

HIGH SCHOOL INTERSCHOLASTIC SPORTS 2018-2019

Varsity sports are predominantly for 11 & 12 grade students unless no JV team exists
JV sports are predominantly for 9 & 10 grade students

FALL SPORTS

**Football begins August 20*

All other Fall sports begin August 27

All Medical/Permission forms due between July 27th and August 14th

***Varsity & JV Football (1st practice 7:30am High School)**
Varsity & JV Boys Soccer (1st practice 9:00-11:30am Plainedge Park)
Varsity & JV Girls Soccer (1st practice 5:00pm High School)
Varsity & JV Girls Volleyball (1st practice 10:00am High School)
Varsity Boys Volleyball (Gr. 9-12) (1st practice 12:00-2:00pm High School)
Cross-Country (Gr. 9-12) (1st practice 7:00am High School)
Varsity Girls Tennis (Gr. 9-12) (1st practice 7:45am High School)
Varsity Golf (Gr. 9-12) (1st practice 9:00am High School)
Varsity & JV Cheerleading (1st practice 3:45pm Brian Moore Athletic Center)

WINTER SPORTS

**Wrestling begin November 7*

All other sports begin November 13

All Medical forms due between October 2nd and November 2nd

Varsity & JV Boys Basketball (1st practice 4:45 HS Gym)
Varsity & JV Girls Basketball (1st practice 2:45 HS Gym)
Varsity Girls Bowling (Gr. 9-12) (1st practice 2:15 HS Gym)
Varsity Boys Bowling (Gr. 9-12) (1st practice 2:15 HS Gym)
Varsity Boys & Girls Winter Track (Gr. 9-12) (1st practice 2:45pm HS Gym)
***Varsity & JV Wrestling (1st practice 2:45pm HS Wrestling Room)**
Varsity & JV Cheerleading (1st practice 3:30pm Brian Moore Athletic Center)

SPRING SPORTS

Most sports begin March 4

**Track begins March 11, *Boys Tennis begins March 18*

All Medical forms due between January 25 and February 25

Varsity & JV Baseball (1st practice 2:45pm HS Baseball Field)
Varsity & JV Softball (1st practice 3:15pm Schwarting Elementary)
Varsity & JV Boys Lacrosse (1st practice 2:45pm Plainedge Park)
Varsity & JV Girls Lacrosse (1st practice 3:45 HS Lacrosse field)
***Varsity Boys Track & Field (Gr. 9-12) (1st practice 2:45pm HS Track)**
***Varsity Girls Track & Field (Gr. 9-12) (1st practice 2:45pm HS Track)**
***Varsity Boys Tennis (Gr. 9-12) (1st practice 3:00pm HS Tennis Courts)**