

Duluth East High School

Winter Tryout Information

Online Registration: prior tryout/team meeting pay fee online after teams have been identified

Information Required for Online Registration:

Contact Info, Emergency #s, Insurance info, Health History, Parent and Student Athlete must complete together

- Each student will need a valid physical on file with the activities office prior to participation.
 - Physicals will be valid for three years after the physical date"
 - Only ISD 709 Students can participate.
 - Exchange/transfer students must be cleared by the East Activities office prior to ANY participation!
- Activities Calendar www.eastgreyhounds.com
- Online Registration - <https://dultheast.isd709.org/activities-athletics/athletic-registration-forms-fees>
- MSHSL – www.mshsl.org - State/info/Rules/etc

Alpine Ski – Head Coach: Joe Macor joemacor@hotmail.com (Fee: \$185)

First day of practice: Nov 11, 2024 - 3:45pm - East Atrium

Meeting - Wednesday, October 23, 2024 @ 6pm - Mezzanine (note: date change)

Nordic Ski - Coach: Bonnie Fuller-Kask – 218-464-3510 bonniefullerkask@gmail.com (Grades 7-12) (Fee: \$185)

1st Practice – November 11, 2024 – Duluth East HS - Mezzanine- 3:45pm

Pre-Season Player Info Meeting: Oct 17 - 3:45 - Mezzanine dultheastnordic.org, Complete the skier profile.

Parents Meeting: October 22 - 7:00 pm - Media Center

Boys Swimming - Coach: Cliff Knettel (Grades 7-12) cliffknettel@gmail.com 218-260-0209 (Fee \$235)

1st Practice: December 2, 2024- JV/Varsity 4:00pm - 6:30pm - Ordean East MS Pool

Pre-Season Player/Parents Informational Meeting: Wednesday, November 6 - East Media Center at 6:00pm

Boys Hockey - Coach: Steve Pitoscia (Grades 9-12 + MS Policy) (Fee: \$500) spitoscia@gmail.com

Tryouts November 11 and November 12 - Group #1 4pm/Group #2 5:30pm

Pre-season Player Meeting: Monday, October 28 at 3:30pm - Mezzanine

Parents Meeting: Thursday November 14 - 6:00 pm - Boomtown

Girls Hockey - Girls Hockey - Coach: Ali Randall Email: duluthnorthernstars@gmail.com (Grades 9-12) (Fee: \$500)

Virtual Players and Parents Pre-Season Meeting: October 7th - 8:00PM (Zoom Link on TeamSnap)

Parent Meet and Greet: October 27th - 6:00PM (Info on TeamSnap)

Tryouts and Player Meeting: October 28th - 4:00PM

Boys Basketball Coach: Rhett McDonald (P) 218-336-8880 (ext.) 2366 (E) rhett.mcdonald@isd709.org

Pre-Season Player Informational Meeting: Monday, October 28th at 3:30pm (Media Center).

Varsity, JV, C Team Tryout Date: November 18 and November 19

Times: 6:30am-8:00am and 3:45pm-6:00pm

Fee: \$235, Plus Assessment Fee

Parent/Guardian Meeting: Thursday, November 21st (7:15pm in Media Center)

Girls Basketball - Coach: Rich Windt richard.windt@isd709.org 218-336-8940 ext. 2201

Pre-Season Player Informational Meeting: Thursday, October 23, 2023 at 3:45pm -Media Center

Varsity, JV, C Team Tryouts: November 11, 2024 Times 3:45pm Fee: \$235, Plus Assessment Fee

Parent/Guardian Meeting: Duluth East HS, Media Center, November 13, 2024- 6:30 in the Media Center

Dance Team – Coach: Kim Chick - 218-393-1222 kim.chick0826@gmail.com (Fee: \$185)

Choreography - 10/07/2024 Season Starts- 10/21/2024