Spring Sports Information for Families

Carolina Day School Athletics

Varsity Spring Sports	Middle School Spring Sports
• Girls Soccer • Boys Tennis • Boys Golf • Varsity Baseball • Co-Ed Track	• Girls Soccer • Co-Ed Track • MS Baseball • Boys Volleyball

Start Dates for Spring Practices

Varsity Sports: Monday, February 9
Middle School Sports: Monday, February 23

Students currently participating in a winter sport will begin spring practices once their winter season concludes.

Registration & Eligibility

All student-athletes must be registered and have all required forms and a current physical on file prior to participation.

Registration Window: January 5 – January 26
Registration Link: go.teamsnap.com/forms/484064/signups/new

Season Overview & Commitment

The spring sports season runs approximately from February 9 through mid-May.

• Varsity teams practice or compete 4–5 days per week
• Middle School teams practice or compete 4 days per week

Families should plan accordingly for a full-season commitment.

Important Reminders

• Registration, forms, and physicals must be completed prior to participation.
• Practice schedules will be shared by coaches once teams are finalized.
• Student-athletes are expected to maintain consistent attendance and commitment.