



Hartford Union High School  
2024 - 2025  
Sports Practice Start Dates  
**UPDATED 4/2024**

## Boys Sports

### Fall

Football	8/6
Sideline/Competitive Cheer	6/19
Cross Country	8/19
Golf	8/12
Soccer	8/19
Volleyball	8/19

### Winter

Hockey Co-op	11/11
Sideline/Competitive Cheer	11/11
Basketball	11/18
Wrestling	11/18
Swim	11/18

### Spring

Track	3/10
Lacrosse	3/17
Baseball	3/24
Golf	3/31
Tennis	3/31

## Girls Sports

### Fall

Competitive Dance	7/15
Sideline/Competitive Cheer	6/19
Tennis	8/13
Swim	8/13
Cross Country	8/19
Volleyball	8/19

### Winter

Competitive Dance	11/1
Sideline/Competitive Cheer	11/11
Hockey Co-Op	11/11
Basketball	11/11
Gymnastics	11/11
Wrestling	11/18

### Spring

Track	3/10
Lacrosse	3/17
Softball	3/17
Soccer	3/24

### Note:

1. All Athletes must complete the online Co-Curricular Permission Slip, and Concussion Form, and pay the \$120 Co-Curricular fee.
2. Physicals dated 4/1/23 - 3/31/24 are ONLY good for the 2024 - 2025 school year.
3. Physicals dated after 4/1/24 are eligible to play sports for the 2024 - 2025 and 2025- 2026 school years.
4. Physicals dated prior to 4/1/23 are no longer valid and require a NEW physical with the doctor. Must be on the WIAA Clearance Form.
5. Refunds of Co-Curricular fees must be requested in writing by June 1<sup>st</sup> in the athletic office for students who did not make the team roster.