

## UDHS Summer Off-Season Training

<p><b><u>Football</u></b></p> <p>Tues-Fri 8am-10am Turf</p> <p>Coach Adams: jaadams@upperdarbysd.org</p>	<p><b><u>Boys Soccer</u></b></p> <p>Mon-Fri 10am-2pm Turf/Grass</p> <p>Coach Flood: aflood@upperdarbysd.org</p>	<p><b><u>Girls Soccer</u></b></p> <p>Tues &amp; Thursday 2-4pm Turf</p> <p>Coach Church: schurch@upperdarbysd.org</p>	<p><b><u>Field Hockey</u></b></p> <p>TBD</p>
<p><b><u>Cross Country</u></b></p> <p>Mon-Fri 8am-11am Main gym entrance</p> <p>Coach Ezzie- <a href="mailto:MEzzie@upperdarbysd.org">MEzzie@upperdarbysd.org</a></p>	<p><b><u>Volleyball</u></b></p> <p>Tues, Wed, Thurs 10am-12pm Main Gym</p> <p>Coach Schuler: eschuler@upperdarbysd.org</p>	<p><b><u>Track Girls/Boys</u></b></p> <p>Mon-Fri 4:30-7:30pm</p> <p>Sunday 1-4pm</p> <p>Coach Charles: <a href="mailto:MRsawyer0295@gmail.com">MRsawyer0295@gmail.com</a></p>	<p><b><u>Boys Basketball</u></b></p> <p>Mon, Tues &amp; Thurs 10am-2pm Weight Room/Gym</p> <p>Coach Miller: <a href="mailto:bmiller@upperdarbysd.org">bmiller@upperdarbysd.org</a></p>
<p><b><u>Girls Basketball</u></b></p> <p>Tues &amp; Thursday 4-8pm Main Gym</p> <p>Coach Liberio: nliberio@upperdarbysd.org</p>	<p><b><u>Wrestling</u></b></p> <p>Mon-Sat 6:30am-8:30am Wrestling Rm</p> <p>Coach Laverghetta: alaverghetta@upperdarbysd.org</p>	<p><b><u>Girls Lacrosse</u></b></p> <p>Tues &amp; Thursday 4-6pm Turf</p> <p>Coach Church: schurch@upperdarbysd.org</p>	