Jill Rudolph

Student Interest Groups

Asian American Student Union
Black Student Union
Ecology Club
Fellowship of Christian Athletes
French Club
Gender Sexuality Alliance
German Club
Knight Life
Math Club/Mu Alpha Theta
Mock Trials
Spanish Club
Sun Club
We Are All Knights

Brian Santos
OPEN
Joe Brocksmith
Stacey Enders, Stephanie Johnson
OPEN
Ashley Seiss
OPEN
Aaron Manfull
Matt Naes
Randy Pierce randebate@aol.com
OPEN
Anne Ledbetter
Lisa Pentecost

In June of 2017, the FHSD Board of Education approved an activity fee structure starting with the 2017-18 school year. All students participating in an activity, club or sport, in which a coach or sponsor is paid a District stipend, will be required to pay a yearly activity fee of \$40. Students will be only assessed one fee per year regardless of the number of sports/activities/clubs they participate in during the school year. The revenue generated from the activity fee is being used to help prevent further reductions in the number of extra-curricular activities (clubs and sports). This fee is in addition to any fee that may be charged by your individual sport or club.

Class Officers... Senior –

The four class officers (president, vice president, secretary and treasurer) assisted by delegates and all the members of their class, plan, organize, and execute the activities for their class. Officers for all returning classes are elected in the spring of the previous year so they can attend summer meetings. Officers meet on a weekly basis with their sponsor and on an as needed basis with delegates. All of the classes design and sell class T-shirts. Seniors offer additional clothing items as well. During the remainder of the year responsibilities vary by grade level - juniors plan Prom and seniors help plan senior activities ranging from designing the graduation announcement to Senior Week.

D.E.C.A..... Mike Freedline, Larry Green, Abigail Davis

DECA prepares emerging leaders and entrepreneurs in marketing, finance, hospitality, and management. DECA members participate in academic competitions, professional leadership conferences, and community projects to develop skills necessary for success in today's global industry. Members must be enrolled in a marketing class. Dues are \$10.

Drama Club..... Kim Sulzner

All students who participate in our two school plays are automatically considered Drama Club Members and begin their apprenticeship to eventually become a Masque Player. Fifteen points must be accumulated. JV, Varsity Letters and bars can be attained through participation in Drama Club. There is an award banquet near the end of each school year. Meetings consist of rehearsals and performances, so they vary. Contact Mrs. Sulzner in room 57 for additional info.

Ecology Club..... Joe Brocksmith

Ecology Club is open to any student interested to learn about, study and improve their environment. Although many activities are extensions of the Environmental Studies class, all students are welcome. Students will participate in the MO. Stream Team program and Storm Drain stenciling. Stream monitoring takes place one Sun. each month during the school year. Meetings are held in room 120 to plan and train students in the techniques they will be using in the field.

FBLA..... Abigail Davis, Mike Freedline

Future Business Leaders of America develops business leadership and an understanding of American Business Enterprise. FBLA helps members establish career goals, encourages scholarship, and develops character and self-confidence. FBLA also promotes efficient financial management. Our goals are accomplished through business field trips, management of fundraisers, academic business contests (competitions), professional dress, professional meetings, business projects, charitable projects, and many other activities. Members must currently be in a business class. Dues are \$10.

FCA..... Stacy Enders, Stephanie Johnson

Fellowship of Christian Athletes: The purpose of our group is to bring together athletes and activities participants to talk about their concerns, doubts, and faith. Teammates share a commitment to seeking answers about their faith around the common bond of athletes. Club meets once a month.

FCCLA..... Marissa Heyer

"Family, Career, and Community Leaders of America" will be participating in activities such as visiting children's hospitals, the Humane Society and elderly care homes. In addition they will be exploring careers related to family and community life, how to integrate family with the community. We will also be involved in various fundraising activities, community service projects and school projects focused on topics related to the FACS (Family and Consumer Sciences). We will have a general meeting on Tues. once a month in Rm 02. Each member will be expected to serve on a team within the group to help plan special activities. Projects and activities are up to the members. This is your chance to make a difference and have your ideas heard.

GSA.... Ashley Seiss

The Gender and Sexuality Alliance provides a safe space for all LGBTQ+ students and their allies. Meetings consist of a blend of social activities and opportunities for advocacy within the school in order to create a more safe, equitable, affirming learning community for all. Reach out to ashley.seiss@fhdschools.org for more information about meeting location and dates.

Knight Life.... Aaron Manfull

Knight Life is the student produced video program at Francis Howell North, often referred to as FHNtoday TV. Students help to produce and edit the podcast as well as videos for FHNtoday.com and work in conjunction with the newspaper and yearbook. The show can be found on Youtube at <http://www.youtube.com/fhntoday> and all videos can be found on FHNtoday.com

Knights of Excellence.... Lindsey Scheller, Kristen Johnson

The Knights of Excellence Renaissance Program recognizes and rewards students for their academic achievement with many activities throughout the year. These activities include the Student of the Week program, Senior 4.0 luncheon, Knights of the Round Table induction ceremony, Gold Notes program, and the spring honors picnic. KOE also recognizes teachers for National Education Week, teacher of the year and faculty birthdays. Members help in the planning and implementation of these events.

Mentor Program..... Kristen Johnson, Jordyn Kiel

Students who are going to be juniors or seniors can apply for this year long program. The main component of this program involves your mentor group meeting with 9th grade students during their homeroom time approximately once per month. Throughout the year you will lead them in fun group activities that are designed to make them more successful at transitioning into high school and act as an upper classman they can trust to ask questions they might have about FHN and high school in general. We are also involved with the Freshmen Transition Day and Freshmen Schedule Pick-up before school in August. Monthly meetings are held during homeroom time to prepare for the upcoming homeroom sessions. Every member receives a free t-shirt and a medallion that can be worn at graduation. If you are interested in giving back to your school, helping other students, and building your college resume, this is the program for you.

Mock Trials..... Randy Pierce

The mock trial team offers students a chance to experience our legal system 'up close and personal'. Using materials supplied by the Bar Association of Metropolitan St. Louis, and being coached by practicing attorneys, team members learn to portray witnesses and lawyers while trying a civil or criminal case in actual courtrooms. Any student who enjoys acting, public speaking, or debate will appreciate the chance for intellectual competition with other area high school mock trial teams. Practices (one or two evenings a week in the Learning Commons) start in October, with trials being held in January and February. For more information, contact coach Randy Pierce at randebate@aol.com.

Mu Alpha Theta.... Matt Naes

Mu Alpha Theta is a nationally recognized math honors society. Membership signifies above average completion of college preparatory mathematics. To be eligible, you must have concluded 5 semesters of Algebra 1, Geometry and Algebra 2 or higher, have a **GPA of 3.0 in your math classes** (including Algebra 1 even if taken in 8th grade), and pay the induction fee. To qualify for a math department chord to be worn at graduation, you must be a member of Mu Alpha Theta and have a **GPA of 3.5 in your math classes**, which signifies college preparatory mathematics was completed with distinction. Eligibility will be determined at the end of semester 1 with chords presented during senior awards night in May.

National Honor Society Angie Mason, Kim Coil

Membership is based on character, scholarship, leadership, and service. Members are elected into NHS in their sophomore year by a faculty council and must maintain a cumulative 3.75 GPA. Members perform various community and school service hours to earn enough service points to be awarded honor cords worn at graduation. Members who fall below a 3.75 cumulative GPA are given one semester to raise their GPA or face dismissal from the organization. Suspensions from school and other behaviors deemed contrary to the principles of NHS will also lead to dismissal. Demonstration of leadership qualities and sound character are expected of all NHS members. Scholarships may be available. Meetings are Fridays before school. Members pay \$25 dues each school year.

Newspaper..... Aaron Manfull

Newspaper is a co-curricular class that is in charge of producing FHN's award winning newspaper, the North Star. Students meet daily as a class and often spend time before and after school working on the newspaper. The publication is entirely comprised of student work from the advertising and writing to the photography and design. Staff members attend the national high school journalism convention each year. For more information see Mr. Manfull. Website: <http://FHNtoday.com> You can see copies of the North Star at FHNtoday.com and at <http://issuu.com/fhnpublications>.

Robotics..... Ricky Reeves, Dane Williamson

The Robotic Assisted Vehicle Engineered @ North, or team R.A.V.E.N., meets once a week 1st semester and is open to all students in the district. The club competes with an organization called "FIRST" (Foundation for Inspiration & Recognition of Science & Technology). The FIRST program delivers 85 lbs of gears, pumps, sensors, controls, motors, pistons, computers, remote controls, batteries and wheels to the high school teams in early January, along with the rules for a game that has been secret until then. The team must analyze the game, design and build a robot to play it. The robot must fit in a small box to start the game, and weigh less than 130 lbs. It must be completed in 6 wks. There are programmed and remote controlled portions to the game. The robot is then shipped to the regional competition venue. In addition to the technology of the game, a spirit of gracious professionalism is a key component of the program. Competing as a member of a three team coalition in the final tournament also builds a culture of working together and learning from each other.

Scholar Bowl.....

Scholar Quiz is a fast pace sport similar to Jeopardy. Like Jeopardy, we have new high-tech equipment. In competitions against other schools, we answer questions about random bits of trivia. People join because we make rivals with other schools and it is a fun way to challenge your mid. Students can receive a letter or pin for being an active member. Practices are held on Monday and Wednesday after school until 3:30. Competitions are on Tuesday, Thursday and occasionally Saturdays. Come join our team!

Sign Language.....

This is a group who meets bi-monthly to learn sign language and about Deaf culture. We promote the use of sign language to communicate through different activities and socialization between students that can hear and the Deaf and Hard of Hearing students.

Speech and Debate..... Randy Pierce, Noah Slaughter

The speech team competes in public speaking, acting and debate throughout the St Louis area from October through March. State and National competitions follow the regular season and FHN has had students competing at this level every year. Interested students may join at any time by contacting Mr. Pierce. The team generally practices after school on Tuesday and Thursday. Meets are on Fridays and Saturdays.

Student Council/Pep Club..... Rachel Pirrone, Rowan Pugh

STUCO is FHN's true representative voice of the student body. This organization is completely student run. Representatives are chosen out of homerooms as well as by application. Students attend monthly whole council meetings as well as committee meetings that take place before and after school. You will have the chance to keep your homeroom informed about school events and policies. We are in charge of running events like Homecoming, Snowcoming (winter dance), pep assemblies, the cultural festival, Mr. FHN, and many others! If you want the chance to be a leader in the school, to develop school spirit, and to make FHN an awesome place to be, STUCO is for you. Each year, we also offer active graduating seniors scholarships for college. Have a voice in your school: join Stuco!

T.A.S.C..... OPEN

"Teens Advocating Smart Choices" is an organization that focuses on informing teens of the consequences of their actions and how to be more responsible when it comes to making decisions. Our focus is on seatbelt use, safe driving habits, alcohol and drug use, etc. We will be having an informational meeting the second or third week of school for any new members who may want to join.

TSA (Technology Student Association) and First Robotics.... Mike Green

TSA is a national, non-profit organization of high school and middle school student members who are engaged in STEM. The focus has switched to another STEAM education organization called FIRST. FIRST® is the world's leading youth-serving nonprofit advancing STEM education. Our team Automated Chivalry – Team #14963 has been involved with the second level First program called First Tech Challenge (FTC). We have an award-winning history of trophies; plaques and we have advanced to state level at Missouri S&T. The first main website is <https://www.firstinspires.org/robotics/ftc> and the First Missouri & Kansas website is <https://stlfirst.org/first-tech-challenge> for more information. Meeting dates will be in the school e-news.

World Language Clubs.... French- OPEN German – OPEN Spanish – OPEN

These three groups work to encourage students to explore and celebrate the cultural aspects of the languages taught at North as well as support the understanding and sharing of all the cultures represented by members of our community. The groups work together to sponsor various social events of the entire school community as well as gatherings with guest speakers and opportunities for exchanging experiences and opinions. We also celebrate holidays unique to each language such as Cinco de Mayo, Mardi Gras and Saint Nikolaus Day. We are committed to enhancing language learning and fostering friendship between all cultures in our #FHNCommunity.

Yearbook..... Jordyn Kiel

Yearbook is a co-curricular class that is in charge of producing FHN's award-winning yearbook, the Excalibur. Students meet daily as a class and often times spend time before and after school working on the publication. The publication is entirely comprised of student work from the advertising and writing to the photography and design. Members attend the Nat'l High School Journalism Convention each year. For more information, check out the FHN Student Publication web site at: <http://FHNtoday.com>

Youth in Government.....Jill Rudolph

Youth in Government is an affiliate of the Missouri YMCA Youth in Government program. YIG enables North students to actively participate in a realistic mock state government. As an academically interacting program it typically attracts students interested in current politics, government, political activism, and speech and debate. YIG meets approximately one day a week or as needed prior to the state convention. YMCA charges a fee for the convention. Dues are \$5.00.