

## ***Incoming Ninth Grade Registration 2021-2022 Fall Sports Information***

Welcome to Raider Athletics! There are many athletic opportunities to get involved with here at CDH. We offer 27 different sports with various levels of competition. Our fall sports include Girls and Boys Cross-Country, Football, Performance Dance, Girls Tennis, Girls Swim and Dive, Boys Soccer, Girls Soccer, and Volleyball.

We encourage ninth graders to get involved in our Summer Strength and Conditioning programs. Strength and conditioning improves overall fitness, preparing athletes for CDH sports, and allows you to meet new friends. Please visit our website at <http://www.cdhraiders.org/> for more information.

All fall teams start practice/tryouts **Monday, August 16, 2021**.

The fall sports parent/athlete meetings are broken down into specific teams. Attendance at these meetings is strongly encouraged, as many important topics will be covered, including: team policies, tryouts, and coach expectations.

CDH no longer hosts large parent/athlete meetings. All administrative information will be shared in a video at the beginning of the online registration at <https://www.cdhraiders.org/athletics-registration>

During the online registration all student athletes are required to upload a **Minnesota State High School League (MSHSL) Sports Qualifying Exam** in order to complete the registration and participate in athletics. If a Sports Qualifying Exam is not submitted via the online registration the student athlete will not be eligible to practice/tryout. MSHSL forms can be found on the CDH Athletics Registration site and are valid for three years. **\*\*\*Save a digital copy of your child's Sports Qualifying Exam. It is required to upload the exam to complete every sports registration\*\*\***

Please contact Athletic Director Phil Archer '99 if you have any questions:

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We look forward to welcoming you in to the Cretin-Derham Hall Athletic tradition!

GO RAIDERS