Cretin-Derham Hall Minnesota State High School League Sponsored Athletic Opportunities

Sport	*Levels Offered*	*1st Practice Dates*
**** Fall 2026 ****		
Performance Dance **	One team	Aug. 17, 2026
Girls Soccer	V, JV, B, 9th (*2 Teams)	Aug. 17, 2026
Boys Soccer	V, JV, B, 9th (*2 Teams)	Aug. 17, 2026
Girls Tennis	V, JV, *B, *C	Aug. 17, 2026
Cross Country	V & JV, Co-ed (No Cuts)	Aug. 17, 2026
Girls Volleyball	V, JV, B, 9th (*3 Teams)	Aug. 17, 2026
Football	V, JV, 9th Grade (No Cuts)	Aug. 17, 2026
Girls Swimming	V & JV (No Cuts)	Aug. 17, 2026
**** Winter 2026-2027 ****		
Competition Dance	V & JV	Oct. 26, 2026
Girls Hockey	V & JV	Nov. 2, 2026
Girls Gymnastics	V & JV	Nov. 16, 2026
Boys & Girls Alpine	V & JV	Nov. 9, 2026
Boys Hockey	V & JV	Nov. 16, 2026
Boys Basketball	V, JV, B, 9th (*2 Teams)	Nov. 23, 2026
Girls Basketball	V, JV, B, 9th	Nov. 16, 2026
Wrestling	V & JV	Nov. 23, 2026
Boys Swimming & Diving	V & JV	Nov. 30, 2026
**** Spring 2027 ****		
Boys and Girls Track	V & JV	Mar. 15, 2027
Softball	V, JV, B, 9th	Mar. 15, 2027
Boys and Girls Golf	V & JV	Mar. 22, 2027
Baseball	V, JV, B, 9th (*2 Teams)	Mar. 22, 2027
Boys Tennis	V & JV, *B, *C	Mar. 29, 2027
Boys Volleyball	V & JV	Mar. 22, 2027
Girls Lacrosse	V, JV & *B	Apr. 5, 2027
Boys Lacrosse	V, JV & *B	Apr. 5, 2027

* 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

CDH 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 cannot 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 29 varsity sports with various levels of competition. Getting involved in extracurricular activities have 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.

Questions Regarding Raider Athletics:
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