

FREMONT TIGER ATHLETIC BOOSTER CLUB

The 2009-2010 Fremont Tiger athletic programs have gotten off to a great start. The coaches were very pleased with summer camps and programs and the commitment athletes have made toward excellence. We are excited about the Fall seasons.

Fremont High School Web Site

Our daily and yearly schedules are updated each day on our website. Any postponements or cancellations will be posted as they are made. Please go to www.fpsweb.org and click on "High School" and then click on "Activity Schedules." High SchoolSports.Net should appear. The day's contests will be visible. If you wish to view an entire season schedule, select the sport, the level, gender and click on "Season Schedule".

The NSAA website is: www.nsaahome.org. You can look at school schedules in all sports, district and State schedules, wild card points, etc.

The Administration, Staff, Coaches, and Student-Athletes greatly appreciate your continued support of our programs and efforts.

NSAA Sportsmanship Code

The Nebraska School Activities Association is again making the statewide Sportsmanship Code a point of emphasis. The NSAA definition and punishment follows as a reminder to all:

Unsportsmanlike Conduct shall include the following: fighting, verbal abuse or dissent toward an official or an opponent, racial or ethnic slurs, inappropriate comments or actions that may be construed as sexual harassment, profanity, obscene gestures, flagrant and violent fouls, taunting, trash talk, baiting, cheating, throwing or abusing equipment, inappropriate posters, physical intimidation or abuse of an official or opponent, and unauthorized leaving of a team bench area.

Participants or Coaches ejected from a contest for unsportsmanlike conduct shall be ineligible for the next athletic contest at that level and any other level of competition during the interim in addition to any other penalties the NSAA or the school may assess.

What Spectators Can Do to Promote Good Sportsmanship

- Remember that student athletes play organized sports for their own fun. They are not pro athletes.
- Be on your best behavior. Don't use profane language or harass players, coaches, or officials.
- Applaud good plays by your own team and the visiting team.
- Show respect for your team's opponent. Without them there would be no contest.
- Never criticize a student athlete for making a mistake during a competition.
- Condemn the use of violence in all forms.
- Respect officials' decision.
- Encourage players to always play according to the rules.

BOYS' CROSS COUNTRY

Coach: Sean McMahon

Assistant: Erich Whitmore

Getting on the podium as the State Runner-Up in 2008 was an experience that the team of 2009 would like to build on. The team will have excellent numbers from each class to round out the 30+ athletes on the team. Britt Jensen, Cory Poehling, Ty Hall and Steven Wilson return as varsity runners from last year with the first three all being veterans of the Runner-Up varsity team. A host of others will join those four in what could easily go from being a rebuilding year into another year battling for one of the top positions in the State.

Fremont has been ranked in the top 2 for either part or all of every season since 2002. Even with the departure of several key athletes from '08, the team of '09 has already set the goal of this year not being an exception to that rule. Helping the cause this year could arguably be one of the best junior classes in school history. In addition to the junior class, the team will potentially have one of its deepest and most talented freshman classes ever. To round things out, this will be one of the largest senior classes in terms of experience, and a vastly improved sophomore class looking to continue that trend. As a whole, the attitudes are excellent, and the team camaraderie through the summer has allowed for high expectations.

The Tiger's will open their season on September 5th at the Nebraska Wesleyan Invitational, held at Pioneers Park, where the team will have a 7-year winning streak on the line.

The team would also like to invite everyone out to the Fremont Invitational held at Valley View Golf Course on Wednesday, September 9th, beginning at 3:30 p.m. Traditionally, the crowds at the meet have been fantastic, with the Tiger's fan base making it a very exciting atmosphere to compete in. Please come and join in on the 9th!

GIRLS' CROSS COUNTRY

Coach: Diane Hento

Assistant: Heidi Melcher

Volunteer: Andrea Wagner

With the loss of 12 seniors to graduation the 2009 team will rebuild around four returning members of the 2008 State Runner -Up team. Senior Kayla Fenske - Juniors - Lisa Poppe and Hannah Schroeder – Sophomore Karen Graves and alternate Senior - Cassie Burnside.

The experience of our core group of runners should give our younger talent time to develop and gain confidence. Our district assignment will definitely be a challenge; Westside, Lincoln East, Lincoln Southeast, and Omaha Central are quality teams that we have a lot of respect for.

I am optimistically encouraged by the motivation and enthusiasm shown by the team thus far. Please come out to the Fremont Invitational held at Valley View Golf Course, September 9th starting at 3:30 PM.

FOOTBALL

Coach: Kevin Meyer *Assistants: Jerry Donahue, Tony Weinandt, Mark Bowers, Sean Murphy, TJ Roffers, Lee Jennings and Volunteers Ty Wisdom and Derek McKenzie; Freshman coach: Scott Millard Assistants: Dave Sellon, Dave Murphy and Randy Sanders.*

The Fremont Tiger Football Team welcomed 90 players (grades 9-12) to fall camp. The Tigers qualified for the 2008 Class A State Playoffs and are eager to get to work in hopes of returning to the 2009 Class A State Playoffs and challenge for the District Championship this season.

The Tigers return eight starters on offense, including all three backfield positions. Senior Trevor Strong will lead the Tiger offense at quarterback. Seniors Sam Pimper and Ethan Kindler also return in the backfield. Junior Justin Vyhldal and sophomore Roger Brohimer will add depth to the running back position.

The offensive line will include four starters, seniors Zach Myers (left tackle), Curtis Leick (left guard), Evan Royuk (center) and J.C. Moore (right tackle). Seniors Bill McEvoy, Nate Schwanke, and junior Ryan Thayer will compete for the starting guard spot on offense. Junior Jace Dredge and Scotty Clausen will work at the tight end position.

Junior Braxton Voss, along with Jordan Larson will return as starter at the wide receiver position. Aaron Carnahan (junior), Camden Schmidt (senior), Jordan Knoepfel (senior) and Scyler Ritthaler will add depth to the wide receiver position.

The Tiger defense returns seven starters, led by inside linebackers Curtis Leick and Ethan Kindler, both seniors and three year starters at the linebacker position. Juniors Ryan Thayer, Tanner Steinbach and Jace Dredge will also work at the inside linebacker position. The Tiger defensive line should be solid, returning seniors Evan Royuk, J.C. Moore and Zach Myers up front. Seniors Bill McEvoy, Jordan Beaton, Nate Schwanke, and junior Dylan Powley will add depth to the defensive line.

In the secondary, the Tigers return seniors Sam Pimper (Rover), Trevor Strong and Jordan Larson (Cornerback), along with junior Braxton Voss who led the Tigers with six interceptions last season at the safety position. Justin Vyhldal, Ryan Ruf, Marvin Holiday, Dylan Sendgraff, Aaron Carnahan, Scotty Clausen, Shane Buresh, Josh Smith and Zach Ewing will also compete for playing time in the secondary.

In the kicking game, Jordan Larson and Aaron Carnahan will compete for the place kicking and kickoff duties. Justin Vyhldal and Jordan Larson will punt for the Tigers. Long snappers include Tanner Steinbach, Jace Dredge and Zach Myers.

The Tigers expect to be very competitive this season. District teams this season include Lincoln Northeast, Grand Island, Lincoln North Star, Lincoln High and North Platte.

GIRLS' GOLF

Coach: Maggie Peters

Volunteer: Heather Kroeger

The 2009 season looks promising for the FHS Girls Golf Team. We welcome back the 2008 State Individual Champion, Sr. McKayla Anderson, State medalist Jr. Sophie Peters, and varsity team mate Jr. Claire Hulett. These girls were part of the State Runner-up golf team in 2008 and are looking forward to bringing home more HAC, District, and State trophies. Our goal is to make our 15th straight trip to the state tournament as a team representing Fremont High School and we are honored to be hosting the A-1 District Girls Golf Tournament on Oct. 6 at the Fremont Golf Club.

Working hard to fill in 2 spots on varsity are juniors Kelsey Cartwright and Erina Winterfeld, and Sophomore Korri Hendrickson. New golfers to our squad are sophomore Ashly Taylor and freshmen Madi Helget and Rachel Samuelson.

VOLLEYBALL

Coach: *Cathy Bremer*

Assistants: *Dawn Weinandt, Stacie Fancher, Kathy McKelvey and Alisa Smits*

Fremont Volleyball 2009. **Many Parts. One Body.** This will be the mindset of about 35 volleyball athletes for the next 14 weeks. Each individual will be focusing on bringing excellence to her role. These solitary efforts will then be unified towards one common goal. Each part is essential in creating a complete team.

Fall practice began on the 17th of August with two-a-day sessions. Taking into account 6 returning letter winners, 7 returning starters, and 8 seniors, the leadership of experience is obvious on the court for younger athletes to mimic. This familiarity with the Class A rigor and schedule will be a key positive point as we head into competition.

The Varsity and JV squads debut on September 5th, taking on several Heartland Conference rivals at the Silver Star Tournaments in Lincoln. The freshman team opens up at home on September 8th with Marian and Omaha Northwest. Reserve squads see their first action at Lincoln Northeast on the 10th.

SOFTBALL

Co-head Coaches: *Ryan Fittje, Mike Schleicher*

Assistants: *Kelly McMeekin and Jessca Endorf*

Fremont returns 6 starters from last year's team that was 21-14 overall. The Tigers have 4 additional athletes that have varsity experience. This year's team will rely on a strong senior group. Five of those players were full time starters a year ago. Pitching should be a strong point with two returning starters at that position. The Tigers have good team speed and should be strong offensively. All home games are held at Christensen Field. Come out and support the Lady Tiger Softball team!

BOYS TENNIS

Coach: *Justin Bigsby*

Assistant: *Chad Redmon*

The 2009 Tiger Tennis Team looks to have a rebuilding season as the top seven players from the 2008 squad graduated last spring. This has opened the way for returning junior varsity players Luke Samuelson, Alex Hamilton, Brady Zoucha, George Hartmann, and Torrey Escamilla to see some of their first varsity experience. A number of players trained throughout the off-season, looking to fill the holes now open on the varsity squad. The Heartland Athletic Conference again looks to be the toughest conference in the state this year, meaning the Tigers' road to victory won't be an easy one, but all that much more rewarding! We hope to see you at the courts!

FREMONT FOOTBALL INFO IS NOW ON THE WEB:

http://www.fpsweb.org/Football/FREMONT_TIGER_FOOTBALL.html

Get your Tiger gear at the FHS Activities Office today! Stop in and see Melinda Wearden or call Debbie Riley @ 720-1976.