

WEST HEMPSTEAD UNION FREE SCHOOL DISTRICT

Grades 9-12 Interscholastic Team Sports

2023-2024

Fall

<u>Sport</u>	<u>Season Starts</u>
Football	8/21/23
Cheerleading	8/28/23
Girls' Soccer	8/28/23
Boys' Soccer	8/28/23
Girls' Volleyball	8/28/23
Boys' Volleyball	8/28/23
Co-ed Cross Country	8/28/23
Girls' Swimming	8/28/23
Girls' Tennis	8/28/23

Winter

<u>Sport</u>	<u>Season Starts</u>
Competitive Cheerleading	11/13/23
Girls' Basketball	11/13/23
Boys' Basketball	11/13/23
Girls' Winter Track	11/13/23
Boys' Winter Track	11/13/23
Girls' Bowling	11/13/23
Boys' Bowling	11/13/23

Spring

<u>Sport</u>	<u>Season Starts</u>
Softball	3/11/24
Baseball	3/11/24
Girls' Flag Football	3/11/24
Boys' Lacrosse	3/11/24
Girls' Lacrosse	3/11/24
Girls' Spring Track	3/11/24
Boys' Spring Track	3/11/24
Boys' Tennis	3/18/24
Girls' Badminton	3/18/24

SAT Test Dates

August 28, 2023

October 7, 2023

November 4, 2023

December 2, 2023

March 9, 2024

May 4, 2024

June 1, 2024

ACT Test Dates

September 9, 2023

October 28, 2023

December 9, 2023

February 10, 2024

April 13, 2024

June 8, 2024

July 13, 2024