

FHS ATHLETIC UPDATE

Friendswood High School's Official Athletic Newsletter

SEPTEMBER 2023



VOLLEYBALL

The Friendswood Volleyball team is making waves in the 2023 season, boasting an impressive 19-9 overall and 5-0 record in district play and remains a top-tier state ranked program! With a combination of talent, teamwork, and determination, this team is setting a high standard for volleyball excellence in their district and in the state! Behind every successful team are dedicated coaches and athletes who share a common goal. The Friendswood Volleyball team benefits from both experienced coaching and talented players. This, no doubt, makes them a formidable opponent every night! The girls just broke Manvel's 39 game district winning streak and now have the top position in district 18-5A!

TENNIS - DISTRICT CHAMPS!!

The Friendswood Tennis Team has been nothing short of outstanding this season, consistently showcasing their prowess on the court. All of this hard work paid dividends this past Tuesday as the Mustangs secured yet another district title with a win over Manvel. But that title is just the beginning. They are gearing up for an even greater challenge working toward a state playoff berth with two final tune up matches, one of which will take place in College Station. Coach Cook has this team ready to make a deep playoff run and leave their mark on the state tennis scene!





CROSS COUNTRY

As the heat persists and the season progresses, our boys and girls cross country teams are in full preparation mode to defend their district titles. With just a couple of weeks left until the district meet, both teams have been putting in remarkable performances in highly competitive meets. Coach Bush knows the edge they need to punch their ticket to the state meet in Round Rock and has them ready for all challenges that lie ahead. Throughout this season, they have continued to showcase their talent and teamwork in each and every competition. The teams will participate in the Nike South Meet tomorrow which attracts some of the most talented cross country teams across the region. We want to wish Coach Bush, Coach Jackson and all of our runners the best of luck in the coming weeks!



WATER POLO

Coach Sikkema and our Waterpolo teams are ramping up towards a great playoff run. Both teams took care of Galveston Ball this past Tuesday to secure a 2nd place finish in district and will take on reigning district champ, Brazoswood, at the Natatorium on Monday afternoon. Congratulations on the success so far and best of luck the rest of the way!



FOOTBALL

Eagerly awaiting their next showdown in Magnolia, the Mustangs are currently 3-2 overall and 2-1 in district play after a 42-21 victory over Foster. Quarterback, Brock Foster, and, Wide Receiver, Adam Buffington, lead the district in passing and receiving respectively and the rest of the high octane offensive players are settling into Coach Johnson's fast paced offense. On the other side of the ball, the defense continues to put that very offense in great field position and even managed to punch in two of their own touchdowns by returning 2 crucial interceptions in last week's victory over Foster. The Mustangs are steadily positioning themselves for a playoff berth and will return home, October 6th, for a Homecoming match up with the Fulshear Chargers.



ATHLETIC PERFORMANCE TEAM

In the world of athletics, there's a group of unsung heroes working tirelessly behind the scenes to ensure our athletes perform at their best, game after game. They are the backbone of our sports programs, the ones who keep us strong in the weight room, provide daily treatments, offer recovery guidance, and keep our athletes healthy and ready to go. We would like to say thank you to the entire Athletic Performance Team for all the little things that make a huge impact. Hats off to Blake Lapier, Joseph Taylor, Tevin Dent, Melissa Jack, and all of our hard working students!



WEIGHTLIFTING

Last Saturday, 22 Mustangs competed in the Friendswood Fall Qualifier Weightlifting Meet. For 13 of these athletes, it was their first competition in the sport of Weightlifting! There were 25 personal best lifts completed, 6 Texas State Weightlifting Championship qualifiers and 3 USA Weightlifting National Championship qualifiers. Our Weightlifting Club continues to make tremendous progress both locally and nationally. Congrats to Coach Taylor and this entire program!

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TEACHER OF THE WEEK

In heartwarming display of appreciation and gratitude, the Friendswood Football team has taken time to honor outstanding classroom teachers. These educators were recognized as “Teacher of the Week” for their unselfish dedication to shaping young minds and furthermore, their invaluable contributions to the school. Way to go Stephanie Barnell, Eva Lord, Cherie Correa and Amanda Davies and the many others soon to be named!



IN THE COMMUNITY

