



FLATHEAD HIGH SCHOOL

2019-20 Activities Start-Up Dates and Information

FOOTBALL	Thursday, August 15th - Registration Day/Equipment Handout (10 AM). 9th - 12 grades Team Meeting - Meet in weightroom at 6 PM. Practice begins August 16th. See website for the summer football schedule on FHS website, athletics, football. Two- A-Days: (Grades 9-12) 9:00 AM Chalk - Practice 10 AM - Noon & 5 PM Chalk - Practice @ 5:30 - 7:30 PM Black & Orange Scrimmage: Friday, August 23rs: Frosh 3:30 PM JV/VAR 7 PM
CHEER	Tryouts begin Thursday, August 8th from 9 AM to Noon and 1:30 to 3:30 PM. Tryouts will continue on August 9th from 9:00 to 11:00 AM and 1:00 to Completion. Athletes must attend all sessions. Team selections will begin at 9:00 AM Saturday, August 10th. We will meet in the FHS Commons for all meeting times. For more details about camps or off-season training please contact Coach Heuscher at: heuscher@sd5.k12.mt.us or 406-671-6049.
VOLLEYBALL	Volleyball tryouts start Friday, August 16th. For information on tryout times, summer open gyms, and camps please go to the Bravettes Volleyball page under Athletics. Sign up for Remind texts about VB by texting @6f79ha to 81010. If you have questions email Coach Fairclough at: flatheadhighvolleyball@gmail.com .
GOLF	August 14th - parent meeting at conclusion of fall sports meeting. Room 218. August 15th-17th: Tryouts. 1-4 pm. Buffalo Hill G.C.
BOYS SOCCER	Tryouts begin Friday August 16th from 7:30-9:30 AM & 4-6 PM at Kidsport. Tryouts will continue on August 17th from 8:00-10 AM. For more details about camps, pre-season friendlies, and optional summer training sessions, please visit our website. www.sd5.k12.mt.us/fhs/Content2/bravessoccer
GIRLS SOCCER	Tryouts begin Friday August 16th from 8:30-10:30 AM & 5:00-7:00 PM at Kidsport. Tryouts will continue on August 17th from 8-10 a.m. For more details about camps, preseason friendlies, and optional summer training sessions, please visit our website. www.sd5.k12.mt.us/fhs/Content/bravettesoccer
CROSS COUNTRY	Start date is Friday, August 16th. Meet in the Commons of FHS at 8:00 a.m. Team retreat is Thursday, August 22nd. Practices will be at 3:30 p.m. starting August 26th meeting in Coach Rumsey's room, 123.
SPEECH & DEBATE	We will have an introductory meeting at the end of September and practices will officially begin the week of October 1st. Please view our web page for more details at: flatheadforensics.blogspot.com
BAND	Braves Marching Band Camp occurs August 13-16 & 19-21 from 9 AM to 4 PM. The camp is a normal obligation of band, percussion and color guard students to prepare them for the NW Montana Fair Parade and the first home football halftime performance on Friday, 9/13. Lunch is provided each day and professional staff from Denver work with students on percussion, brass, woodwinds and color guard to help achieve excellence! The camp is free for all students. NOTE: Students who participate in Fall Cheer, Cross Country, Football, Golf or Volleyball are exempt from marching band or they may choose to participate in both. More information will be mailed out to all band, percussion and color guard students or you may contact Band Director, David Johnke at johnked@sd5.k12.mt.us or 751-3554 (Band office).
CHOIR	Concert Choir will have its annual Fall Retreat September 6-8 at Trinity Lutheran Camp located on the east side of Flathead Lake. This is a required event for all Concert Choir students. We depart Friday after school and return to FHS around 11 AM Sunday morning. Please contact Jennifer Stephens with questions: stephensj@sd5.k12.mt.us
SWIMMING	First day of practice is Friday, November 21st at The Summit times TBD. Please contact Coach Bouda for additional information. boudak@sd5.k12.mt.us
WRESTLING	Official wrestling practice will begin November 14th at 3:40 pm in the wrestling room. See Coach Thompson in room 125 if you have questions or email him at thompsonj@sd5.k12.mt.us
BOYS BASKETBALL	Fall Open Gyms begin the week of September 21st. Tryouts are November 21, 22 and 23rd. Practice begins November 25th
GIRLS BASKETBALL	Tryouts: November 21st through 23rd. Practice begins November 25th.
TENNIS	Practice begins Monday, March 9th at FVCC (weather permitting). If you have questions you can contact Coach Cripe at jimmycripe@gmail.com
TRACK	Practice begins Monday, March 9th. Athletes must have 10 practices before competition. Visit the Track web page on Flathead High School website under Athletics.
SOFTBALL	Tryouts will begin March 9, 2019. Open gym opportunities will start the end of October. Need information contact Coach Foster jwfoster00@msn.com
THEATRE	Returning Letter Winner Meeting will be held August 29th at 3:30 pm in PA40. Auditions for the Fall All-School will be held September 3rd and 4th at 3:30 PM. Auditions for the Fall Festival will be September 5th at 4 PM. The Fall Ten-Minute Play Festival will be held on Thursday, September 12th. Plays submissions for the Fall Festival can be sent to putzlerw@sd5.k12.mt.us by August 1st. More information can be found at www.sykora.wixsite.com/fhstheatre
FAST	The FAST (Flathead Agility and Strength Training) Program is our strength and conditioning program that runs the entire year at FHS and is open to any Flathead Student-Athlete. SUMMER FAST: Begins Monday June 10th through Thursday July 30th. (Mon., Tues., Thurs) (Grades 6-12) (7:30-8:45 AM) FOOTBALL 4th QUARTER PROGRAM: 6:00-7:30 AM Begins Monday June 24th (Monday Through Thursday)
PAPERWORK	All paperwork must be completed online (web address below) and a sports physical needs to be completed after May 1, 2019 before students can tryout or attend practice. Flathead High School website Quick Links FHS Activity Forms http://www.sd5.k12.mt.us/fhs/Content2/fhsforms
FEES	Students must pay a \$60 Participation fee for the first Activity prior to first competition. (Any additional participation fees will be only \$35.) There may also be a \$30 fee for a Spirit Pack (generally FHS logo attire) - Check with the program coach/director for details.