



NYSPHSAA

Start Dates - 2022-2023

High School Teams (Varsity & JV)
Grades 9, 10, 11, 12
Middle School Teams (Modified)
Grades 7 & 8

**Posted are NYSPHSAA Start Dates-
Subject to change due to JJ
calendars/conflicts**

NYSPHSAA Fall Sports Start Dates:

Varsity Sports August 22, 2022
Modified Sports TBD (start date will be after 1st day of school)

Fall Sports Offered

Cross Country	<i>varsity/modified</i>	Girls Soccer	<i>varsity/jv/modified</i>
Field Hockey	<i>varsity/jv/modified</i>	Girls Swim & Dive	<i>varsity</i>
Football	<i>varsity/jv</i>	Girls Tennis	<i>varsity/jv</i>
Boys Soccer	<i>varsity/jv/modified</i>	Girls Volleyball	<i>varsity/jv/modified</i>

NYSPHSAA Winter Sports Start Dates:

High School Sports November 14, 2022
Modified Sports November 21, 2022

Winter Sports Offered

Boys Basketball	<i>varsity/jv/modified</i>	Alpine Ski (NSHS)	<i>varsity</i>
Girls Basketball	<i>varsity/jv/modified</i>	Boys Swim & Dive	<i>varsity</i>
Bowling	<i>varsity</i>	Indoor Track	<i>varsity/modified</i>
Ice Hockey	<i>varsity</i>	Wrestling	<i>varsity/jv/modified</i>

NYSPHSAA Spring Sports Start Dates:

High School Sports March 13, 2023
Modified Sports March 20, 2023

Spring Sports Offered

Baseball	<i>varsity/jv/modified</i>	Softball	<i>varsity/jv/modified</i>
Golf	<i>varsity/jv</i>	Boys Tennis	<i>varsity/jv</i>
Boys Lacrosse	<i>varsity/jv</i>	Track & Field	<i>varsity/modified</i>
Girls Lacrosse	<i>varsity/jv/modified</i>		