

Fred Menor

Fred Menor, son of Fred and Ann Menor. I was born and raised in Lake Worth, Florida. My sports career started when my parents signed me up for T-ball at the age of 5. After a few seasons at the age of 8, I was standing in right field. On the other side of the fence I saw my first game of soccer. I ran to the sidelines, off the field, and straight to my parents to tell them I wanted to switch sports. My very first practice I fell in love.

A few years later I started playing travel ball until the age 18. My travel team advanced to the 2nd round of the Florida State Cup twice, 3rd round once, and the Final four once, along with winning a few college showcases. I played 3 years of Varsity soccer at Santaluces High School, and my final year on Varsity for American Heritage of Del Ray.

After my graduation in 2008, I was recruited and signed by Saint Leo University, a Division 2 school, in Tampa, Fl. At SLU. After 2 seasons with the Lions, I decided to take my talents to Lees Mcrae College in Banner Elk, NC. I came home at the end of the semester, and continued my education by attending the EMT, and Fire Academy programs at Palm Beach State College. I'm very excited to join the Boynton Knights Coaching staff and I'm looking forward to helping our players develop.