

**WEST HEMPSTEAD UNION FREE SCHOOL DISTRICT**

**Secondary School 7/8 Interscholastic Team Sports**

**2023-2024**

**Fall**

<b><u>Sport</u></b>	<b><u>Start Date</u></b>
Football	9/5/23
Girls' Soccer	9/5/23
Boys' Soccer	9/5/23
Co-ed Cross Country	9/5/23
Cheerleading	9/5/23

**Winter I**

<b><u>Sport</u></b>	<b><u>Start Date</u></b>
Girls' 7/8 Grade Volleyball	11/6/23
Boys' 7/8 Grade Basketball	11/6/23
Boys' & Girls' Winter Track	11/6/23

**Winter II**

<b><u>Sport</u></b>	<b><u>Start Date</u></b>
Girls' 7/8 Grade Basketball	1/16/24
Boys' 7/8 Grade Volleyball	1/16/24

**Spring**

<b><u>Sport</u></b>	<b><u>Start Date</u></b>
Softball	3/25/24
Baseball	3/25/24
Girls' Lacrosse	3/25/24
Boys' Lacrosse	3/25/24
Boys' & Girls' Spring Track	3/25/24