

TENAFLY HIGH SCHOOL & MIDDLE SCHOOL SPORTS PROGRAMS

2024 – 2025

FALL SEASON

Cheerleading
Cross Country (Boys & Girls)
Football
Soccer (Boys)
Soccer (Girls)
Tennis (Girls)
Volleyball (Girls)
Gymnastics (Girls-independents only. Max. 2)
Middle School Cross Country Middle
School Volleyball

WINTER SEASON

Basketball (Boys)
Basketball (Girls)
Bowling (Boys & Girls)
Cheerleading
Ice Hockey
Ski (Boys & Girls)
Swimming (Boys)
Swimming (Girls)
Winter Track (Boys & Girls)
Wrestling

SPRING SEASON

Baseball (Boys)
Golf (Boys)
Golf (Girls)
Lacrosse (Boys)
Lacrosse (Girls)
Softball (Girls)
Spring Track (Boys & Girls)
Tennis (Boys)
Middle School Spring Track
Middle School Baseball
Middle School Softball