



Boys' Volleyball

Interest Meeting to Be Announced

7th & 8th Grade Boys

Any questions? Contact Coach Brian Leddy

Email: brian.leddy2@verizon.net

Cell (Text Only): 917-543-9525

Immediately after basketball, we will start training for the upcoming Boys' Volleyball season.

We are looking for players who want to maintain their athleticism and learn new skills. Not only are multi-sport students more attractive to high schools, but there are also other benefits as well...

"Perhaps surprising to some, there is evidence that playing multiple sports during childhood and adolescence is more effective than single-sport specialization in developing successful young athletes," said Dr. John DiFiori from the UCLA sports medicine program. "Existing scientific data suggests that early single-sport specialization actually might be detrimental to long-term success in team sports."

Students who play multiple sports have a reduced risk of overuse injuries, are able to learn from multiple coaches, participate in cross-training which leads to better athleticism, have better mental development and teamwork skills, and have a reduced chance of burnout in sports. - Dr. Karissa Niehoff on May 05, 2021

