



Below is the co-curricular paperwork for the 2024-2025 school year. All of these forms need to be printed out or picked up in the DHS or DMS offices and returned to the DHS or DMS offices by the start of practices this coming August.

Fall Sports Practice Start Dates 2024

 HS Football - Tuesday, August 6th for equipment handout and practice #1


 HS Football Cheerleading - Tuesday, August 6th

 HS Boys Soccer - Monday, August 19th

 HS Volleyball - Monday, August 19th

 HS Cross Country - Monday, August 19th

 MS Cross Country - Monday, August 26th

 MS Football - Monday, August 19th

 MS Football Cheerleading - Monday, August 19th

 MS Volleyball - Monday, August 26th

To Do's:

- 1) Get physicals scheduled
- 2) Required Forms
- 3) Put dates in your calendars

DHS Required Forms

- 1) [Permission Form](#)
- 2) [WIAA Physical Form](#) OR [Alternate Year Form](#)
- 3) [Upland Hills Return to Play & Consent to Treat](#)

Physicals:

[June 5/6/7 - Southwest Health \(\\$25\)](#)
[July 10th & 17th - Upland Hills Health \(\\$20\)](#)

DHS Information Only

- 1) [WIAA Athletic Eligibility Information](#)
- 2) [DHS Co-Curricular Code of Conduct](#)
- 3) [Concussion, Head Injury & Sudden Cardiac Arrest Information Sheets](#)

Girls Mental Health in Sports Night: [INFO](#)

Monday, July 29th @ 6pm - Auditorium

DHS Athletic Fees [Student Fees](#)

Upland Hills Health Event: [INFO](#)

Tuesday, July 23rd from 6-8pm - Auditorium

DMS Required Forms

- 1) [DMS Athletic Registration Form](#) w/Concussion, Head Injury & Sudden Cardiac Arrest Information
- 2) [WIAA Physical Form](#) OR [Alternate Year Form](#)
- 3) [Upland Hills Consent to Treatment](#)

DMS Athletic Fee [Student Fees](#)

High School Activities Code of Conduct Meeting

Monday, August 5th @ 6:00pm in the DHS Auditorium

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Winter Sports Practice Start Dates 2024

-  7/8 Boys Basketball - Wednesday, October 23rd
-  HS Gymnastics - Monday, November 11th
-  HS Girls Basketball - Monday, November 11th
-  HS Wrestling - Monday, November 18th
-  HS Wrestling Cheerleading - Monday, November 18th
-  HS Boys Basketball - Monday, November 18th
-  6/7/8 Wrestling - Thursday, January 2nd
-  7/8 Girls Basketball - Thursday, January 2nd

To Do's:

- 1) Get physicals scheduled
- 2) Required forms filled out and turned in
- 3) Put dates in your calendars

DHS Required Forms

- 1) [Permission Form](#)
- 2) [WIAA Physical Form](#) OR [Alternate Year Form](#)
- 3) [Upland Hills Return to Play & Consent to Treat](#)

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DHS Athletic Fees

[Student Fees](#)

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DMS Athletic Fee

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Spring Sports Practice Start Dates 2024

-  HS Track and Field - Monday, March 10th
-  HS Softball - Monday, March 17th
-  HS Girls Soccer - Monday, March 24th
-  HS Baseball - Monday, March 24th
-  HS Boys Golf - Monday, March 31st
-  MS Track and Field - Monday, March 31st

To Do's:

- 1) Get physicals scheduled asap
- 2) Get forms filled out asap
- 3) Put dates into your calendars

DHS Required Forms

- 1) [Permission Form](#)
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DHS Information Only

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DMS Athletic Fee

[Student Fees](#)

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