



INFORMATION REGARDING NORTH HIGH SPORTS FOR PARENTS OF INCOMING FRESHMEN

Fort Zumwalt North High School maintains a comprehensive sports and activities program featuring thirty one clubs and twenty four interscholastic sports. These activities are each an extension of the academic curriculum and as such, their focus is on the positive development of the student-athlete. Hard work, determination, cooperation, and good sportsmanship are but a few of the virtues North High's activities programs seek to develop in our children. We welcome our Class of 2020 Zumwalt North Panthers.

Clubs and Activities: North High offers a variety of club activities to its students. These activities are listed in the next document. All of these activities begin in September and organizational meetings are announced in the daily student bulletins.

Affiliations: Fort Zumwalt North High School is a member of the Missouri State High School Activities Association. It is the MSHSAA that sets the rules by which all member schools participate. Locally, our school is a member of the Gateway Athletic Conference Central Division.

Transportation: Unlike the Middle Schools, FZSD High Schools do not operate activity busses although bus transport to, and from, away athletic contests are provided. Transportation home after club meetings and activities are the responsibility of the family.

Physicals: **ALL** students in the State of Missouri who wish to compete in interscholastic athletics **MUST** have a valid physical on file with their school's athletic office. This requirement extends to cheerleading and dance team. The *physical forms* may be completed by your family physician and turned into the appropriate coach at the first practice or tryout. A physical completed on or after February 1st of any year will be valid for the rest of that academic year and the following academic year. Example: if your child receives their physical after 2/1/16, that physical will allow them to compete in any sport for the 2016 - 2017 school year. By the first practice in August of 2017 however, your child would need a newly completed physical. The Fort Zumwalt School District no longer offers sports physicals prior to the start of the fall practices so families are advised to secure appointments with their family physicians at the earliest possible date.

Summer Camps: Many North High coaches offer summer camps at nominal prices. These camp dates and times will be announced sometime in the spring & registration forms will be available on the OneSchoolStreet.com website. Your incoming freshman child may **ONLY** attend high school affiliated summer camps held by North High coaches. Example: your daughter is a softball player and she wishes to attend both the North High and West High softball camps, she may only attend the North High camp this summer. She would lose 365 days of high school athletic eligibility were she to attend the West High camp. This restriction does not pertain to students who will be in grades K – 8 in the upcoming school year.

Costs: North High's athletic programs are free to all students. Uniforms are provided but shoes, socks, underclothes, swim suits, and ball caps are the responsibility of the students. Clubs are self-supporting and student fundraisers are undertaken to finance club activities.

Non-Sponsored Sports: Ice Hockey, Roller Hockey, Lacrosse, Bowling, and their associated spirit squads are activities not recognized by the Missouri State High School Activities Association and are not sponsored in any way by Fort Zumwalt North High School. These activities will self-organize throughout the school year.

Eligibility: By MSHSAA policy, all incoming freshman are considered academically eligible for the first semester of their freshman year of high school. This eligibility does **not** extend to the second semester. **To remain eligible, all students must successfully pass 3.0 credits of coursework each succeeding semester.** Disciplinary action undertaken by middle school officials that carry over till next year will be honored by North High.

Off-Season Conditioning: North High's weight room is available during the summer months to all incoming North High student-athletes who have turned valid physical forms to the FZN Athletic Office. Many coaches will run off-season conditioning programs to prepare athletes for the upcoming seasons. Information regarding weight room hours and sport-specific conditioning sessions will be released in late spring. Please contact the appropriate coach or the Athletic Office for this information at school year's end.

Tryouts: Many FZN sports field teams of limited numbers and must select athletes based upon tryout criteria. Typically, athletes are given a 3-5 day tryout period after which the team is selected. Athletes injured at the time of tryouts or unable to attend any or all tryout sessions are unlikely to secure a spot on that squad. A number of our sports have unlimited rosters and do not make "cuts" based upon tryout sessions. The term "first practice" used in the sections to follow will mean the first tryout session or official practice of a non-selective sport.

Practices: High school interscholastic sports are very competitive and it is our responsibility to prepare our athletes accordingly. With this in mind, our coaches will conduct practices every weekday and most Saturdays. Practices will typically last two hours and are usually held from 2:40 PM - 5:00 PM every school day. Weather and demand for limited facilities will necessitate holding some practices at other hours of the day, ie. evenings, early mornings.

Locker Rooms: Most North High athletic lockers require an external lock to secure items. It is important that all athletes maintain a padlock to secure their valuables when at practice or contests.

Dates of Note

FALL

Mon. August 1, 2016

First practice for fall sports; Football, Boys Soccer, Girls Tennis, Girls Volleyball, Boys and Girls Cross Country, Softball, and Girls Golf. Boys Swimming and Diving.

Cheer, Dance, and Marching Band will practice throughout the summer months

WINTER

Mon. October 31, 2016

First practice for Wrestling & Basketball

Mon. November 7, 2016

First practice for Girls Swimming

SPRING

Mon. February 27, 2017

First practice for spring sports; Boys and Girls Track, Baseball, Boys Tennis, Girls Soccer, Boys Golf, and Boys Volleyball

FZN Head Athletic Coaches

FALL 2016

Boys Soccer – Chris Stockmann
Girls Golf – Caitlin Combs
Girls Volleyball – Mark Morrison
Boys Swimming – Jay Young

Football – Joe Bacon
Girls Tennis – Charles Glotta
Dance – Silvia Young

Cross Country – Josh Janisse
Softball – Steve Siebert
Cheer – Kate McCarthy

WINTER 2016 - 2017

Girls Swimming – Jay Young
Girls Basketball – Jeremy Rapp

Boys Basketball – Charles Glotta
Dance – Silvia Young
Wrestling – Josh Cooper
Cheer – Kate McCarthy

SPRING 2017

Girls Track – Jeannine Nesslage
Boys Golf – TBD
Boys Volleyball – Mark Morrison

Boys Track – Charles Glotta
Girls Soccer – Jackie Layne

Baseball – Steve Siebert
Boys Tennis – Cody Orr

Fort Zumwalt North High School Athletics and Activities

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FZSD Website <http://www.fz.k12.mo.us>

FZN Sports Website: OneSchoolStreet.com

Athletic/Activities Director – Ted Hickey

Assistant to the AD – Sheryl Toews