

Derham Hall Minnesota State High School League Sponsored Athletic Opportunities

<i>Sport</i>	<i>Levels Offered</i>	<i>1st Practice Dates</i>
** Fall 2022 **		
Performance Dance	One team	Aug. 15, 2022
Girls Soccer	V, JV, B, 9th (*2 Teams)	Aug. 15, 2022
Boys Soccer	V, JV, B, 9th (*2 Teams)	Aug. 15, 2022
Girls Tennis	V, JV, *B, *C	Aug. 15, 2022
Cross Country	V & JV, Co-ed (No Cuts)	Aug. 15, 2022
Girls Volleyball	V, JV, B, 9th (*3 Teams)	Aug. 15, 2022
Football	V, JV, B, 9th Grade (No Cuts)	Aug. 15, 2022
Girls Swimming	V & JV (No Cuts)	Aug. 15, 2022

** Winter 2022-2023 **		
Competition Dance Team	V & JV	Oct. 24, 2022
Girls Hockey	V & JV	Oct. 31, 2022
Girls Gymnastics [^]	V & JV	Nov. 14, 2022
Boys & Girls Alpine	V & JV	Nov. 14, 2022
Boys Hockey	V & JV	Nov. 14, 2022
Boys Basketball	V, JV, B, 9th (*2 Teams)	Nov. 21, 2022
Girls Basketball	V, JV, B, 9th	Nov. 14, 2022
Wrestling	V & JV	Nov. 21, 2022
Boys Swimming & Diving	V & JV	Nov. 28, 2022

** Spring 2023 **		
Boys and Girls Track	V & JV	Mar. 13, 2023
Softball	V, JV, B, 9th	Mar. 13, 2023
Boys and Girls Golf	V & JV	Mar. 20, 2023
Baseball	V, JV, B, 9th (*2 Teams)	Mar. 13, 2023
Boys Tennis	V & JV, *B, *C	Mar. 27, 2023
Girls Lacrosse	V, JV & *B	Apr. 3, 2023
Boys Lacrosse	V, JV & *B	Apr. 3, 2023

* When participation numbers allow for multiple teams the number of teams specified will be provided or cuts may need to take place if the numbers exceed normal sized teams and facilities are limited

**Not a MSHSL Sponsored Sport, but overseen by the CDH Athletic Department

^ Program will be available if numbers provide full varsity squad

ll competes in the Suburban East Athletic Conference.

The conference consists of the following schools: CDH, East Ridge, Forest Lake, Irondale, Mounds View, Roseville, Park, Stillwater, Woodbury, and White Bear Lake.

Participation in a large conference ensures games at all levels with top competition and facilities.

Before each athletic season, each sport will hold a parent(s)/guardian(s) and athlete meeting a few weeks before the start of the season.

Attendance at these meetings is strongly encouraged in order to keep up to date on school athletic policies and hear the Head Coaches describe their athletic program. It is also asked that athletic paperwork be turned in at this meeting.

At the ninth grade level participation is encouraged by offering multiple ninth grade teams for soccer, volleyball, basketball and baseball. Multiple ninth grade teams enable most ninth graders to participate, however cuts are made when additional facility scheduling can not be accommodated, and roster size exceeds normal team size. CDH has several teams that do not cut and encourage participation. Those activities are cross country running, football, alpine ski, wrestling, track and field. CDH's Girls and Boys Tennis have been able to accommodate many new players to the game by offering tenth and ninth grade levels. CDH offers 27 varsity sports with various levels of competition. Getting involved in extracurricular activities has many benefits for students. Individuals involved in sports have the opportunity to meet new friends, learn new skills, stay healthy, and experience team and individual growth.

stions Regarding Raider Athletics:

CDH Athletic Director: Phil Archer '99

651-696-3384