## **SEASONAL CHARTS - NJSIAA**

## **SPRING 2024**

SPORT	FIRST PRACTICE
*Baseball	March 14
Golf	March 14
Boys & Girls Lacrosse	March 14
*Softball	March 14
Boys Tennis	March 11
Track & Field	March 14
Boys Volleyball	March 14

<sup>\*</sup>Baseball & Softball pitchers and catchers (only) will be permitted to begin practices 3 days before the first practice

## **FALL 2024**

SPORT	FIRST PRACTICE
Football	August 12
Girls Tennis	August 12
Boys & Girls Cross Country	August 19
Field Hockey	August 19
Gymnastics	August 19
Boys & Girls Soccer	August 19
Girls Volleyball	August 19

WINTER 2024 - 2025

**Updates Coming Soon**