



2023 - 2024 Athletic Information

Holliston HS offers 3 different sport seasons (Fall, Winter, Spring) with many different sports and levels of teams. Some programs are Varsity only, some offer Varsity & Junior Varsity and others also offer Freshman or JV2 teams. This is all dependent on the number of students participating in each sport each year.

You can find information about teams, schedules, registration, coaching staff directory, etc. on the [Holliston HS Athletics Website](#).

! In order to participate in tryouts or practices !

The following things must be completed:

1. Parents/guardians must register their student-athlete on [familyid.com](#)
Coaches have access to team registration info and will disseminate information prior to the season regarding tryouts/practices based on the email addresses given at time of registration - make sure your email is correct!
2. Student-athletes must have an up-to-date physical uploaded in [familyid.com](#)
**Physicals are valid up to 13 months from the date of the previous physical.
Please note: Convenient MD and CVS Minute Clinic administer accepted athletic physicals*
3. Student-athletes must complete a Concussion test every two years
Click the link for more information [ImPACT Testing](#)

The athletic fee for high school sports is \$225/season with the exception of Unified Sports, which is \$100/season. User fees are due once rosters have been set. Checks can be made out to Town of Holliston - Athletics, mailed to HHS Athletic Department or [click here to pay online](#)

Family Cap ~ Holliston High School has instituted a \$1125 maximum per family per academic year for athletic fees. Please email Justin Arbour arbourj@holliston.k12.ma.us if you have reached the family cap

Financial Assistance ~ For those requiring financial assistance please contact the Holliston HS main office

Fall Sports Registration begins in the middle of May on familyid.com

Fall Sports begin the Monday in August two weeks prior to Labor Day (8/21/23). Football begins the Friday two weeks prior to Labor Day (8/18/23). Football starts earlier per the MIAA due to safety measures put in place to accommodate sufficient practice time before full contact padded practices. For more information, check out the [MIAA Sport Limitation Information Sheet](#). Varsity teams begin MIAA tournament play late October/early November. Most sub-varsity programs end at the end of October.

Fall sports	Start date	Tryout Times
Cheer	Mon 8/21/23	TBA
Cross Country Girls	Mon 8/21/23	TBA
Cross Country Boys	Mon 8/21/23	TBA
Football	Fri 8/18/23	TBA
Field Hockey	Mon 8/21/23	TBA
Golf	Mon 8/21/23	TBA
Soccer Girls	Mon 8/21/23	TBA
Soccer Boys	Mon 8/21/23	TBA
Volleyball Girls	Mon 8/21/23	TBA
Unified Basketball	TBA	

*Click the link for the individual team webpage!

Winter Sports Registration begins October 3rd 2023 on familyid.com

Winter sports begin the first Monday after Thanksgiving (11/27/23). Winter sports typically end in mid February. Varsity (and some sub varsity) teams **do** practice and play games during December and February vacations. Varsity teams begin MIAA tournament play in late February/early March.

Winter Sports	Start date	Tryout Times	Location
Basketball Girls	11/27/23	TBA	HHS Field House
Basketball Boys	11/27/23	TBA	HHS Field House
Gymnastics*	11/27/23	TBA	Elite Gymnastics (Ashland)
Hockey Boys	11/27/23	TBA	Home Rink - Loring Arena (Framingham)
Hockey Girls*	11/27/23	TBA	Blackstone Valley Iceplex (Hopedale)
Swim & Dive B & G	11/27/23	TBA	Kingsbury Club (Medfield)
Track (Indoor) B & G	11/27/23	TBA	Practice HHS Field House
Wrestling	11/27/23	TBA	HHS Field House

*Click the link for the individual team webpage!

**Gymnastics & Hockey Girls are co-op programs that are run out through the Medway HS sports program -Students should register on both Holliston and Medway Family IDs so both towns have their information!*

Spring Sports Registration begins early February 1st 2024 on familyid.com

Spring sports begin the third Monday in March (3/18/24). The season ends in late May for sub-varsity teams. Varsity teams begin MIAA tournament play in early June. Varsity (and some sub varsity) teams **do** play over April vacation week.

<u>Spring sports</u>	<u>Start date</u>	<u>Tryout Times</u>
Baseball	3/18/24	TBA
Softball	3/18/24	TBA
Tennis Boys & Girls	3/18/24	TBA
Track & Field Boys & Girls	3/18/24	TBA
Lacrosse Boys	3/18/24	TBA
Lacrosse Girls	3/18/24	TBA
Ultimate Frisbee	3/18/24	TBA
Unified Track	TBA	

*Click the link for team webpage!

Important Links:

[HHS Athletics Twitter](#)

[HHS Athletics Instagram](#)

[Game Schedules](#)

[Game Tickets](#)

[Athletic Registration](#)