Francis Howell Central High School

Home of the Spartans

Sports, Activities and Club Information
2025-2026

Robert Gaugh, Interim Principal
Bryan Keim, Activities Director
Emily Tibbles, Assistant Activities Director

Message from the Francis Howell Central Activities Director, Bryan Keim

Welcome to Francis Howell Central and to the Spartan family. Once a Spartan, always a Spartan!

At FHC interscholastic athletics and activities are an extension of the classroom and the overall educational process. They provide valuable lessons for those involved. Teamwork, sportsmanship, self-discipline, self-confidence, citizenship and pride in the community are all developed through active participation in FHC activities. These are all qualities we would like to see in FHC students, which ultimately helps to develop responsible adults and productive citizens after high school.

Since I started at FHC, I have seen the passion of students, staff and community members for our students and their accomplishments. The very dedicated staff and student participants in FHC activities work hard to win not only in their activities but also in the classroom. The pride and support of the FHC community provides a foundation for all of these great things to happen. The Activities Department has experienced success in conference, district and state competition over the years and it is our goal to build on this success.

Our students, athletes, coaches, sponsors and staff will set high standards and strive for continuous improvement and success in FHC activities, in the classroom and in the community. All student participants will strive to be model citizens and leaders both in and out of school. As a student participant at FHC, we will take great pride not only in our success but also in our integrity and sportsmanship shown during competition and events.

It is my hope that you will become involved in a sport or activity at FHC and be a part of the success our programs experience. As we strive to improve on a daily basis, please feel free to contact our office with any questions that you have or with input on how we can make FHC activities the best in the state.

Activities Director

Francis Howell Central Activities Department

MSHSAA/NAIA "5-Star Leadership School"
MSHSAA Leadership School

Bryan Keim, Activities Director (bryan.keim@fhsdschools.org)
Emily Tibbles, Assistant Activities Director (emily.tibbles@fhsdschools.org)
Annette Herdt, Administrative Assistant (annette.herdt@fhsdschools.org)

MSHSAA Sponsored School Sports & Activities @ Howell Central

Fall Sports (practice starts on Monday, August 11, 2025)

Cross Country (Boys & Girls)	Matt VanHorn	matthew.vanhorn@fhsdschools.org	636.851.6341
Football	Malach Radigan	malach.radigan@fhsdschools.org	636.851.4715
Golf (Girls)	Jon Clark	jon.clark@fhsdschools.org	636.851.6451
Soccer (Boys)	Eddie Mulholland	edmund.mulholland@fhsdschools.org	636.851.5115
Swim & Dive (Boys)	Robin Hussey	husseyrobin8@gmail.com	314.541.4908
Tennis (Girls)	Samantha Schoonover	samantha.schoonover@fhsdschools.org	636.851.5489
Volleyball (Girls)	Kevin Stapleton-Cloud	kevin.stapleton-cloud@fhsdschools.org	636.851.4664
Softball	Aaron Pearson	aaron.pearson@fhsdschools.org	636.851-4842

Winter Sports (practice starts on Monday, November 3, 2025 for Girls Wrestling, B/G Basketball; Girls Swim/Dive & Boys Wrestling starts on Monday, Nov. 10, 2025)

Boys Wrestling	Jake Mattson	jacob.mattson@fhsdschools.org	636.851.4653
Girls Wrestling	Kurt Kruse	kurt.kruse@fhsdschools.org	636.851.4639
Basketball (Boys)	John Varner	john.varner@fhsdschools.org	636.851.4612
Basketball (Girls)	Hayley Leake	hayley.leake@fhsdschools.org	636.851.4674
Swim & Dive (Girls)	Robin Hussey	husseyrobin8@gmail.com	314.541.4908

Spring Sports (practice starts on Monday, March 2, 2026)

Baseball	Nick Beckmann	nicholas.beckmann@fhsdschools.org	636.851.6291
Golf (Boys)	Jon Clark	jon.clark@fhsdschools.org	636.851.6451
Soccer (Girls)	Eddie Mulholland	edmund.mulholland@fhsdschools.org	636.851.5115
Tennis (Boys)	Nick Jury	nicholas.jury@fhsdschools.org	636.851.6272
Track & Field (Boys & Girls)	Kurt Kruse	kurt.kruse@fhsdschools.org	636.851.4639
Volleyball (Boys)	Steve Le	steven.le@fhsdschools.org	636.851.4687
Lacrosse (Girls)	Angelina Dinello	angelina.dinello@fhsdschools.org	412.956.4176

Year Round

Band & Color Guard*	Nathan Griffin	nathan.griffin@fhsdschools.org	636.851-4597
Cheerleading*	Erica McDevitt	erica.mcdevitt@fhsdschools.org	573.280.1521
Choir/Chorus	Donna Solverud	donna.solverud@fhsdschools.org	636.851.4623
Dance Sensations*	Cortnee Rowell	cortnee.rowell@fhsdschools.org	636.486.5600
Drama	Kim Harrison	kimberly.gueydan-harrison@fhsdschools.org	636.851.4680
E-Sports	Kris Miller	kris.miller@fhsdschools.org	636.851.6245
Scholar Quiz Bowl	Ryan McCoy	ryan.mccoy@fhsdschools.org	636.851.5184
Speech & Debate	Sara McClendon	sara.mcclendon@fhsdschools.org	636.851.6446

Eligibility Information

* All athletes MUST have a CURRENT physical, Pre-Participation and 3 in 1 form (Application to Participate) on file in order to participate. The Activities department has partnered with Final Forms (an online platform) to allow parents, guardians and students to complete, sign and submit all the necessary participation forms needed electronically. The link for Final Forms can be found on the FHC Activities website. Physicals are valid for 2 years from the date of the actual physical (unless otherwise noted); Pre-Participation and 3 in 1 forms are valid for 1 year.

* If you are participating in: Cheerleading, Dance Sensations, Football, Boys/Girls Soccer, Boys/Girls Volleyball, Softball, Boys/Girls Basketball, Boys/Girls Wrestling, Baseball, Lacrosse, Color or Winter Guard and anyone participating in pole vault/high jump, an "ImPACT" Brain Injury Test must be taken. These are given throughout the summer (during camps) and prior to each tryout period. Information is located on "Enews", on the FHC.fhsdschools.org/activities website (under Impact Testing) regarding dates and times. Cheer and dance must take the "ImPACT" test prior to try-outs in April.

ACTIVE CLUBS:	***Coach/Sponsor***
Senior Class	Jen Denny (Gym) jennifer.denny@fhsdschools.org
Junior Class	Ashton Witthaus (Rm 101) ashton.witthaus@fhsdschools.org
Arete	Laurie Fay (Rm 150) laurie.fay@fhsdschools.org
Art Club	Ashley Runge (Rm 243) ashley.runge@fhsdschools.org
Artificial Intelligence & Programming Club	Isaiah Golden (Rm 154) isaiah.golden@fhsdschools.org
Bowling	Pam Morelli (Out of Building) bowl4fun@yahoo.com
Central Harmony/Acapella Club	Donna Solverud (Rm 5) donna.solverud@fhsdschools.org
Central Outreach (Volunteer Club)	Kellie Staback (Rm 221) kellie.staback@fhsdschools.org
Chess Club	Emily Harris (Rm 205) emily.harris@fhsdschools.org
Crumbl Cookie Club	Sara McClendon (Rm 112) sara.mcclendon@fhsdschools.org
Cultural Awareness (Diversity Club)	Dr. Caitlin Crain (Rm 238) caitlin.crain@fhsdschools.org
DECA	Lisa Range (Rm 102) lisa.range@fhsdschools.org
E-Sports	Kris Miller (Guidance) kris.miller@fhsdschools.org
Epsilon Beta	Cassie Flores (Learning Commons) cassandra.flores@fhsdschools.org
FBLA	Ashton Witthaus (Rm 101) ashton.witthaus@fhsdschools.org & Danielle Beeler (Rm 153) danielle.beeler@fhsdschools.org
FCA (Fellowship of Christian Athletes)	Sara LaRue (Rm 122) sara.larue@fhsdschools.org
FCCLA	Kathryn McGuire (Rm 97) kathryn.mcguire@fhsdschools.org
Educators Rising (Pathways to Teaching)	Kathryn McGuire (Rm 97) kathryn.mcguire@fhsdschools.org
Garden & Growth	Brittany Moore (Rm 219) brittany.moore@fhsdschools.org
Gay Straight Alliance	Brittany Moore (Rm 219) brittany.moore@fhsdschools.org
Girls in STEM	Brittany Moore (Rm 219) brittany.moore@fhsdschools.org
HOSA (Health Occupations Student of America)	Kendra Horton (Guidance) kendra.horton@fhsdschools.org
Journalism (FHC Newspaper)	Matt Schott (Rm 139) matthew.schott@fhsdschools.org
MAC Scholars	Devon Thomas (PE/Rm 20) devon.thomas@fhsdschools.org & Drew Carter (PE) andrew.carter@fhsdschools.org
Mentor	Ashlee Brodland (Guidance) ashlee.brodland@fhsdschools.org
National Art Honor Society (NAHS)	Michelle McCune (Rm 246) michelle.mccune@fhsdschools.org
National French Honor Society	Dr. Amy Roznos (Rm 237) amy.roznos@fhsdschools.org
National Honor Society	Dena Dauve (Rm 211) dena.dauve@fhsdschools.org & Dr. Jennifer Miller (Rm 234) jennifer.miller@fhsdschools.org
Pep Club	Michelle Getz (Rm 204) michelle.getz@fhsdschools.org
Robotics	Rick Reeves (FHH) ricky.reeves@fhsdschools.org
Scholar Bowl	Ryan McCoy (Rm 227) ryan.mccoy@fhsdschools.org
Spanish Honors Society	Morgan Brader (Rm 235) morgan.brader@fhsdschools.org
Speech & Debate	Sara McClendon (Rm 112) sara.mcclendon@fhsdschools.org
Sports Management	Bryan Keim (Activities Office) bryan.keim@fhsdschools.org Emily Tibbles (Parking Office) emily.tibbles@fhsdschools.org
Student Council	Danielle Beeler (Rm 153) danielle.beeler@fhsdschools.org & Olivia Klasing (Rm 208) olivia.klasing@fhsdschools.org
Table Tennis	Cassie Flores (Learning Commons) cassandra.flores@fhsdschools.org
Theater	Kim Harrison (Rm 22) kimberly.gueydan-harrison@fhsdschools.org
Yearbook	Matt Schott (Rm 139) matthew.schott@fhsdschools.org
Youth and Government	Aaron Pearson (Out of Building) aaron.pearson@fhsdschools.org

Francis Howell Central High School Activities

Sports & Club Descriptors

Welcome to Francis Howell Central High School. Listed below are the sports and clubs that we offer that will allow you to become involved as a Spartan during your years here at FHC. Student activities are great opportunities to develop leadership skills, cooperation and teamwork. We would love to have you join a team and/or club this year and enjoy all we have to offer.

*Sponsors listed updated as of 7/1/25 and are for the 2025-2026 school year. *If a coach/sponsor is not listed, inactive or are out of the building, please feel free to contact the FHC Activities Office with any questions.*

YEAR ROUND:

Spartan Regiment (Band) - Nathan Griffin (Room 6) & Isabel Leggitt (Out of Building) **(Color/Winter Guard)**
nathan.griffin@fhsdschools.org & ioleggitt97@gmail.com

Spartan Regiment (Band): This is the marching band and is considered an extracurricular activity. We meet during the fall season and rehearse after school. This group plays for all home football games and competes in local and state-wide competitions.

Spartan Color & Winter Guard: This group is a part of the Spartan Regiment and is the visual representation of the music on the field. This group is an auditioned group that incorporates dance, flag movement, and drill to enhance what the band is doing.

Cheerleading – Erica McDevitt (Assistant Principal Office) erica.mcdevitt@fhsdschools.org
Cheerleaders are responsible to cheer for all football games, home and away, and post season play. All home boys' soccer games and post season play. All boys' basketball games, tournaments, and post season play. All girls' basketball games and post season play. All home wrestling meets and tournaments. Varsity will attend MCCA Regional and State Competition. Cheerleader tryouts will be held in the spring. Cheerleader candidates will attend a 2 – 3 day clinic in preparation for tryouts. Candidates must meet the eligibility requirements as set forth by the school district and the MSHSAA. In addition, the candidate must be familiar with the cheerleading organization and have Parent/guardian permission to try out. Cheerleader selection will be determined by the coach based on the candidate's performance, athleticism, coachability, teacher recommendations, and the coach's objective judgment. The process of selection will be determined by the coach prior to the clinic.

Choir/Chorus – Donna Solverud (Room 5) donna.solverud@fhsdschools.org
Chorus is an elective introductory performing class which is available to all students regardless of prior experience. Fundamental vocal techniques, music reading, unison, and part singing are emphasized by group rehearsal and written assignments. A variety of music styles are rehearsed. Students will be evaluated on singing ability, active class participations, written work, tests, and performances. Vocal grouping will be determined each year by the director according to class enrollment.

Drama/Theater – Kim Harrison (Room 22) kimberly.gueydan-harrison@fhsdschools.org
Students in grades 9-12 participate in productions through the year in various technical and acting positions. Students hold meetings to discuss upcoming activities. The group may attend functions at the elementary and middle schools to promote awareness about the arts and to encourage student interest in drama productions.

E-Sports – Kris Miller (Guidance) kris.miller@fhsdschools.org
The world of competitive video game playing is growing quickly. As colleges have begun forming competitive teams and offering scholarships for the best players, FHC would like to offer another option for students at this level. This club will be for students/teams who will compete in tournaments throughout the year and possibly travel to regional tournaments throughout the year.

Scholar Quiz Bowl – Ryan McCoy (Room 227) ryan.mccoy@fhsdschools.org
This is an academic team sport that offers the challenge of answering questions in a competitive format. Questions cover general academic knowledge such as math, spelling, science, history, sports, pop culture and current events. Students meet to practice in order to prepare for competitions against other schools. Everyone is welcome to attend.

Sensations (Pommers) – Cortnee Rowell (Out of Building) courtnee.rowell@fhsdschools.org
The Francis Howell Central Sensations JV and Varsity Dance Teams are comprised of freshmen to senior students who go through a week-long tryout in order to be judged and placed on either team. Candidates must meet the eligibility requirements as set forth by the school district and MSHSAA. There are certain academic requirements students are expected to maintain to participate in tryouts. There are also specific dance requirements students must be able to demonstrate to be a member of the team. Both Sensation teams show their school spirit by performing at FHC home football, soccer and mens and womens basketball games, wrestling and all school pep assemblies. The JV team competes locally and nationally in Chicago, Illinois. The Varsity team also competes locally and nationally at the UDA National Dance Team Championships in Orlando, Florida.

Speech & Debate – Sara McClendon (Room 112) sara.mcclendon@fhsdschools.org
The purpose of Speech and Debate Club is to promote proficiency in public speaking and debate skills for high school students. Speech Club competes in drama, humor, poetry, prose, original interpretation, radio, impromptu, duet acting and debate competitions at the local, district and state levels. The Speech & Debate Team competes in the Greater St. Louis Speech League in the fall and in weekend tournaments throughout the year. The MSHSAA District Tournament is held in March. Students may compete in Public Speaking, Interpretation, or Debate events.

CLUBS:

Senior Class – Jen Denny (Gym) jennifer.denny@fhsdschools.org
The purpose of the Senior Class Club is to ensure that the senior's final year is successful and memorable. They meet with administrators and decide what the senior class will give back to the school as their gift.

Junior Class – Ashton Witthaus (Room 101) ashton.witthaus@fhsdschools.org
Junior Class club is a group of selected students from the Junior Class, whose main responsibility is planning and implementing the Junior-Senior Prom on a yearly basis. They decide the location, themes, colors, decorations, music, menu, tickets, programs and gifts. In order to fund the event, the entire class holds a fundraiser. Other activities of the Junior Class include an annual Prom Fashion Show, Spirit Week, Powder Puff Football and class meetings.

Sophomore Class – Currently No Sponsor (***INACTIVE)***
Sophomore Class club is a group of selected students from the Sophomore Class. Activities of the Sophomore Class include community service projects, Spirit Week, Powder Puff Football and class meetings.

Freshman Class – Currently No Sponsor ***(INACTIVE)***
Freshman Class club is a group of selected students from the Freshman Class. Activities of the Freshman Class include Homecoming events and coming up with new ideas for the Freshman Class to get involved in.

All of Us Club – Currently No Sponsor ***(INACTIVE)***
This group aims to build relationships and strengthens the FHC community through games, movies, food and fun. All of Us Club is a club where everyone is welcome and encouraged to come hang out and make new friends.

Anime Manga – Currently No Sponsor (***INACTIVE)***
Anime is Japanese animation, while Manga is Japanese comic books. The Anime and Manga club is essentially a place where students can bond over these 2 popular Japanese art forms. Often, the members will watch and discuss Anime, while other meetings they may focus more on reading and discussing Manga. Some of the members will even try their hand at drawing both original and popular anime and manga characters. Being that we are a relatively new club, we are still figuring out how to best explore and spread the word about these 2 art genres.

Arete – Laurie Fay (Room 150) laurie.fay@fhsdschools.org
Arete recognizes students through the four "Pillars of Excellence": Academic Excellence, Athletic Sportsmanship, Extracurricular Services and Productive Citizenship. Arete's mission is to empower students to exemplify key characteristics of peer collaboration, community service, leadership and academic excellence.

Art Club – Ashley Runge (Room 244) ashley.runge@fhsdschools.org
Students do not have to be currently enrolled in art classes to join the Art Club at the high school. The purpose of the club is to provide an opportunity for students to engage in artistic and creative projects that they might not otherwise have a chance to experience. The members work on projects that they choose, either individually or as a group. Activities include working with a variety of media, preparing for PPI activities, poster and banner designs for different school organizations, t-shirt designs and drawing contests.

Artificial Intelligence & Programming Club – Isaiah Golden (Room 154) isaiah.golden@fhsdschools.org
The purpose of AI and Programming Club is to teach high school students and future business/software engineering students the programming behind artificial intelligence. Students will learn Neural Network and the AI-ChatBot algorithms work behind the scenes. Additionally, we will use the coded AI's by students to solve real world problems.

Bowling – Pam Morelli (Out of Building) bowl4fun@yahoo.com
Enjoy bowling? Come on out and join us. The bowling team is open to all students.

Central Harmony/Acapella Club – Donna Solverud (Room 5) donna.solverud@fhsdschools.org
The purpose of Central Harmony is to provide developed singers a musical challenge. The students should be interested in a cappella music and be willing to work on the music on their own. Any student with vocal experience or ability as determined by the director is eligible to be a part of this group. You do not need to be currently enrolled in a choir class at FHC to be a part of Central Harmony. This group performs a variety of musical selections ranging from Challenging Women's Classical pieces, Barbershop, Modern Vocal A Cappella and meets once a week after school.

Central Outreach (Volunteer Club) – Kellie Staback (Room 221) kellie.staback@fhsdschools.org
Central Outreach is a community service club made up of students who desire to make a difference for others. Students meet several times a month to organize events and fundraisers that will benefit people who live in the surrounding area, from volunteering at a nursing home or food bank to collecting items for victims in crisis.

Chemistry Club - Currently No Sponsor ***(INACTIVE)***
Chemistry Club invites, motivates, and encourages high school chemistry students, either former or current, who are fascinated by the many ways that chemistry connects to their world. We are supported by the American Chemical Society and we provide fun, authentic, and hands-on opportunities for members to experience chemistry beyond what is taught in the classroom, learn about study and career opportunities in the many and varied fields of chemistry, and provide serve for the betterment of our communities.

Chess Club – Emily Harris (Room 205) emily.harris@fhsdschools.org
This club invites beginners as well as experienced chess players to learn and have fun while also being competitive. Students can learn how to play the game, gain knowledge on tactics, pattern recognition, mental calculations and expand their creativity. Our goal is to hold future chess tournaments.

Crumbl Cookie Club – Sara McClendon (Room 112) sara.mcclendon@fhsdschools.org
The purpose of this club is to bring students together through a shared love of Crumbl cookies, fostering friendship and community spirit. This club aims to provide a welcoming environment where members can relax, socialize and enjoy a variety of cookies each week.

Cultural Awareness (Diversity Club) – Dr. Caitlin Crain (Room 238) caitlin.crain@fhsdschools.org
Students work on special events, fundraisers and other projects relating to Diversity in our school. Our club meets twice a month, usually every other Monday planning and organizing in August. During the rest of the year we work on bulletin boards, flyers and other advertisements for the events. Students have a strong voice in the club, guiding the direction of the activities for the year.

DECA – Lisa Range (Room 102) lisa.range@fhsdschools.org
DECA (Distributive Education Clubs of America) is organized around an ambitious goal: to improve educational and career opportunities in marketing, management and entrepreneurship for students DECA gives students the opportunity to participate in leadership activities organized with our high school and business community. Activities students participate in include DECA Week, Make-A-Difference Day, Heat-a Home, Feed-a-Family, State and National Career Development Conferences, District and State Leadership and Election Conferences. Students also have the opportunity to compete in business related competitive events. Competitions being on the local level then students may qualify for state and international level competitions. Members may also travel to other conventions that teach the importance of leadership in business.

Destination Imagination – Currently No Sponsor ***(INACTIVE)***
Destination Imagination is a place where kids take what they know and what they are good at and learn to apply it to solve challenges, working together and cooperatively with a team and pushing the limits of imagination to best not their competition, but themselves. Destination Imagination is a community-based, school-friendly program that builds participants' creativity, problem solving, and teamwork in enjoyable and meaningful ways.

Ecology Club – Currently No Sponsor ***(INACTIVE)***

Environmental Science – Currently No Sponsor ***(INACTIVE)***
The Environmental Science club creates awareness of environmental issues, such as protection, conservation and preservation with an emphasis on educating students who are interested in all aspects of science. Here they can work on projects and activities that will make a difference in our community and will strengthen their foundation in the science world.

Epsilon Beta – Cassie Flores (Learning Commons) cassandra.flores@fhsdschools.org
This is a service club for readers. Members work on service projects that emphasize the importance of reading and the learning commons. Example projects include reading to elementary students, participating in the Gateway Readers program, chairing or serving on an FHC Epsilon Beta sponsored event or reception committee, etc. Members earn an academic letter by being an active member in good standing and demonstrating accomplishments in the areas of academics, personal growth, literacy, and service.

FBLA – Ashton Witthaus (Room 101) ashton.witthaus@fhsdschools.org & Danielle Beeler (Room 153) danielle.beeler@fhsdschools.org
(Future Business Leaders of America) – Future Business Leaders of America develops leadership skills and an understanding of the American business enterprise. It helps members establish career goals, encourages scholarship, develops character and self-confidence. This organization promotes efficient financial management. Our goals are accomplished through business leadership conferences, management of fund raisers, academic business contests, professional dress and school meetings. All students are welcome!

FCA (Fellowship of Christian Athletes) – Sara LaRue (Room 122) sara.larue@fhsdsdschools.org
FCA's purpose, at its absolute core, is to combine people's passion for sports with their passion for Christ, and teach them that those two worlds don't have to be separate. FCA wants to give meaning to the athletic nature that all of us are born with and use it for something that stretches beyond sports.

FCCLA – Kathryn McGuire (Room 97) kathryn.mcguire@fhsdschools.org
(Family, Career and Community Leaders of America) – The purpose of FCCLA is to provide opportunities for personal development and preparation for adult life. This club is interested in Family and Consumer Science and includes activities such as attending regional FCCLA meetings, doing community service projects for the school and community and providing leadership in the school.

Future Educators of America – Kathryn McGuire (Room 97) kathryn.mcguire@fhsdschools.org
Also known as Educators Rising cultivates highly skilled educators by guiding young people on a path to becoming accomplished teachers, beginning in high school and extending through college and into the profession.

Future Problem Solvers – Currently No Sponsor ***(INACTIVE)***

Games Club – Currently No Sponsor ***(INACTIVE)***
Games Club is totally student-centered, and mostly student-run. It is an environment where students can come to play role play chess and role playing games like Magic and Dungeons and Dragons. Sometimes the group decides to play a game of Flux or Apples to Apples as a break. The atmosphere is relatively loose and relaxed but focused on gaming of some sort. No video games are played because the group relies on the members' imaginations.

Garden & Growth – Brittany Moore (Room 219) brittany.more@fhsdschools.org
The goal of this club is to elevate FHC through the power of gardening, beautification and creating spaces of peace and serenity. Staff and students can have a sense of pride as they take part in projects not only at FHC but in the community. In addition, students will enhance their learning experience about planting flowers and vegetables.

Gay-Straight Alliance Club – Brittany Moore (Room 219) brittany.moore@fhsdschools.org
GSA is a student-led organization that looks for equality for all students. We believe that in order for a student to get a high-quality education, they must feel welcome at school. We hold monthly meetings, have social outings, and discuss events affecting society.

Girls in STEM – Brittany Moore (Room 219) brittany.moore@fhsdschools.org
The main purpose of the club is not only to encourage young women, but also to decrease the gender gap in STEM fields. The club will aim to provide young women with engaging activities, teaching opportunities, education plus real world experiences.

High School Democrats of America – Currently No Sponsor ***(INACTIVE)***
HSDA is a group to encourage civil service and political participation in teens through events such as: letter writing campaigns, email/text banking, phone banking, voter registration drives, group discussions of issues, campaign work and volunteer work.

HOSA (Health Occupations Student of America) – Kendra Horton (Guidance office)
kendra.horton@fhsdschools.org HOSA is for future health professionals and is a national organization in high schools for young people in health science and biomedical classes or programs (such as our PLTW biomedical sciences program). HOSA's purpose is to develop leadership and technical HOSA skill competencies through a program of motivation, awareness and recognition, which is an integral part of the instructional program. HOSA-future health professionals, a student-led organization provides opportunities for students to develop, practice and refine their academic, technical, leadership, and teamwork skills to achieve seamless transition from education to careers. HOSA includes a competitive events program to motivate students to practice skills and knowledge and to recognize those who excel. The events are aligned to the National Healthcare Foundation Standards to help students prepare for college and careers.

Journalism (FHC Newspaper) – Matt Schott (Room 139) matthew.schott@fhsdschools.org
Members of the Central Focus produce and run the student newspaper and website – FHCtoday.com – as part of a co-curricular class. Students are chosen via application in early January and must have taken one of two prerequisite classes (Journalism or AP Literature and Composition). All decisions on content about the newspaper and website are made by the news staff, with the adviser (Mr. Matthew Schott), providing guidance and support to their ideas. The staff updates the website on a daily basis and seeks to be the source for news at Francis Howell Central. The newspaper generally comes out once per month.

Knowledge Master – Currently No Sponsor ***(INACTIVE)***

Literary Club – Currently No Sponsor ***(INACTIVE)***

MAC Scholars – Devon Thomas (PE) devon.thomas@fhsdschools.org & Drew Carter (PE) andrew.carter@fhsdschools.org
The purpose of the MAC Scholars program is to inspire a historically under-represented student population by encouraging good academic standing and character. The goal is to help ensure these students to be college and career ready upon graduation from Francis Howell Central High School.

Math Club – Currently No Sponsor ***(INACTIVE)***

Mentor – Ashlee Brodland (Guidance) ashlee.brodland@fhsdschools.org
Junior and Senior mentors are responsible for tutoring underclassman and assisting the Spartan Success teacher daily as part of their schedule in English, Math, or Science Success classes. Mentors build positive relationships and serve as role models at school. Mentors are expected to attend a one day summer training session, quarterly meetings before or after school, assist with freshman transition day, and lead discussion circles in Seminar classrooms. Mentor selection will be determined by an application and teacher recommendation.

Mu Alpha Theta (Math Honor Society) – Dr. Amy Spears (Room 209) amy.spears@fhsdschools.org
Mu Alpha Theta is a national mathematics honor society where students meet academic math requirements as well as citizenship requirements for membership. Students will need to have completed Algebra I and Geometry with a collective GPA of 3.0 or higher in their math courses. Students will be invited once they have completed the two courses.

National Art Honor Society (NAHS) – Michelle McCune (Room 246) michelle.mccune@fhsdschools.org
The National Art Honor Society (NAHS) is designed specifically for high school students in Grades 9-12. In 1978, the National Art Education Association began the NAHS program to inspire and recognize students who have shown an outstanding ability and interest in art. The NAHS strives to aid members in attaining the highest standards in art scholarship, character, and service, and to bring art education to the attention of the school and community.

National French Honor Society – Dr. Amy Roznos (Room 237) amy.roznos@fhsdschools.org
Societe Honoraire de Francais is an organization that honors the achievement of students learning French. The goals of the honor society are to promote, celebrate and learn more about the French language and culture.

National Honor Society - Dena Dauve (Room 211) dena.dauve@fhsdschools.org & Dr. Jennifer Miller (Room 234) jennifer.miller@fhsdschools.org
National Honor Society (NHS) is an academic/service organization where students must meet citizenship and academic requirements for membership. Students who maintain a 3.75 cumulative GPA are invited to apply during their sophomore year.

Pep Club – Michelle Getz (Room 204) michelle.getz@fhsdschools.org
Pep Club is designed to promote school spirits and good sportsmanship in high school sports and activities. Students sit together for athletic events to cheer for teams, plan events before and after games. Pep Club hosts the school mascot, plans pep assemblies and participates in all homecoming activities. Website for Pep Club is http://club300.webs.com

Robotics – Ricky Reeves (FHH) ricky.reeves@fhsdschools.org
Robotics Club is for any student interested in technology or running a real business. This includes programming, web design, computer graphics, robotics, digital photography computer technology, marketing, financial management, and so much more. We work with mentors from all aspects of life including engineering, finance, and business. Meetings start in August on alternating Thursdays after school from 6-8 p.m. in Room 13. Three day competitions are in March and Internationals are in April during schools. Costs may apply.

Science Club – Currently No Sponsor ***(INACTIVE)***
Science club students participate in community events such as water monitoring, stream clean ups, and tree plantings for habitat restoration, as well as volunteering for Earth Day festivals and Race for the Rivers. Between events, we do science labs in the classroom such as gel electrophoresis, chromatography, crystallizing sugar and salt, and practicing using microscopes. Students of all science levels can participate!

Skills USA – Currently No Sponsor ***(INACTIVE)***
Skills USA is for any student interested in the trades with a focus on woodworking. This includes cabinetry, carpentry, architectural design, and many more. Meetings start in September on Tuesday's after school from 2:45-3:30 pm in Room 11(woodshop). Competitions are in second semester and vary depending on entry. We will be building projects throughout the year, remember that projects you build, you keep. Material costs may apply.

Spanish Honors Society – Morgan Brader (Room 235) morgan.brader@fhsdschools.org
This is a national and international organization which honors excellence for high school students of Spanish. This club is sponsored by the American Association of Teachers of Spanish and Portuguese (AATSP) and also known as LaFamilia Real.

Spartaneers and Student Ambassadors - Currently No Sponsor ***(INACTIVE)***
All students new to FHC from outside our boundaries are automatically a part of Spartaneers. Our Student Ambassadors are current students or former Spartaneers who want to assist new students in their orientation to Spartan life. We share information and participate in social events and charitable community service projects as a means to create a path to friendship, inclusion and success at Francis Howell Central.

Sports Management – Bryan Keim (Activities Office) bryan.keim@fhsdschools.org & Emily Tibbles (Assistant Principals Office) emily.tibbles@fhsdschools.org
Help assist Activities Director and activities office with hosting home events. Event Hosts for officials and visitors, marketing and promotions, and event administration support.

Step Team – Currently No Sponsor ***(INACTIVE)***
A type of dance that expresses rhythm through dance and stepping. Rhythm is the skill set needed to participate. No tryouts are required.

Student Council – Danielle Beeler (Room 153) danielle.beeler@fhsdschools.org & Olivia Klasing (Room 208) olivia.klasing@fhsdschools.org
Student Council is a student-centered organization, which focuses on developing the leadership skills of teens. Meetings are conducted in a parliamentarian fashion with a presiding president, vice-president, and secretary. The organization strives to promote school spirits and positive peer interaction. Student Council reaches out the community with service projects throughout the year. Students Council is also responsible for planning and organizing such things as all school activities and dances related to homecoming, Mr. FHC and school-wide charity drives.

Table Tennis – Cassie Flores (Learning Commons) cassandra.flores@fhsdschools.org
Table Tennis clubs meets every Thursday and Friday after school in the Learning Commons. All levels are encouraged to play. This club will not only teach students how to have fun and teach table tennis skills but to promote friendliness in a non-competitive atmosphere. Racquets and Tables are provided. Don't worry if you are good or bad, it's just about having fun! By the way - it's NOT Ping Pong!

Teens Advocating Smart Choices (TASC) – Currently No Sponsor ***(INACTIVE)***

Teens for Change – Currently No Sponsor ***(INACTIVE)***
This club will allow students to advocate for the change they wish to see in the world through the power of education. Members will build their character as they expand their perspective and recognize their voice on world issues.

TSA – Currently No Sponsor
(Technology Students Association) TSA focuses on student with a dedicate interest in technology. TSA goals include promoting technology leadership and personal growth through student participation in challenging technological competitions that require problem-solving, decision making, and critical thinking skills as they relate to communications, power, energy, transportation, engineering, manufacturing, and construction. Students may qualify to compete at the TSA National Conference each summer.

Ultimate Frisbee – Currently No Sponsor ***(INACTIVE)***
Ultimate Frisbee is an athletically and technically demanding team sport played with a flying disc. Though it may be new to you, more than twenty schools (that's over 300 players) in the metro area compete in the St. Louis Ultimate Juniors spring league every year. Interested in trying the fastest growing sport in the nation? Check out https://sites.google.com/site/fhcultimate and/or contact Dustin Bailey (Guidance)

Yearbook – Matt Schott (Room 139) matthew.schott@fhsdschools.org
Members of the Odyssey produce and run the student yearbook and website as part of a co-curricular class. Students are chosen via application in early January and must have taken one of two prerequisite classes (Journalism or AP Literature and Composition). All decisions on content about the yearbook and website are made by the news staff, with the adviser (Mr. Matthew Schott), providing guidance and support to their ideas. The yearbook is published in late July each year.

Youth in Government – Aaron Pearson (Out of Building) aaron.pearson@fhsdschools.org
Like Law and Order? Ever want to be a part of the Legislative process or want to work for the media and report on everything that is going on? Then Youth in Government could be for you!

"WE…are Howell Central"