



THE SPORT ESSENTIALS

There are many factors that influence a successful sports season. See below to find important gear, team information and more (Photos by Faith Smith, Images from Shutterstock)

GEAR FIT FOR A PRO

The starting point for many players is picking the right equipment. From Rawlings to Nike, there are overwhelming amounts of choices for players. See below to find some of FHN baseball players' go-to gear



FHN baseball teams use Diamond baseballs. They are also known for other products.

"They're good quality and the seams are nice and pretty," **junior Owen Gonzalez**

New Balances are popular cleats often repped by players like Francisco Lindor and Oneil Cruz in the MLB.

"I think they are just very comfortable," **freshman Camden Peck**



EvoShield is known for their protective gear not only withing baseball but among other sports as well. We can see players like Jonathan Aranda and Randy Arozarena wearing the brand on the field.

"I like the logo and a lot of major leaguers use it," **sophomore Nathan Bitter**

A GROWING GROUP

It is important to have a team to lean on. The track and field teams have grown exponentially compared to the previous season. See below a breakdown of the 100+ runners, throwers, jumpers and pole vaulters.

SPRINTERS

64

21

THROWERS

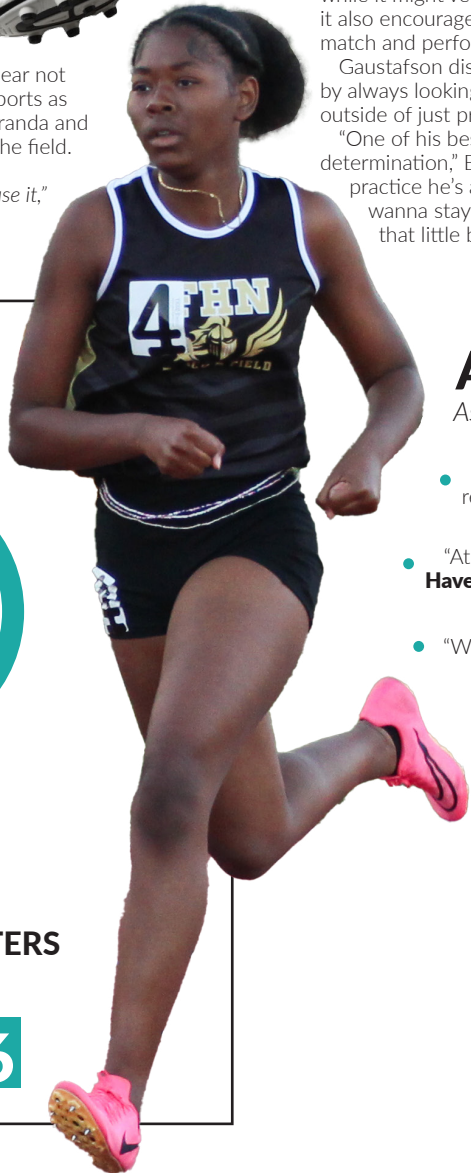
15

JUMPERS

09

VAULTERS

06



OVERTAKING THE RANKS

A leader is a necessity on any sports team. See how junior Kai Gustafson works to the top of the boys tennis team

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This year, FHN boys tennis has a new captain on their hands. Junior Kai Gustafson has taken the reins and become the team's number one. According to teammates, Gustafson has demonstrated all the characteristics of being a good captain such as leadership, determination, work ethic, accountability, coachability and being the most skilled on the team.

"I've known Kai for almost four years now," teammate and friend Robert Silzle said. "We met when I moved here to St. Louis and started playing tennis with him. He's a great friend that has always been there for me and just as good of a leader being the confident voice of reasoning in the group."

According to teammates, Gustafson's ability to get the team in the right mindset is one of his best characteristics and he is a pivotal part of the team's success.

"I remember at a tournament we played at Holt, I was having a tough match," teammate and friend Beckett Silzle said. "I was getting in my head and had no motivation. Luckily, I could hear Kai on a nearby court yelling things like 'Come on!' among other things which, while it might've been motivation for him, it also encouraged me to push through my match and perform."

Gustafson displays his strong work ethic by always looking to get better and training outside of just practices and games.

"One of his best qualities is his determination," Beckett said. "After every practice he's always asking 'you guys wanna stay a little longer', just to get in that little bit of extra hard work."

Through his experiences and victories, Gustafson can help mentor newer players and motivate them to work harder.

"One of his best qualities is his determination. After every practice he's always asking 'You guys wanna stay a little longer', just to get in that little bit of extra hard work." Beckett said.

Gustafson's teammates also state that Kai is very consistent and finds ways to constantly win.

"He helps the team succeed by winning almost every single one of his matches but also motivating the team to work harder and play more," Robert said.

When a team has a good leader like Kai, they have someone to fall back on when they are faced with adversity. Gustafson's competitiveness gets contagious and he inspires the rest of the team to dig deep and find a way to win.

"Even though he's a grade below me, he's always been better at tennis than me," Beckett said. "It's always helpful to have a teammate more skilled than you who's willing to go and hit with you to learn from and improve your game."



A SEASON TO REMEMBER

As the season comes to an end, it is time to reflect on the spring season

"At the Jamboree Walter bounced it and it showed us how the season was gonna start off and it felt really good," **junior Alex Williams**

"At this point, we've already doubled the amount of goals we've scored last year," **coach Matthew Havermale**

"When we played Webster Groves it was the best defense we've ever played," **senior Maggie Cuccio**

"The new track is really nice because I don't have to drive to central everyday so it helps practice get started quicker, it helps me get home quicker, and helps me have time for other things," **junior Delaney St. John**



TOUGHEST OPPONENTS

Opponents are what allows games to be played. See below some of FHN's toughest games

Boys Volleyball

A familiar foe, Francis Howell Central gave North volleyball their toughest game of the '24 season. In a straight 3-0 loss on April 2, FHN lost their sets 15-25, 19-25, 17-25.

Girls Soccer

Timberland, atop their own respective district (Class 4 District 3), had two fights with FHN this season, both coming out on top. In the first matchup, Timberland shut out FHN 4-0. In their second meeting on April 11, Timberland took the win with a score of 3-1.

Track

In four of their first five meets, FHN has squared off against Lafayette. A particular strong suit of the Lancers is their girls sprints team. Freshman Ida Moczerniuk is a top ranker sprinter in the state, running a 12.25 sec 100m.

Baseball

Coming into a two-game series with FHN, FZW sat 9-5, near the top of their district. In the two games April 9-10, the two teams traded blows, with West winning 6-1 in the first game, North winning 6-1 in the second.

Boys Golf

FHH has been a thorn in the side of FHN all season. Sophomore Nick Halterman has been the star of the show, being tied for the 4th ranked golfer in the St. Louis area. Howell High sit at the top of their district.

Girls Lacrosse

Ladue, coming into their matchup with FHN, sat 7-0. Their success continued into this game with a win of 16-10. This was a hard fought battle where both goalkeepers made 8 saves.

Boys Tennis

On Mar 28, the Knights traveled to Ft. Zumwalt West, a chance for revenge, with FHN going 0-2 against the Jaguars last season. FHN did make up for their defeats the prior season, going a perfect 9-0 in all matches.