SOCCER/BOCCE
Unified & Traditional Bocce & Soccer
Starting Date: July 18, 2022
8-Week Training Period: July 18 - September 16
Training School Target Dates: July 5 – August 5
Area Tournaments: July 30 – August 7
District Tournaments: August 13 - August 21
Entry Deadline: August 31
State Tournament: GRAND FORKS September 17-18, 2022

BOWLING*
Starting Date: September 5
8-Week Training Period September 5 – November 4
Training School Target Dates: August 22 – September 18
Area Tournaments: September 24 – October 16
Entry Deadline: October 19
State Tournament: MANDAN & GRAND FORKS November 6, 2022
15 games must be bowled for an athlete to qualify for the State Bowling Tournament.

WINTER GAMES
Alpine Skiing, Cross Country Skiing, Snowshoe
Starting Date: November 28, 2022
8 Week Training Period: November 28 -- January 12
Training School Target Dates: November 7 – December 9
Area Games December 10 – January 8
Entry Deadline: January 11
State Games: BOTTINEAU January 20 – 21

BASKETBALL
Starting Date: January 2, 2023
8- Week Training Period January 2 – February 23
Training School Target Dates December 19 – January 15
Area Tournaments January 14 – January 22
District Tournaments January 28 – February 5
Entry Deadline February 8
State Tournament: MINOT TBD

SUMMER GAMES
Powerlifting, Unified Volleyball, Swimming, Bocce, Flag Football, Track & Field
Starting Date: March 27
8 – Week Training Period March 27 – June 3
Training School Target Dates March 13 – April 9
Area Games April 15 – April 23
District Games April 29 – May 14
Entry Deadline May 17
State Tournament: FARGO June TBD, 2023