

SACHEM ATHLETIC DEPARTMENT- ATHLETIC PROGRAMS FOR VARSITY, JV AND MIDDLE SCHOOLS

FALL VARSITY AND JV ATHLETIC PROGRAMS

Sports Offered	East	North	START DATE
Boys Cross Country	X	X	8/25/2025
Girls Cross Country	X	X	8/25/2025
Football	X	X	8/18/2025
Girls Field Hockey	X	X	8/25/2025
Boys Golf	Combined East & North- Varsity Only		8/25/2025
Girls Gymnastics	Combined East & North- Varsity Only		8/25/2025
Boys Soccer	X	X	8/25/2025
Girls Soccer	X	X	8/25/2025
Girls Swimming	Combined East & North @ East		8/25/2025
Girls Tennis	Combined East & North @ East		8/25/2025
Boys Volleyball	X	X	8/25/2025
Girls Volleyball	X	X	8/25/2025
Cheerleading	X	X	8/25/2025
Kickline	Club		8/25/2025

WINTER VARSITY AND JV ATHLETIC PROGRAMS

Sports Offered	East	North	START DATE
Boys Basketball	X	X	11/17/2025
Girls Basketball	X	X	11/17/2025
Cheerleading	X	X	11/17/2025
Boys Bowling	Combined East & North- Varsity Only		11/17/2025
Girls Bowling	Combined East & North- Varsity Only		11/17/2025
Boys Swimming	Combined East & North- Varsity Only @ East		11/17/2025
Boys Winter Track	X	X	11/17/2025
Girls Winter Track	X	X	11/17/2025
Wrestling	X	X	11/17/2025
Kickline	Club		11/17/2025
Unified Co-ed Bowling	X	X	TBA

SPRING VARSITY AND JV ATHLETIC PROGRAMS

Sports Offered	East	North	START DATE
Baseball	X	X	3/9/2025
Girls Flag Football	X	X	3/9/2025
Girls Golf	Combined East & North- Varsity Only		3/9/2025
Boys Lacrosse	X	X	3/9/2025
Girls Lacrosse	X	X	3/9/2025
Softball	X	X	3/9/2025
Boys Tennis	Combined East & North @ East		3/9/2025
Boys Track & Field	X	X	3/9/2025
Girls Track & Field	X	X	3/9/2025
Unified Co-ed Basketball	X	X	TBA

FALL MIDDLE SCHOOL ATHLETIC PROGRAMS

Sports Offered	Sagamore	Samoset	Seneca	START DATE
Boys/Girls Cross Country	X	X	X	9/5/2025
Football	X	X	X	9/5/2025
Girls Field Hockey	X	X	X	9/5/2025
Boys Soccer	X	X	X	9/5/2025
Girls Soccer	X	X	X	9/5/2025
Girls Tennis	All MS Combined- @ North			9/5/2025
Cheerleading	Club- 7th & 8th Grade Only			9/5/2025
Kickline	Club- 6th, 7th, 8th Graders			9/5/2025

EARLY WINTER MIDDLE SCHOOL ATHLETIC PROGRAMS

Sports Offered	Sagamore	Samoset	Seneca	START DATE
Boys Basketball	X	X	X	11/10/2025
Cheerleading	X	X	X	11/10/2025
Girls Volleyball	X	X	X	11/10/2025

LATE WINTER MIDDLE SCHOOL ATHLETIC PROGRAMS

Sports Offered	Sagamore	Samoset	Seneca	START DATE
Boys Volleyball	X	X	X	1/26/2026
Girls Basketball	X	X	X	1/26/2026
Wrestling	X	X	X	1/26/2026

SPRING MIDDLE SCHOOL ATHLETIC PROGRAMS

Sports Offered	Sagamore	Samoset	Seneca	START DATE
Baseball	X	X	X	3/30/2026
Boys Lacrosse	X	X	X	3/30/2026
Girls Lacrosse	X	X	X	3/30/2026
Softball	X	X	X	3/30/2026
Boys/Girls Swimming	All MS Combined- Swim @ North			3/30/2026
Boys/Girls Track & Field	X	X	X	3/30/2026
Boys Tennis	All MS Combined- @ North			3/30/2026