



HIGH SCHOOL SPORTS BY SEASON 2025-2026

FALL		WINTER		SPRING	
BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
Cross Country	Cross Country	Basketball	Basketball	Baseball	Badminton
Football	Soccer	Bowling	Bowling	Lacrosse	Softball
Soccer	Swimming	Swimming	Winter Track	Spring Track	Spring Track
Volleyball	Tennis	Winter Track	Wrestling	Tennis	
	Volleyball	Wrestling			
Start Date	8/18/25 Football Only	Start Date	11/17/25	Start Date	3/9/26 Baseball/Lacrosse /Track/Softball
Start Date	8/25/25 All Other Sports			Start Date	3/16/25 All Other Sports



MODIFIED SPORTS BY SEASON 2025-2026

FALL		WINTER I		WINTER II		SPRING	
BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
Cross Country	Cross Country	Basketball	Volleyball	Bowling	Basketball	Baseball	Badminton
Football	Soccer	Swimming		Volleyball	Bowling	Lacrosse	Softball
Soccer	Swimming			Wrestling		Spring Track	Spring Track
Start Date	9/2/25	Start Date	11/3/25	Start Date	1/20/26	Start Date	3/30/26

All coaches and contact info can be found on this link [Uniondale Coaches Information](#)