

All Windham High School & Windham Middle School sports sign ups are held in meetings at the beginning of their season with their coach. The High School meetings are held about 2-3 weeks prior to the beginning of each season. The Middle School meetings are generally held the first week of tryouts/practices due to the timing of the Middle School season starting it doesn't allow more time beforehand. It is necessary for all Middle and High School RSU 14 athletes to have a current physical on file with the school nurse, within 2 years.

The High School Season is as follows for 2011-2012:

REGULAR SEASON			
Sport	First Practice	First Countable	Last Countable
Baseball	March 19 (8 pitchers & 2 catchers only) March 26	April 12	May 30
Basketball-ABCD	Nov 21	Dec 9	Feb 10
Cheerleading	Aug 15 (fall) Nov 21 (winter)		
Cross Country	Aug 15	Sept 2	
Field Hockey	Aug 15	Aug 31	Oct 12
Football	Aug 15	Sept 2	Oct 29
Golf-Indv.	Aug 15	Aug 26	
Golf-Team	Aug 15	Aug 26	
Ice Hockey (Boys)	Nov 21	Dec 9	Feb 23
Ice Hockey (Girls)	Nov 7	Nov 25	Feb 4
Lacrosse	March 26	April 12	June 2
Ski	Nov 28	Dec 16	
Soccer	July 25 <small>Harvest Teams</small> Aug 15	Aug 13 <small>Harvest Teams</small> Sept 2	Oct 18
Softball	March 19 (Total of 10 pitchers & catchers) March 26	April 12	May 30
Swim	Nov 21	Dec 9	Feb 11
Tennis-Singles	Mar 26	Apr 12	
Tennis-Team	Mar 26	Apr 12	May 23
Track-Indoor	Nov 21	Dec 9	
Track-Outdoor	Mar 26	Apr 12	
Volleyball	Aug 15	Sept 2	Oct 14
Wrestling	Nov 21	Dec 9	Feb 4

The Middle School season is as follows:
Fall Season – First Monday in September
Early Winter Season – First Monday in November
Late Winter Season – First Monday in February
Spring Season – First Monday in April

These are the earliest possible dates that these teams can be together. There will be a sign up meeting either on this date or close to it, with practice/tryouts beginning immediately after or on the same day. Those dates are announced through school announcements and sent out in school emails.