



2023-2024 Sports Information

Coeur d'Alene High School

INTERESTED IN PLAYING HIGH SCHOOL SPORTS?



2023-2024 Athlete Registration Checklist

☐ Online Registration

www.Aktivate.com (Previously called Register My Athlete)

☐ Sports Physical or Interim Questionnaire

- Sports Physical - Dated after May 1st, 2023 Required for all new CHS athletes 9th & again in 11th grade
- Interim Form - required on the years you do not turn in a physical (usually 10th and 12th)

☐ Health Insurance

- Insurance is required to participate in high school sports. If you do not carry health insurance, there are accident plans available at www.studentinsurance-kk.com

☐ Paid ASB

- All athletes must pay the \$40 ASB fee to play sports. This also is your ticket into home games! Your ASB may be paid in person at student check-in (cash or check) or online through Skyward (E-funds online)

☐ Travel Fee (Do not pay until roster is complete!)

- All athletes must pay a \$25 travel fee for each sport or activity. *This must be done each school year in order to be waived.* Do not pay fees until your sport begins.

ATTENTION

Please do not pay
Travel Fees until you
have been placed on
an official roster in
Aktivate.

IMPORTANT SEASON START DATES:

FALL SPORTS START DATES:
AUGUST 7 - FIRST DAY OF
BOYS & GIRLS SOCCER,
CROSS COUNTRY,
FOOTBALL, SWIMMING,
CHEER AND VOLLEYBALL.
AUGUST 10 - FIRST DAY OF
GOLF

WINTER SPORTS:
OCTOBER 30 - FIRST DAY
OF GIRLS BASKETBALL
NOVEMBER 10 - FIRST DAY
OF BOYS BASKETBALL
NOVEMBER 13 - FIRST DAY
OF WRESTLING

SPRING SPORTS:
FEBRUARY 23 - FIRST DAY
OF BASEBALL, SOFTBALL,
TENNIS, TRACK & FIELD

Please contact Head Coach
for tryout details!

NO PAPERWORK – NO PRACTICE – NO EXCEPTION!

COEUR D'ALENE VIKINGS

Fall Sports Information 2023-2024

Registration Information:

- **After May 1st:** ALL ATHLETES (existing and new) Online Registration required on Activate previously called Register My Athlete click [HERE](#) for the website.
 - Make sure you pick the 2023-2024 season. **DO NOT** create a new account if you already have one. If you have a sibling that plays sports at CDA High School, just log back in and add an athlete to your existing account.
- All students must purchase an ASB (\$40) and Travel Fee (\$25 per sport). Travel fee can be paid through Aktivite beginning in August after student is placed on a Roster. ASB must be paid in person or through e-funds on Skyward.
- Physicals are *required* in 9th and 11th grade. - Physical Must be done after May 1st, 2023
 - We must have a current physical on file (physical lasts for 2 years) for each athlete.
- Students must have passed the requisite number of classes during the last grading period (Spring Semester 2023)

Boys Soccer

Head Coach: Braden Ridgewell

Email: bridgewell@cdaschools.org

- Free Play/Weights Begin in June
- Camp: Late June or July
- Tryouts: August 7th & 8th (Mandatory)
- Click [HERE](#) for camp , summer workouts and tryout information

Girls Soccer

Head Coach: Andy Vredenberg

Email: cdavikingswomenssoccer@gmail.com

- Tryouts: August 7th & 8th (Mandatory)
- Email Coach for Summer workout information and to get signed up on email lists!

Cheer

Head Coach: Tiffney Murphree

Email: tiffney.murphree@cdaschools.org

- Parent Meeting - June 15, 6:30 Team Room Above Jordan Court
- Tryout Material - June 20 & 21, 6-8pm Viking Court N. Mezzanine
- Tryouts - June 22, 6-8pm Viking Court N. Mezzanine

Swimming

Head Coach: Laura Curtis

Email: Lcurtis@cdaschools.org

- Practice begins August 7th
- M,W,F 9:30 - 11am ~ T, TH - 8:30 - 10am @ The KROC Center
- Aug. 21-25 5-6pm at Sanders Beach
- Aug. 28 - Sept. 1 Back at the KROC Center.

Cross Country

Head Coach: Cathy Compton

Email: Ccompton@cdaschools.org

- Summer Workouts:
 - Tuesdays and Thursdays 7:30pm City Hall lower parking lot
- August 7th: First day of XC Season!
- XC Website: www.Athletic.net

Golf

Boys Head Coach: Chase Bennett

Email: cwbennett@cdaschools.org

Girls Head Coach: Jeff Lake

Email: jlake@cdaschools.org

- Tryouts Begin: August 10th & 11th
- Click [Here](#) for details

Football

Head Coach: Shawn Amos

Email: samos@cdaschools.org

- Gear required: T-shirt, Shorts, Cleats
- Camp Practice June 5-8, 3-6pm
- Camp Practice June 13-17, 7-10am
- V/JV Camp: June 19-21, 7am - 5pm
- Viking Army Mon - Thurs 7:30 - 10am
- Two-a-days start August 7th

Stay updated:

- **CHS Viking football** FB Page or click [HERE](#) for the website

Volleyball

Head Coach: Carly Curtis

Email: ccurtis@cdaschools.org

- Click [HERE](#) for the summer schedule
- Tryouts are : August 7th & 8th
- Click [HERE](#) for Tryouts and Practice Schedule



Check our Daily Bulletin



[Coeur d'Alene High School Athletics Page](#)



CDA Viking Activities



WAYS TO STAY CONNECTED:

Check our website's
Daily Bulletin

www.cdасchools.org/chs

Sports Calendar:

<https://vikingathletics.org>



@chs_vikings_cda



CDA Viking Activities



www.nfhsnetwork.com

Fall Head Coach Contacts:

Boys Soccer

Head Coach: Braden Ridgewell
Email: bridgewell@cdасchools.org

Cross Country

Head Coach: Cathy Compton
Email: ccompton@cdасchools.org

Girls Soccer

Head Coach: Andy Vredenberg
Email: cdavikingswomenssoccer@gmail.com

Golf (Girls)

Head Coach: Jeff Lake
Email: jlake@cdасchools.org

Volleyball

Head Coach: Carly Curtis
Email: ccurtis@cdасchools.org

Cheer

Head Coach: Tiffney Murphree
Email: tiffney.murphree@cdасchools.org

Football

Head Coach: Shawn Amos
Email: samos@cdасchools.org

Golf (Boys)

Head Coach: Chase Bennett
Email: cwbennett@cdасchools.org

Swimming

Head Coach: Laura Curtis
Email: lcurtis@cdасchools.org

Winter Head Coach Contacts:

Boys Basketball

Head Coach: Jon Adams
Email: Jonathon.adams@cdасchools.org

Girls Basketball

Head Coach: Nicole Symons
Email: nsymons@cdасchools.org

Cheer

Head Coach: Tiffney Murphree
Email: tiffney.murphree@cdасchools.org

Wrestling

Head Coach: Jeff Moffat
Email: jmoffat@cdасchools.org

Spring Head Coach Contacts:

Baseball

Head Coach: Erik Karns
Email: ekarns@cdасchools.org

Tennis (Boys)

Head Coach: Corey DeLeonard
Email: corey.deleonard@cdасchools.org

Track

Head Coach: Shawn Amos
Email: samos@cdасchools.org

Softball

Head Coach: Bobbi Darretta
Email: bdarretta@cdасchools.org

Tennis (Girls)

Head Coach: Laura Taylor
Email: ltaylorcdagolf@yahoo.com



HONORARY CLUBS

National Honors Society

SCHOOL CLUBS

Business Professionals of America (BPA)

Bowling Club

Chess Club

Choir/Vocal Music

Drama Club

Board Game Club

German Club

GSA Club

Japanese Club

Key Club

Model UN

Pep Band

Ping Pong Club

Robotics Club

Scholastic Team

Sources of Strength

Ski/Snowboard Club

Trap & Skeet Club

ACTIVITIES

2023-2024 Activities and Clubs

Student Council (by election of students) - Austyn Araujo

Bowling - Scott McCardel, Advisor

Board Games - Bruce Mobarry, Advisor

Robotics - Bruce Mobarry, Advisor

Ping Pong - Scott McCardell, Advisor

BPA (Business Professionals of America) - Janet Kluss, Adviser

Drama Coeur (Theater Group) - Jared Helm, Adviser

Key Club (Service Organization) - Lisa Walker/JaeCie Wilson, Advisers

National Honor Society (Honorary Club by invite)

Brianna White/Erika Lewis, Advisers

Scholastic Team (INEL) - Kari Tapia, Adviser

Chess Club - Eric Torrence Advisor

Skeet & Trap - Chuck Keisel/Matt Brown, Advisors

Sources of Strength - Michelle Pavlik, Advisor

Model UN - Don Walters, Advisor

Ski/SB Club- Jeff Lake, Chase Bennett, Hanna Kuhns Advisors

Clubs via Classes:

Debate/Speech Team -

DECA - Tony Carrico, Advisor

German Club (German Class Students) - Carletta Brenneman, Advisor

Pep Band - James Phillips, Advisor

Yearbook - Jennifer Brown/Jennifer Gardner

World Languages

(French/Spanish Students) - Madame Carr, Erika Gunderson

Japanese Club - Don Calister

Also offered:

Band * Choir * Drama * Orchestra

Interscholastic Activities Board Policy 3400

All interscholastic activities and competitions in which the students of the district participate, must comply with the rules of the Idaho High School Activities Association.

ACTIVITIES

SPORTSMANSHIP

IS THAT QUALITY OF HONOR
THAT DESIRES ALWAYS TO BE
COURTEOUS, FAIR, AND
RESPECTFUL, AND IT IS
INTERPRETED IN THE CONDUCT
OF PLAYERS, SPECTATORS,
COACHES, AND SCHOOL
AUTHORITIES.

Fielding H. Yost

Sportsmanship Expectations for Spectators

Spectators must follow the IEL and IHSAA Sportsmanship Rules and Regulations, including:

- Understand that profanity, obscene language, suggestive gestures, chanting and obnoxious behavior directed at opposing players, coaches, or fans will not be tolerated.
- Treat opposing players, coaches, and fans with courtesy and respect.
- Booming is not an acceptable behavior, particularly during player introductions.
- Only signs encouraging your team are permitted.
- Students, players, coaches, parents, and all spectators are asked to maintain
- Total silence through the completion of the National Anthem per IEL Regulations.

Coaches, staff, administration, parents, and all spectators are adult role models and should exhibit high levels of sportsmanship and spirit.

As parents of Coeur d'Alene High School students, we promote and expect exemplary sportsmanship from students, athletes, parents, coaches, staff, and all spectators.

Violation of sportsmanship rules may include the following consequences: verbal warning, ejection, one or more game suspension, or a season long suspension. If ejected, you must leave the site.



WAYS TO STAY CONNECTED:

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[Daily Bulletin](#)

www.cdaschools.org/chs

Sports Calendar:

www.vikingathletics.org



@chs_vikings_cda



CDA Viking Activities



www.nfhsnetwork.com