



Francis Howell Central High School Activities

Sports & Club Descriptors

Welcome to Francis Howell Central High School. Listed below are the sports and clubs that we offer that will allow 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/or club this year and enjoy all we have to offer.

**Coaches/Sponsors listed as of 9/29/17 and are for the 2017-2018 school year.*

**If no coach/sponsor is listed or if coach is out of building, please feel free to contact the FHC Activities Office with any questions.*

FALL:

Boys Soccer

Head Coach - Derek Phillips (Saeger Middle School) derek.phillips@fhdschools.org

Boys Swimming

Head Coach – Jacob Froeschner (Out of Building) jacob.froeschner@gmail.com

Cross Country

Head Coach - Michelle Breuer (Guidance) michelle.breuer@fhdschools.org

Football

Head Coach – Peter Eberhardt (Room 153) peter.eberhardt@fhdschools.org

Girls Golf

Head Coach – Paul Otto (Saeger Middle School) paul.otto@fhdschools.org

Girls Tennis

Head Coach – Jeremy Rohrbach (Room 128) jeremy.rohrbach@fhdschools.org

Girls Volleyball

Head Coach - Mark McAfee (Room 10) mark.mcafee@fhdschools.org

Softball

Head Coach – Zack Sheets (Francis Howell Union) zachary.sheets@fhdschools.org

WINTER:

Boys Basketball

Head Coach - Larry Anders (FHHS) larry.anders@fhdschools.org

Girls Basketball

Head Coach - Hayley Leake (Room 131) hayley.leake@fhdschools.org

Girls Swim/Dive

Head Coach – Robin Hussey (Warren Elementary) robin.hussey@fhdschools.org

Wrestling

Head Coach - Steve Cross (Room 102) steve.cross@fhdschools.org

SPRING:

Baseball

Head Coach - Ray Howard (Gym) raymond.howard@fhdschools.org

Boys Golf

Head Coach - Paul Otto (Saeger Middle School) paul.otto@fhdschools.org

Boys & Girls Track

Head Coach - Bob Breuer (Saeger Middle School) robert.breuer@fhdschools.org

Boys Tennis

Head Coach – Jeremy Rohrbach (Room 128) jeremy.rohrbach@fhdschools.org

Boys Volleyball

Head Coach - Mark McAfee (Room 10) mark.mcafee@fhdschools.org

Girls Soccer

Head Coach - Derek Phillips (Saeger Middle School) derek.phillips@fhdschools.org

Girls Lacrosse

Head Coach – Marcelo Menchaca (Hollenbeck Middle School) marcelo.menchaca@fhdschools.org

YEAR ROUND:

Spartan Regiment (Band) & Color Guard - Nathan Griffin (Room 6) nathan.griffin@fhdschools.org

Spartan Regiment (Band): This is the marching band and is considered an extracurricular activity. We meet during the fall season and rehearse after school. This group plays for all home football games and competes in local and state-wide competitions.

Spartan Color Guard: This group is a part of the Spartan Regiment and is the visual representation of the music on the field. This group is an auditioned group that incorporates dance, flag movement, and drill to enhance what the band is doing.

Cheerleading - Head Coach: Michelle Berryman(Room 206) michelle.berryman@fhdschools.org

Cheerleaders are responsible to cheer for all football games, home and away, and post season play. All home boys' soccer games and post season play. All boys' basketball games, tournaments, and post season play. All home girls' basketball games and post season play. All wrestling meets, tournaments and post season play. VARSITY will attend both Wrestling and Basketball State Finals hosted in Columbia. Cheerleader tryouts will be held in the spring. Cheerleader candidates will attend a three to four-day clinic in preparation for tryouts. Candidates must meet the eligibility requirements as set forth by the school district and the MSHSAA. In addition, the candidate must be familiar with the cheerleading organization and have Parent/guardian permission to try out. Cheerleader selection will be determined by the coach based on the candidate's performance, sports knowledge, teacher recommendations, an interview, and the coach's objective judgment. The process of selection will be determined by the coach prior to the clinic.

Choir/Chorus - Elisabeth Baird (Room 5) elisabeth.baird@fhdschools.org

Chorus is an elective introductory performing class which is available to all students regardless of prior experience. Fundamental vocal techniques, music reading, unison, and part singing are emphasized by group rehearsal and written assignments. A variety of music styles are rehearsed. Students will be evaluated on singing ability, active class participations, written work, tests, and performances. Vocal grouping will be determined each year by the director according to class enrollment.

Drama - Cori Stallard (Room 22) cori.stallard@fhdschools.org

Students in grades 9-12 participate in productions through the year in various technical and acting positions. Students hold meetings to discuss upcoming activities. The group may attend functions at the elementary and middle schools to promote awareness about the arts and to encourage student interest in drama productions.

Scholar Quiz Bowl – Sharon King (Out of Building) mama_king@mac.com

This is an academic team sport that offers the challenge of answering questions in a competitive format. Questions cover general academic knowledge such as math, spelling, science, history, sports, pop culture and current events. Students meet to practice in order to prepare for competitions against other schools. Everyone is welcome to attend.

Sensations (Pommers) - Roxanne Fetsch (Room 213) roxanne.fetsch@fhdschools.org

The Francis Howell Central Sensations JV and Varsity Dance Teams are comprised of freshmen to senior students who go through a week-long tryout in order to be judged and placed on either team. Candidates must meet the eligibility requirements as set forth by the school district and MSHSAA. There are certain academic requirements students are expected to maintain to participate in tryouts. There are also specific dance requirements students must be able to demonstrate to be a member of the team. Both Sensation teams show their school spirit by performing at FHC home football, soccer and men's and women's basketball games, wrestling and all school pep assemblies. The JV team competes locally and nationally in Chicago, Illinois. The Varsity team also competes locally and nationally at the UDA National Dance Team Championships in Orlando, Florida.

Speech & Debate – Sheri Baize (Room 113) sheri.baize@fhdschools.org

The purpose of Speech and Debate Club is to promote proficiency in public speaking and debate skills for high school students. Speech Club competes in drama, humor, poetry, prose, original interpretation, radio, impromptu, duet acting and debate competitions at the local, district and state levels. The Speech & Debate Team competes in the Greater St. Louis Speech League in the fall and in weekend tournaments throughout the year. The MSHSAA District Tournament is held in March. Students may compete in Public Speaking, Interpretation, or Debate events.

CLUBS:

Senior Class – Jen Denny (Gym) jennifer.denny@fhdschools.org

The purpose of the Senior Class Club is to ensure that the senior's final year is successful and memorable. They meet with administrators and decide what the senior class will give back to the school as their gift.

Junior Class – Kim Schellert (Room 129) kimberly.schellert@fhdschools.org & Sarah LaRue (Room 122) sarah.larue@fhdschools.org

Junior Class club is a group of selected students from the Junior Class, whose main responsibility is planning and implementing the Junior-Senior Prom on a yearly basis. They decide the location, themes, colors, decorations, music, menu, tickets, programs and gifts. In order to fund the event, the entire class holds a fundraiser. Other activities of the Junior Class include an annual Prom Fashion Show, Spirit Week, Powder Puff Football and class meetings.

Sophomore Class – Currently No Sponsor

Sophomore Class club is a group of selected students from the Sophomore Class. Activities of the Sophomore Class include community service projects, Spirit Week, Powder Puff Football and class meetings.

Freshman Class – Currently No Sponsor

Freshman Class club is a group of selected students from the Freshman Class. Activities of the Freshman Class include Homecoming events and coming up with new ideas for the Freshman Class to get involved in.

All of Us Club – Courtney Jilek (Room 109) courtney.jilek@fhdschools.org

This group aims to build relationships and strengthens the FHC community through games, movies, food and fun. All of Us Club is a club where everyone is welcome and encouraged to come hang out and make new friends.

Anime Manga – Jeremy Winningham (Room 241) jeremy.winningham@fhdschools.org

Anime is Japanese animation, while Manga is Japanese comic books. The Anime and Manga club is essentially a place where students can bond over these 2 popular Japanese art forms. Often, the members will watch and discuss Anime, while other meetings they may focus more on reading and discussing Manga. Some of the members will even try their hand at drawing both original and popular anime and manga characters. Being that we are a relatively new club, we are still figuring out how to best explore and spread the word about these 2 art genres.

Arete – Amy Zykan (Room 2) amy.zykan@fhdschools.org

ARETÉ recognizes students through the four “Pillars of Excellence”: Academic Excellence, Athletic Sportsmanship, Extracurricular Services and Productive Citizenship.

Art Club – Lisa Harlan-Milos (Room 245) lisa.harlan-milos@fhdschools.org

Students do not have to be currently enrolled in art classes to join the Art Club at the high school. The purpose of the club is to provide an opportunity for students to engage in artistic and creative projects that they might not otherwise have a chance to experience. The members work on projects that they choose, either individually or as a group. Activities include working with a variety of media, preparing for PPI activities, poster and banner designs for different school organizations, t-shirt designs and drawing contests.

Bowling – Pam Morelli (Out of Building) bowl4fun@yahoo.com

Enjoy bowling? Come on out and join us. The bowling team is open to all students.

Central Harmony/Acapella Club – Elisabeth Baird (Room 5) elisabeth.baird@fhdschools.org

The purpose of Central Harmony is to provide developed singers a musical challenge. The students should be interested in a cappella music and be willing to work on the music on their own. Any student with vocal experience or ability as determined by the director is eligible to be a part of this group. You do not need to be currently enrolled in a choir class at FHC to be a part of Central Harmony. This group performs a variety of musical selections ranging from Challenging Women’s Classical pieces, Barbershop, Modern Vocal A Cappella and meets once a week after school.

Central Outreach – Ashley Mair (Room 231) ashley.mair@fhdschools.org

Central Outreach is a community service club made up of students who desire to make a difference for others. Students meet several times a month to organize events and fundraisers that will benefit people who live in the surrounding area, from volunteering at a nursing home or food bank to collecting items for victims in crisis.

Chemistry Club - Currently No Sponsor

Chemistry Club invites, motivates, and encourages high school chemistry students, either former or current, who are fascinated by the many ways that chemistry connects to their world. We are supported by the American Chemical Society and we provide fun, authentic, and hands-on opportunities for members to experience chemistry beyond what is taught in the classroom, learn about study and career opportunities in the many and varied fields of chemistry, and provide serve for the betterment of our communities.

Cultural Awareness – Ashley Eiswirth (Room 145) ashley.eiswirth@fhdschools.org

Students work on special events, fundraisers and other projects relating to Diversity in our school. Our club meets twice a month, usually every other Monday planning and organizing in August. During the rest of the year we work on bulletin boards, flyers and other advertisements for the events. Students have a strong voice in the club, guiding the direction of the activities for the year.

DECA – Steve Cross (Room 102) steve.cross@fhdschools.org

DECA (Distributive Education Clubs of America) is organized around an ambitious goal: to improve educational and career opportunities in marketing, management and entrepreneurship for students DECA gives students the opportunity to participate in leadership activities organized with our high school and business community. Activities students participate in include DECA Week, Make-A-Difference Day, Heat-a Home, Feed-a-Family, State and National Career Development Conferences, District and State Leadership and Election Conferences. Students also have the opportunity to compete in business related competitive events. Competitions being on the local level then students may qualify for state and international level competitions. Members may also travel to other conventions that teach the importance of leadership in business.

Destination Imagination – Currently No Sponsor

Destination Imagination is a place where kids take what they know and what they are good at and learn to apply it to solve challenges, working together and cooperatively with a team and pushing the limits of imagination to best not their competition, but themselves. Destination Imagination is a community-based, school-friendly program that builds participants' creativity, problem solving, and teamwork in enjoyable and meaningful ways.

Ecology Club – Currently No Sponsor

Environmental Science – Currently No Sponsor

Epsilon Beta - Andrea Head (Learning Commons) andrea.head@fhdschools.org

This is a service club for readers. Members work on service projects that emphasize the importance of reading and the learning commons. Example projects include reading to elementary students, participating in the Gateway Readers program, chairing or serving on an FHC Epsilon Beta sponsored event or reception committee, etc. Members earn an academic letter by being an active member in good standing and demonstrating accomplishments in the areas of academics, personal growth, literacy, and service.

FBLA – Ashton Sewing (Room 106) ashton.sewing@fhdschools.org

(Future Business Leaders of America) – Future Business Leaders of America develops leadership skills and an understanding of the American business enterprise. It helps members establish career goals, encourages scholarship, develops character and self-confidence. This organization promotes efficient financial management. Our goals are accomplished through business leadership conferences, management of fund raisers, academic business contests, professional dress and school meetings. All students are welcome!

FCA (Fellowship of Christian Athletes) – Kathy Maupin (Room 136) & Brian Cissell (Room 146)
kathy.maupin@fhdschools.org & brian.cissell@fhdschools.org

FCA's purpose, at its absolute core, is to combine people's passion for sports with their passion for Christ, and teach them that those two worlds don't have to be separate. FCA wants to give meaning to the athletic nature that all of us are born with and use it for something that stretches beyond sports.

FCCLA – Bethany Bear (Room 157) bethany.bear@fhdschools.org

(Family, Career and Community Leaders of America) – The purpose of FCCLA is to provide opportunities for personal development and preparation for adult life. This club is interested in Family and Consumer Science and includes activities such as attending regional FCCLA meetings, doing community service projects for the school and community and providing leadership in the school.

Future Educators of America – Katie McGuire (Room 135) kathryn.mcguire@fhdschools.org

Also known as Educators Rising cultivates highly skilled educators by guiding young people on a path to becoming accomplished teachers, beginning in high school and extending through college and into the profession.

Future Problem Solvers – Currently No Sponsor

Games Club – Kim Okai (Room 140) kimberly.okai@fhdschools.org

Games Club is totally student-centered, and mostly student-run. It is an environment where students can come to play role play chess and role playing games like Magic and Dungeons and Dragons. Sometimes the group decides to play a game of Flux or Apples to Apples as a break. The atmosphere is relatively loose and relaxed but focused on gaming of some sort. No video games are played because the group relies on the members' imaginations.

Gay-Straight Alliance Club – Barb Riti (Room 132) barbara.riti@fhdschools.org

GSA is a student-led organization that looks for equality for all students. We believe that in order for a student to get a high-quality education, they must feel welcome at school. We hold monthly meetings, have social outings, and discuss events affecting society.

Guitar Club – Currently No Sponsor

HOSA (Health Occupations Student of America) – Jessica Rowe (Room 222) jessica.rowe@fhdschools.org

HOSA is for future health professionals and is a national organization in high schools for young people in health science and biomedical classes or programs (such as our PLTW biomedical sciences program). HOSA's purpose is to develop leadership and technical HOSA skill competencies through a program of motivation, awareness and recognition, which is an integral part of the instructional program. HOSA-future health professionals, a student-led organization provides opportunities for students to develop, practice and refine their academic, technical, leadership, and teamwork skills to achieve seamless transition from education to careers. HOSA includes a competitive events program to motivate students to practice skills and knowledge and to recognize those who excel. The events are aligned to the National Healthcare Foundation Standards to help students prepare for college and careers.

International Club – Caitlin Crain (Room 238) and Amy Roznos (Room 237) caitlin.crain@fhdschools.org & amy.roznos@fhdschools.org

Members of the International Club will increase their knowledge of languages and cultures, raise diversity awareness, visit culturally significant events and sites in the area, help those in need in our community and in the world, and have fun and sample foods from different cultures.

Journalism (FHC Newspaper) – Matt Schott (Room 139) matthew.schott@fhdschools.org

Members of the Central Focus produce and run the student newspaper and website – FHCtoday.com – as part of a co-curricular class. Students are chosen via application in early January and must have taken one of two prerequisite classes (Journalism or AP Literature and Composition). All decisions on content about the newspaper and website are made by the news staff, with the adviser (Mr. Matthew Schott), providing guidance and support to their ideas. The staff updates the website on a daily basis and seeks to be the source for news at Francis Howell Central. The newspaper generally comes out once per month.

Knowledge Master – Currently No Sponsor

Literary Club – Currently No Sponsor

Math Club – Currently No Sponsor

Mentor – Wendy Ahearn (Guidance) wendy.ahearn@fhdschools.org

Junior and Senior mentors are responsible for tutoring underclassman and assisting the Spartan Success teacher in English, Math, or Science Success classes. Mentors build positive relationships and serve as role models both inside and outside of school. Mentors are expected to attend a one day summer training session, quarterly meetings before or after school, assist with freshman transition activities, and help with DARE role model classes in the elementary schools. Mentor selection will be determined by an application, teacher recommendation, and interview.

National Art Honor Society (NAHS) - Elizabeth Allen (Room 242) elizabeth.allen@fhdschools.org

The National Art Honor Society (NAHS) is designed specifically for high school students in Grades 9-12. In 1978, the National Art Education Association began the NAHS program to inspire and recognize students who have shown an outstanding ability and interest in art. The NAHS strives to aid members in attaining the highest standards in art scholarship, character, and service, and to bring art education to the attention of the school and community.

National Honor Society - Dena Rulo (Room 203) & Laurie Fay (Room 150) dena.rulo@fhdschools.org & laurie.fay@fhdschools.org

National Honor Society (NHS) is an academic/service organization where students must meet citizenship and academic requirements for membership. Students who maintain a 3.75 cumulative GPA are invited to apply during their sophomore year.

Pep Club – Angie Syron (Dean of Students) angela.syron@fhdschools.org

Pep Club is designed to promote school spirits and good sportsmanship in high school sports and activities. Students sit together for athletic events to cheer for teams, plan events before and after games. Pep Club hosts the school mascot, plans pep assemblies and participates in all homecoming activities. Website for Pep Club is <http://club300.webs.com>

Robotics – Ricky Reeves (FHH) ricky.reeves@fhdschools.org

Robotics Club is for any student interested in technology or running a real business. This includes programming, web design, computer graphics, robotics, digital photography computer technology, marketing, financial management, and so much more. We work with mentors from all aspects of life including engineering, finance, and business. Meetings start in August on alternating Thursdays after school from 6-8 p.m. in Room 13. Three day competitions are in March and Internationals are in April during schools. Costs may apply.

Science Club – Currently No Sponsor

Science club students participate in community events such as water monitoring, stream clean ups, and tree plantings for habitat restoration, as well as volunteering for Earth Day festivals and Race for the Rivers. Between events, we do science labs in the classroom such as gel electrophoresis, chromatography, crystallizing sugar and salt, and practicing using microscopes. Students of all science levels can participate!

Skills USA – Don Barnes (Room 13/14) donald.barnes@fhdschools.org

Skills USA is for any student interested in the trades with a focus on woodworking. This includes cabinetry, carpentry, architectural design, and many more. Meetings start in September on Tuesday's after school from 2:45-3:30 pm in Room 11(woodshop). Competitions are in second semester and vary depending on entry. We will be building projects throughout the year, remember that projects you build, you keep. Material costs may apply.

Spartaneers and Student Ambassadors - Currently No Sponsor

All students new to FHC from outside our boundaries are automatically a part of Spartaneers. Our Student Ambassadors are current students or former Spartaneers who want to assist new students in their orientation to Spartan life. We share information and participate in social events and charitable community service projects as a means to create a path to friendship, inclusion and success at Francis Howell Central.

Sports Management – Currently No Sponsor

Help assist Activities Director and activities office with hosting home events. Event Hosts for officials and visitors, marketing and promotions, and event administration support.

Step Team – Shannon Harting (Guidance) shannon.harting@fhdschools.org

A type of dance that expresses rhythm through dance and stepping. Rhythm is the skill set needed to participate. Since 2011-2012 this is the first year, the club does not have tryouts!!!

Student Council – Stacey Dennigmann (Room 111) stacey.dennigmann@fhdschools.org

Student Council is a student-centered organization, which focuses on developing the leadership skills of teens. Meetings are conducted in a parliamentarian fashion with a presiding president, vice-president, and secretary. The organization strives to promote school spirits and positive peer interaction. Student Council reaches out the community with service projects throughout the year. Student Council is also responsible for planning and organizing such things as all school activities and dances related to homecoming, talent show and school-wide charity drives.

Table Tennis – Jeremy Rohrbach (Room 128) jeremy.rohrbach@fhdschools.org

Table Tennis clubs meets every Thursday outside of room 130. Everyone is welcome. All levels of play are encouraged to play. Racquets and Tables are provided. We have several tournaments throughout the year, including the St. Peters Open, which brings some of the best Table Tennis in the Midwest into our gym. Don't worry if you are good or bad, it's just about having fun! By the way - it's NOT Ping Pong!

Teens Advocating Smart Choices (TASC) – Currently No Sponsor

TSA – Don Barnes (Room 14) donald.barnes@fhdschools.org

(Technology Students Association) TSA focuses on student with a dedicate interest in technology. TSA goals include promoting technology leadership and personal growth through student participation in challenging technological competitions that require problem-solving, decision making, and critical thinking skills as they relate to communications, power, energy, transportation, engineering, manufacturing, and construction. Students may qualify to compete at the TSA National Conference each summer.

Ultimate Frisbee – Dustin Bailey (Guidance) dustin.bailey@fhdschools.org

Ultimate Frisbee is an athletically and technically demanding team sport played with a flying disc. Though it may be new to you, more than twenty schools (that's over 300 players) in the metro area compete in the St. Louis Ultimate Juniors spring league every year. Interested in trying the fastest growing sport in the nation? Check out <https://sites.google.com/site/fhculimate> and/or contact Coach Becker in Room #121.

Volunteer Club – Currently No Sponsor

World Language Club – Currently No Sponsor

The International Club allows students a chance to experience the cultures of the languages studied at FHC. Members also participate in service projects based on Spanish, German, & French culture.

Yearbook – Matt Schott (Room 139) matthew.schott@fhdschools.org

Members of the Odyssey produce and run the student yearbook and website as part of a co-curricular class. Students are chosen via application in early January and must have taken one of two prerequisite classes (Journalism or AP Literature and Composition). All decisions on content about the yearbook and website are made by the news staff, with the adviser (Mr. Matthew Schott), providing guidance and support to their ideas. The yearbook is published in late July each year.

Youth in Government – Margo Hoffmann (Out of Building) margo.e.hoffmann@gmail.com

Like Law and Order? Ever want to be a part of the Legislative process or want to work for the media and report on everything that is going on? Then Youth in Government could be for you!

“WE...are Howell Central”