



## Francis Howell Central Activities Department

Scott Harris, Ed.S., CMAA, Activities Director, [scott.harris@fhdschools.org](mailto:scott.harris@fhdschools.org)

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# Schedule Pick Up Information (Athletics)

Welcome to Francis Howell Central High School. Listed below are the sports that we will be offering this fall. We want you to become involved as a Spartan during your years here at FHC. Student activities are great opportunities to develop leadership skills, cooperation and teamwork. We would love to have you join a team and enjoy all we have to offer.

- Boys Soccer Head Coach: Derek Phillips (Saeger Middle School) [derek.phillips@fhdschools.org](mailto:derek.phillips@fhdschools.org)
- Boys Swimming Head Coach: Alison Strickler (Henderson Elementary) [alison.strickler@fhdschools.org](mailto:alison.strickler@fhdschools.org)
- Boys & Girls Cross Country Head Coach: Michelle Breuer (Guidance) [michelle.breuer@fhdschools.org](mailto:michelle.breuer@fhdschools.org)
- Football Head Coach: Peter Eberhardt (Business) [coacheberhardt@gmail.com](mailto:coacheberhardt@gmail.com)
- Girls Golf Head Coach: Paul Otto (Saeger Middle School) [paul.otto@fhdschools.org](mailto:paul.otto@fhdschools.org)
- Girls Tennis Head Coach: Jeremy Rohrbach (Room 128) [jeremy.rohrbach@fhdschools.org](mailto:jeremy.rohrbach@fhdschools.org)
- Girls Volleyball Head Coach: Julie Gronek (Room 142) [julie.gronek@fhdschools.org](mailto:julie.gronek@fhdschools.org)
- Softball Head Coach: Zack Sheets (Union H.S.) [zachary.sheets@fhdschools.org](mailto:zachary.sheets@fhdschools.org)

- First day of fall tryouts: Monday, August 10<sup>th</sup>
- Specific times and locations will be available on the FHC Activities Hotline, posted on the Activities bulletin board and front office or found on [www.fhcspartannation.com](http://www.fhcspartannation.com) and under FHC/Activities/Week in Activities tab. The hotline number is (636) 851-4600 ext. 1.
- All participants MUST have a current 3-page physical and 3-page pre-participation packet on file in order to participate. Both in the Activities Office or on our school website at: <http://fhc.fhdschools.org/activities/> under the tab: "MSHSAA Information/MSHSAA Physical Form and Pre-Participation Documentation". Physicals are valid for 2 years from the date of the actual physical and the Participation packet is valid for 1 year. **PAPERWORK CAN BE EMAILED ([annette.herdt@fhdschools.org](mailto:annette.herdt@fhdschools.org)), FAXED (636.851.4112), MAILED OR DROPPED OFF TO THE ACTIVITIES OFFICE, MONDAY – FRIDAY, 7:30 AM – 4:00 PM. PICTURES OF PAPERWORK WILL NOT BE ACCEPTED.**
- All participants in football, soccer, softball, girls volleyball and members of the Spartan Regiment's color guard (flags) MUST have taken the "ImPACT" Brain Injury baseline test. The baseline test is good for two (2) years. If you took the test last year, you will not need the test again until next fall. Information regarding this can be found on our school website at <http://fhc.fhdschools.org/activities/> under the tab: "ImPACT Testing.
- All students and parents/guardians must complete a one-time Parent Permission & Waiver of Liability Student Participation form if your student had not attended any summer camps, workouts or conditioning. The waiver can be found under the FHC/Activities tab.



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- Parents and students and students have the opportunity to purchase a Spartan Strong shirt in the Activities office. Cost and sizes are: small thru XL (\$10); 2XL (\$12); 3XL (\$13). Purchases can also be made online through the web store (same procedure as paying for fines, lunch accounts, etc). **(This is an “optional” purchase through the web store for either the student or parent. A processing fee will be assessed.**
- All students will be academically eligible for the first semester of the 2020-21 school year. However, the students must be enrolled in sufficient credit this fall to maintain eligibility. In addition, all students who chose the “virtual option” for the first semester are also eligible.
- Activity Fee – Students participating in a sport, club or activity in which a sponsor or coach is paid a stipend by the district, will be required to pay a yearly FHSD activity fee of \$40. This is in addition to any costs that is directly associated with the group. Failure to pay the activity fee will not allow students to attend extra-curricular activities, purchase parking passes or tickets, participate in future sports or clubs or become a teacher’s aide.

For the most updated information, you can call the hotline or visit either the activities website or the FHC website. In addition, please feel free to call the office with any questions you may have at 636.851.4612 or email at [annette.herdt@fhdschools.org](mailto:annette.herdt@fhdschools.org)