

Interboro Boys Soccer

Boys Soccer:

Head Coach: Nick Dostellio – nicholas.dostellio@interborosd.org

Assistant Coaches: Dan Myers and Nick Wood



Summer trainings will begin on July 5th and run through July 29th. The trainings will be Monday through Thursday. Monday and Wednesday trainings will be in the morning 10:00-11:00; Tuesday and Thursday will be in the evening, 6:00-8:00. These trainings will take place at the high school fields.

August 16-27: Mandatory training will be August 16-27, Monday through Friday. 8:00-11:00 AM at the high school.

Bucs Wrestling

Head Coach: Dan Tobin – danielto@comcast.net

Phone: 610-529-5657

FREE Physicals – July 14th -15th (8AM – 12 PM)

Off Season Workouts – Early August – M & T (5 – 6:30 PM)



Interboro Girls' Soccer 2021 season

1. Voluntary Workouts – We will begin voluntary workouts on Monday, July 5. We will meet outside the locker room around the back of the High School. Workouts run from 10:00 AM to noon on Monday, Wednesday and Thursdays. Please bring water, your soccer shoes and sneakers as we will hopefully be using the workout room in the gym.

2. Mandatory Camp – Mandatory practices will begin on Monday, August 16th at 8:00 AM. The first 2 weeks of camp run from 8:00 AM until approximately 2:00 PM with a break for lunch. Please bring a lunch with you as the team does eat together.

3. Contact info – My name is Timothy Hanson. I am the Head Coach for the team. If you have any questions please e-mail me at the following: timothy.hanson@interborosd.org

Volleyball Summer Workout:

- Try to do a cardio activity (30 min) 4-5 X Week,
- Agility work 2-3 X Week, Plyometric **exercises** 2 X Week,
- Strength **training** 2-3 X Week.
- Practice your **volleyball** skills as often as possible. Try some beach **volleyball**, summer camp, or just **peppering** with friends in your backyard.
- *You will need to have a Physical Uploaded onto FamilyID. Free Physicals are offered at the High School on **July 14th & 15th from 8-12** Sign ups are online via Sign Up Genius.
- Volleyball Pre-Season starts August 16th. We will have workouts 2 times a day. 9-11, & 1-3. Please Try not to plan a vacation for these days and beyond. This is when our season begins!
- A lot of information is sent via Twitter: @BucsVolleyball
- Texts go out on REMIND app: @ihsvba
- I can be reached at Alicyn.Huddell@Interborosd.org

