

# Flathead High School

## 2025 Fall Activities Schedule for Week 1

### ★ PARENT MEETING: AUGUST 12, 2025 @ 5:00 P.M. FHS AUDITORIUM

**5:00pm:** General Information from Mr. Allison, Activities Director

**5:30pm:** Positive Coaching Alliance.

**6:15pm:** Activity-specific information. Locations will be provided during the General Info session.

### Arrowette Dance

Head Coach: Julie Hadley

Dance Choreo Camp **August 18th-22nd 10-4pm** Parents Should be Signed up on BandApp for communications. If not in the parent group, please reach out to Coach Ms. Hadley [julie.hadleyj@sd5.k12.mt.us](mailto:julie.hadleyj@sd5.k12.mt.us).

### Cheer

Head Coach: Stephanie Thompson

Cheer Practice begins **August 12th, 2025**.

Tryout Practice: **August 12th & 13th, 2024: 4:00pm-6:00pm.**

Tryouts for Freshman or New Students: **August 14, 2024: 2:00 p.m.-TBD (must attend all sessions.)**

### X-Country

Head Coach: Jesse Rumsey

X-Country Practice begins **August 15th, 2025 @ 8:00am** in the FHS Commons. Please have Dragonfly Paperwork completed. Coach Jesse Rumsey: [jesse.rumsey@sd5.k12.mt.us](mailto:jesse.rumsey@sd5.k12.mt.us)

### Flag Football

Head Coach: Jess Hensley

**Aug 18th 4:00pm - 6:00pm @ Legends.** Please have Sports Physical and Dragonfly paperwork completed.

### Football

Head Coach: Mac Roche

Prior to any player practicing, they must have all paperwork completed and uploaded into Dragonfly.

Varsity Head Coach Mac Roche: [maclane.roche@sd5.k12.mt.us](mailto:maclane.roche@sd5.k12.mt.us)

Freshman Head Coach Cory Coopman: [cory.coopman@sd5.k12.mt.us](mailto:cory.coopman@sd5.k12.mt.us)

#### August 13th, 2025

**9:00am - Team Meeting (Freshman-Senior)**

**10:00am - Equipment Hand Out (Freshman-Senior)**

#### August 15th, 2025

**Varsity/JV**

**7:00am - 7:30am Meeting**

**8:00am - 10:00am Practice**

**12:30pm - 1:30pm Meetings**

**1:45pm - 3:15pm Walk Through/Practice**

**Freshman**

**7:00am - 9:00am Practice**

**9:30am-10:00am Meetings**

**1:45pm - 3:15pm Walk Through/Practice**

#### August 16th, 2025

**Varsity/JV**

**7:00am - 7:30am Meeting**

**8:00am - 10:00am Practice**

**12:30pm - 1:15 Lift**

**1:30pm - 2:30 pm Meetings**

**Freshman**

**7:00am - 9:00am Practice**

**9:30am-10:00am Meetings**

**12:30pm - 1:15 Lift**

**1:30pm - 2:30pm Meetings**

# Flathead High School

## 2025 Fall Activities Schedule for Week 1

### Golf

**August 14th Buffalo Hill**  
3:00-6:00pm (Player Evaluation)

Head Coach: Phil Jackson

**August 15th Buffalo Hill**  
2:30-3:30: Player Warm up  
3:30-8:30: JV/Varsity Qualifier

**August 16th Buffalo Hill**  
2:30-3:30: Player Warm up  
3:30-8:30: JV/Varsity Qualifier

Weekly practice schedules will be posted online at FHS Golf page and via Remind.  
Join Remind list by texting [@73e92](https://www.remind.com/join/@73e92) to 81010

### Soccer

Girls Head Coach: Cassie Congdon  
Tryouts:

Boys Head Coach: John Lacey

### Kidsport

**Girls:** August 15, 2025: 8:00 a.m.-10:00 a.m.  
August 15, 2025: 6:00 p.m.-8:00 p.m.  
August 16, 2025: 8:00 a.m.-10:00 a.m.  
'Two a Day' Practice starts Aug 18th 8-10am & 6-8pm

**Boys:** 7:30 a.m.-9:30 a.m.  
4:00 p.m. to 6:00 p.m.  
8:00 a.m.-10:00 a.m.

### Volleyball

Head Coach: Emily Russell

Tryouts begin **August 18th-August 20th, 2025**. Students should report to Boyle Gym.  
Tryouts:

Soph-Senior: **9:00-11:00 AM and 2:30-4:30 PM**  
Freshman: **11:30-1:30pm**

*Athletes must attend all three days to be considered for making a team.*

### Theatre

Head Director: Luke Johnson

Auditions for the fall musical *Willy Wonka and the Chocolate Factory* will take place on **August 28 & 29 from 3:30 - 6:30pm** in the Auditorium. Audition material is available on Google Classroom. Join class code **w3or3ye**

### Paperwork

Forms must be turned in on [DragonFly MAX](#):

- |                        |                                   |                        |
|------------------------|-----------------------------------|------------------------|
| 1) Parent Consent Form | 2) Proof of Insurance             | 3) Concussion Sign-off |
| 4) MHSA Health History | <a href="#">5) Physical Forms</a> |                        |

### Fees

- 1) Participation Fee of \$35
  - 2) Activity Ticket Fee of \$30 paid after June 1, 2025 at GoFan: <https://gofan.co/app/school/MT19789>
  - 3) Spirit Pack Fee of \$35
- Participation and Spirit Pack fees should be paid online at <https://kalispellps.epaytrak.com>

