

Freeport School District Athletic Department

The following lists of sports indicate those activities open to competition between schools at the County and State level. You will find a “V, JV, MS” marked in boxes. A “V”=Varsity, “JV”=Junior Varsity and “MS”=Middle School level sports. The District, as of July 1, 2023, maintains those sports.

BOYS' SPORT	ACTIVITY LEVEL	SEASON OFFERED	GIRLS' SPORT	ACTIVITY LEVEL	SEASON OFFERED
Baseball	V, JV, MS	Spring	Badminton	V, JV, MS	V/JV-Spring MS-Fall
Basketball	V, JV, MS	Winter	Basketball	V, JV, MS	Winter
Bowling	V	Winter	Bowling	V	Winter
Cross Country	V, MS	Fall	Cheerleading COED	V, JV, MS	Fall & Winter
Football	V, JV, MS	Fall	Cross Country	V, M	Fall
Golf-COED	V	Fall	Flag Football	V	Spring
Lacrosse	V, JV, MS	Spring	Lacrosse	V, JV, MS	Spring
Rifle COED	V	Winter	Soccer	V, JV, MS	Fall
Soccer	V, JV, MS	Fall	Softball	V, JV, MS	Spring
Swimming	V	Winter	Swimming	V	Fall
Tennis	V	Spring	Tennis	V	Fall
Outdoor Track	V, MS	Spring	Outdoor Track	V, MS	Spring
Winter Track	V, MS	Winter	Winter Track	V, MS	Winter
Wrestling	V, JV, MS	Winter	Volleyball	V, JV, MS	Fall
Volleyball	V, JV, MS	V/JV Fall MS Winter			

The chart below shows **starting dates** for sports by season and level. You will notice that some sports start at different dates.

SEASONS	VARSITY AND JUNIOR VARSITY	MIDDLE SCHOOL
Fall	August 21, 2023—HS Football	
Fall	August 28, 2023—All Other HS Sports	September 5, 2023
Winter	November 13, 2023	
Winter I		November 6, 2023—Girls' Volleyball, Boys' Basketball, Co-Ed Winter Track and Cheer
Winter II		January 16, 2024—Wrestling, Girls' Basketball, Boys Volleyball
Spring	March 11, 2024—Lacrosse, Baseball and Softball, Track	March 25, 2024
Spring	March 18, 2024—Badminton, Boys' Tennis and Girls' Flag Football	

***All Students Must Register on Familyid.com** (Fall Registration for FHS & Dodd is now open)

****Students must have a current sports physical in order to participate.** Sports Physicals can be obtained by your *private physician*, school physician on (Aug. 28th from 8-10am at FHS) or from the Freeport School Based Health Center (call 867-5329 for an appointment). Any questions regarding physicals or to make an appointment, please contact the **Dodd (867-5287) or FHS Health Office (867-5350)**. Any questions regarding team sports, please contact the Athletic Office.