East High School exists to empower our students to Excel in activities, Achieve in academics, and Succeed in reaching college and career readiness through a longstanding Tradition of producing innovative and creative thinkers.

Please check the MRAC website for information on Activity/Athletic events during the school year for all participating schools www.missouririverconf.org
It’s a Great Day to Be a Raider!!

East High Strength & Conditioning
Twitter: @east_strength

East High Wrestling (Vince Pederson)
Twitter: @SCEHSWrestling  (Admin: Rulin Pederson)

EHS Boys and Girls Golf (David Schipper)
Twitter: @blackraidergolf

EHS Volleyball
Facebook: facebook.com/blackraidervolleyball
(Admin: Troy Kern)
Twitter: @easthighvball

EHS Boys & Girls Track (Rick Clarahan)
Twitter: @SC East Track&Field

EHS Cross Country (XC) (Nick Gaul)
Facebook: Black Raider Cross Country
Twitter: @BlackraiderXC

EHS Girls Swimming (Molly Hegarty)
Facebook: SC Metro Swimming
Email: scmetroswimming@gmail.com

East High Bands: (Anna Scott/ Brad Anderson)
EHS Color Guard: (Angela Ericson)
Facebook: East High Bands
Twitter: @ehsbands

EHS Choirs (Tom Hales/ Sydney McCoy)
Website: www.ehsvocalmusic.net  (Admin: Nancy Jensen)
Twitter: @easthightvchos  (Admin: Nancy Jensen)
Facebook – The Headliners 2016-2017 (Admin: Parents)

EHS Orchestras (Eleanor May-Patterson)

EHS Cheer Teams (Kayla Kellen)
Twitter: @cheer4ehs
Instagram: cheer_4_ehs

EHS Dance Team (Kayla Kellen)
Twitter: EHS_Dance
Instagram: EHS_Dance
Facebook: Sioux City East Dance Team

EHS Drama Club (Marissa Behan)
Facebook: Sioux City East High Drama Club
(Admin: Teacher)

EHS Debate Squad (Marissa Behan)
Twitter: @ehswritersguild
(Admin: Nate Petrik)

EHS Multicultural Club (Kristin Helseth)
Facebook: EHS Multicultural Club
Twitter: @ehsmulticulture  (Admin: Kimberly Najar)

EHS MVP – Mentors in Violence Prevention
Twitter - @EHS_MVP  (Admin: Staci Page)

EHTV (Cody Jaminet)
Facebook: EHTV
Twitter: @easthightv
YouTube: https://www.youtube.com/channel/UCPJ4aOs4TlfgrSpAXCcYYIQ