

Hello Future Knights,

My name is Coach Nick Stokes and I am the Athletic Coordinator at Independence High School. I wanted to reach out to you to share some information regarding Sports teams at Independence. In our 12 year history we have worked very hard to create first class programs that develop students into Leaders by emphasizing good character, sportsmanship, integrity, responsibility, service to the community and academic achievement while preparing them to compete at a high level.

**We view athletics as an opportunity to grow strong leaders, and we view Character as the foundation of leadership.** Therefore, first and foremost, we invest much time and effort into the development of character in our student-athletes. Our coaches are intentional about building strong relationships with players to help guide them to success in high school and beyond.

**We offer the following male sports at Independence High School:**

Baseball  
Basketball  
Cross Country  
Football  
Golf  
Soccer  
Swimming and Diving  
Tennis  
Track and Field  
Wrestling

**One of our strongest beliefs is that athletes should play multiple sports.** We foster an environment where young men can play multiple sports in order to enrich their High School experience. Our coaches do a great job of sharing athletes and we work well together to do what's best for kids, every day.

This is a long email, but I wanted you to have information regarding all of our programs, all in one place, for easy access. You'll find that below. Please reach out to me or any of our coaches if you have questions. We look forward to hearing from you and getting to know your athletes this summer and next year.

Go Knights!

## Information for ALL SPORTS:

### Summer Strength and Conditioning Camp - Designed for Athletes in All Sports

IHS will be hosting SAC Camp this summer for all of our MS and HS athletes. Our own Independence coaches will run the camp. We will focus on speed, agility, flexibility, strength, power, explosiveness, and overall athletic ability for all sports. It will be Monday, Wednesday and Thursday mornings, from 9-11am for high school, and 7-9am for middle school, for 7 weeks this summer, starting June 1st. **Signups available [HERE](#):**

[Incoming 9-12th Graders](#)

[Incoming 7-8th Graders](#)

### Physicals

A physical will be required for all incoming 9th grade students, **Physical must be dated after June 1st**. Must be completed on this form: [Preparticipation Physical Evaluation: Medical History](#)

### Information regarding each sport, in order of Seasons:

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#### Cross Country

##### Coaches Contact:

Boys: Alex Steimer - 469-633-5444 - [steimerj@friscoisd.org](mailto:steimerj@friscoisd.org); Girls: Mindy Yeatman, 469-633-5403, [Yeatmanm@friscoisd.org](mailto:Yeatmanm@friscoisd.org)

##### Summer Skills:

MWF 7:00am - 8:45am during Summer - Schedule will be updated and sent out via Sports You - 8DLLBAKT

##### Tryouts:

Will be updated on Sports You once finalized

##### Camp:

XC/Track and Field Camp - June 22-25, 10am-12pm at IHS Track  
Signups on Rankone.

##### Parent Meeting:

Pre-Season Meeting - sometime in May - SportsYou will have more information

##### SportsYou:

SportsYou is our primary method of communication with parents and students, please join the team here: 8DLLBAKT

##### Social Media:

Twitter account: @ihsknightstrack  
Instagram: ihsknights\_xc\_track\_and\_field

**Booster Club:**

Information and Contacts to join our booster club and volunteer to help:  
[karl.huchthausen22@gmail.com](mailto:karl.huchthausen22@gmail.com)

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**Football:**

**Coaches Contact:**

Coach Nick Stokes - Head Coach - [stokesn@friscoisd.org](mailto:stokesn@friscoisd.org); 469-633-5470

**Summer Skills:**

We will offer "Free" Football skills sessions starting in June. Twice a week, before SAC Camp.

**Youth Summer Camp:**

Youth summer camp will be on July 28-30 from 9-11AM for incoming 3rd-9th Students.  
Signup available HERE: [IHS Youth and 9th Football Camp](#)

**Tryouts:**

Tryouts will be the first week of school. We have a wide range of needs, everything from drone pilots, to photographers, to equipment. We have a large Football operations department for students to join and help as well.

**Parent Meeting:**

Fall Parent meeting - July 27th at 5:30pm in the Cafeteria.

**SportsYou:**

SportsYou is our primary method of communication with parents and students, please join both the teams here: (For Parents only: U8Q7-5HSX) (For Players and Parents: XS8R-LX8K)

**Website:**

[www.independenceknightsfootball.com](http://www.independenceknightsfootball.com)

**Social Media:**

Our football social media accounts that we use to share recruiting information for our kids and updates please follow: @IHSKnightFootball on Twitter and @CoachNickStokes

**Booster Club:**

Information and Contacts to join our booster club and volunteer to help:  
Booster Website: <https://knightsfootballboosterclub.com>  
Email: [IHSKnightsfbbc@gmail.com](mailto:IHSKnightsfbbc@gmail.com)

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**Tennis:**

**Coaches Contact:**

Head Coach: Jenny Paine - [painej@friscoisd.org](mailto:painej@friscoisd.org)

**Tryouts:**

Pre-Tryout - May 18th-21st

Final Tryouts - July 30 and 31st

See tryout flyer below: [Independence Tryouts 2026-2027](#)

**Parent Meeting:**

1st Full week of school in August - date/time TBD.

**SportsYou:**

SportsYou is our primary method of communication with parents and students, please join the team here: (Varsity Tennis: DKUF-J8JM) - (JV Tennis: 78YK-J96Y)

**Social Media:**

Twitter account: @IHSKnightTennis

Instagram account: @ihsknightstennis

**Booster Club:**

Information and Contacts to join our booster club and volunteer to help:

Dan Peril - President - danperil@me.com

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**Swim and Dive:****Coaches Contact:**

Head Swim Coach: Coach Charles Beall - [beallc@friscoisd.org](mailto:beallc@friscoisd.org);

Diving: Coach Sunday - [sundayc@friscoisd.org](mailto:sundayc@friscoisd.org)

**Summer Skills:**

Below are the registration links for FISD Swim Camp and Iron Express Summer League (presented by Iron Horse Aquatics, the club team owned by FISD) . Both are great opportunities to prepare for tryouts and next season.

**Summer League Registration:**

[https://www.ironhorseaquatics.net/page/returning-members?event\\_id=1620026](https://www.ironhorseaquatics.net/page/returning-members?event_id=1620026)

**Swim Camp:**

<https://frisconatorium.store.rankone.com/fisd-high-school-summer-swim-camp-2026>

**Tryouts:**

Tryouts will take place during practice on August 13 and August 14, 2026, from 8:00 AM to 9:30 AM, at Bruce Eubanks Natatorium. Please note that the second

day will be utilized if I determine that additional evaluation is necessary. Athletes must be able to swim all strokes legally, be able to do correct turns, and starts, and complete a test set.

**SportsYou:**

SportsYou is our primary method of communication with parents and students, please join the team here: KPEY4ZCC

**Booster Club:**

Information and Contacts to join our booster club and volunteer to help:

Website: <http://www.friscoswimanddive.com/>

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**Boys Basketball:**

**Coaches Contact:**

Head Coach: Jacob Anderson - andersonjac@friscoisd.org

**Summer Skills:**

Skills will be offered M, W, TR after Strength and Conditioning Camp from 11 - 12.

**Youth Summer Camp:**

Dates are May 26th - May 29th

Grades 3-6 from 9:30 - 12:00 [Signup Link](#)

Grades 7-9 from 1:00 - 4:00 [Signup Link](#)

**Tryouts:**

Tryouts will take place August 14th, 15th and 18th during 4th period athletics. All athletes must be signed up for athletics in order to tryout.

**Parent Meeting:**

Will be updated on Sports You once finalized - will be in the Fall

**Social Media:**

Twitter account: @IHSKnightsBBall

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**Wrestling:**

**Coaches Contact:**

Head Coach: Jordan Johnston - johnstonjo@friscoisd.org

**Summer Skills:**

Contact: johnstonjo@friscoisd.org

**Youth Summer Camp:**

Contact: johnstonjo@friscoisd.org

**Parent Meeting:**

Will be updated on Sports You once finalized - will be in the Fall

**SportsYou:**

SportsYou is our primary method of communication with parents and students, please join the team here: Q9XW-DYMN

**Social Media:**

Twitter account: @IHSWrestling14

Instagram: ihsknights\_wrestling

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**Soccer:**

**Coaches Contact:**

Head Coach: Billy Burford - burfordw@friscoisd.org; 469-633-5400

Boys Asst: Adam DeSoto - desotoa@friscoisd.org

**Summer Skills:**

Beginning June 9th - every Mon & Wed from 11-12:30 (individual skills every Tuesday 10:30-11)

**Youth Summer Camp:**

[Youth Soccer Camp](#) - June 3-5th - 9:30-11:30am

**Tryouts:**

The first round of tryouts will take place the first week of school during 4th period athletics. The second round of tryouts will take place the week after Thanksgiving Break.

**Parent Meeting:**

Will be updated on Sports You once finalized - will be in December

**SportsYou:**

SportsYou is our primary method of communication with parents and students, please join the team here: (Boys Soccer: FWBHGTTTC) (Parents: VSPXG3PD)

**Booster Club:**

Information and Contacts to join our booster club and volunteer to help:

Andrea Quantie - Booster President - email: boosterclub@ihsknightsoccer.com

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**Golf:**

**Coaches Contact:**

Head Coach: Macee Lane - lanema@friscoisd.org

**Tryouts:**

Contact Coach Lane for details, tryouts will be in June

**SportsYou for interested athletes:**

SportsYou Code: WFB2V8ZX

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## **Baseball:**

### **Coaches Contact:**

Head Coach - Josh Harden - [hardenj@friscoisd.org](mailto:hardenj@friscoisd.org)

### **Summer Skills:**

Summer Skills will be offered on Wed, this summer in the morning, before SAC camp, starting June 4th and continuing throughout the summer.

### **Summer Camp:**

June 16-19- Monday -Thursday

Grades 6-9, 10am-12pm [Registration 6-9](#)

Grades K-5, 8:30-10:00am [Registration K-5](#)

### **SportsYou:**

SportsYou is our primary method of communication with parents and students, please join the team here: (Players: FTJN-YFPN ) (Parents: SQKK-Z842)

### **Social Media:**

Twitter account: @IHS\_Knightsbb

Instagram account: @ihsknightsbaseball

### **Booster Club:**

Information and Contacts to join our booster club and volunteer to help:

Eric Strong, [ihsbasketballbc@gmail.com](mailto:ihsbasketballbc@gmail.com)

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## **Boys Track:**

### **Coaches Contact:**

Head Coach - Taylor Byrd - [byrdjt@friscoisd.org](mailto:byrdjt@friscoisd.org)

### **Summer Camp:**

XC/Track and Field Camp - June 22-25, 10am-12pm at IHS Track  
Signups on Rankone.

### **SportsYou:**

SportsYou is our primary method of communication with parents and students, please join the team here: 993T-W9WV

### **Social Media:**

Twitter account: @IHSKnightsTrack