



Interboro Athletics

Are you interested in playing a Fall Sport at Interboro High School?

Please contact the head coach for more information about summer workouts and camps.

- **Girls Field Hockey** – Coach Alexis Domingo lexdomingo@gmail.com
- **Boys Soccer** – Coach Nick Dostellio nicholas.dostellio@interborosd.org
- **Girls Soccer** – Coach Tim Hanson hansontbj@hotmail.com
- **Girls Volleyball** – Coach Ali Huddell Alicyn.huddell@interborosd.org
- **Football** – Coach Dennis Lux delux1120@gmail.com
- **Boys and Girls Cross Country**- Coach Kirk McGrotty kirk.mcgrotty@interborosd.org

What you need to know:

- You must register on FamilyID and upload a PIAA Physical (Section 7) signed and dated by your physician AFTER June 1, 2023.
- **Free Physicals** will be offered here for FALL Athletics Only on **July 25 and July 26 from 8-12 PM**. You need to have your registration complete on FamilyID before attending physical. Parents do not need to come to physical.
- Fall Sports officially begin on Monday, August 14th except for Football which begins on August 7th.
- Practices, scrimmages, and games will be held daily after the starting date.

Summer Workouts:

- **Cross Country** – Beginning the week of July 10th – 3 days a week 7:45 AM High School small parking lot side
- **Girls Soccer** – Voluntary workouts begin on Tuesday, June 27 10:00 AM. They will run every Tuesday and Wednesday morning. Camp will run 8:00 AM – 2:00 PM starting August 14th
- **Field Hockey** – Captains will run voluntary practices throughout the summer. Please contact Coach Alexis (see email above) to get on the list. Camp will begin on August 14th from 3:00 – 6:30 PM.
- **Football** – Interested players are invited to attend weight room workouts and field work on Monday, Wednesday, and Thursday at the South Ave Sports Complex from 3:00 – 5:30 PM. Camp begins on August 7th.