



Hartford Union High School
2023 - 2024
Sports Practice Start Dates
UPDATED 5/2023

Boys Sports

Fall

Football	8/1
Cross Country	8/14
Soccer	8/14
Volleyball	8/14

Winter

Hockey Co-op	11/6
Basketball	11/13
Wrestling	11/13
Swim	11/13

Spring

Track	3/4
Lacrosse	3/11
Baseball	3/18
Golf	3/25
Tennis	3/25

Girls Sports

Fall

Competitive Dance	7/15
Golf	8/7
Tennis	8/8
Swim	8/8
Cross Country	8/14
Volleyball	8/14

Winter

Competitive Dance	11/1
Hockey Co-Op	11/6
Basketball	11/6
Gymnastics	11/6

Spring

Track	3/4
Lacrosse	3/11
Softball	3/11
Soccer	3/18

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 4/1/22 - 3/31/23 are ONLY good for the 2023 - 2024 school year.
3. Physicals dated after 4/1/23 are eligible to play sports for the 2023 - 2024 and 2024- 2025 school years.
4. Physicals dated prior to 4/1/22 are no longer valid and require a NEW physical with the doctor.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 1st in the athletic office for students who did not make the team roster.