

# Red Bank Catholic High School Department of Athletics

## Mandatory Athletic Forms

Each season, student-athletes are required to complete athletic forms for participation in athletics. All required athletic forms are completed on a secure online system called "Athletic Trainer System" (ATS).

The instruction on how to complete this process can be found on the Red Bank Catholic Athletic website, [www.redbankcatholiccaseys.com](http://www.redbankcatholiccaseys.com), under "Inside Athletics" and "Athletic Forms." All student-athletes will need an Athlete ID and password to access the "Athlete Portal" where the athletic forms are to be completed.

- **All incoming freshmen** will need to create their own Athlete ID and password by following the instructions on the website.
- If your child participated in a sport in the 2020-2021 school year, they may use their existing Athlete ID and password.

It is highly recommended that this process be completed in conjunction with the detailed instructional video that was created on how to complete the process. This video is also located on the RBC Athletic website under "Inside Athletics" and "Athletic Forms." We suggest that this process be completed as soon as possible for Fall 2021 athletes. This is recommended to ensure that assistance can be given to those in need and to avoid last minute technical difficulties.

Should you have any questions regarding this process, please contact the Athletic Trainer, Lauren Barry at [barryl@redbankcatholic.com](mailto:barryl@redbankcatholic.com).

## Newsletter & Schedule Fall/Summer 2021

### Information on Website

The following information can be found on RBC Athletic Website:

Additional Forms & Information

Game/Practice Schedules: Changes, Updates, Weather Cancellations

Home and Away Locations & Directions

Summer Sport Camps - Information and Registration Forms (Football, Baseball, Basketball)

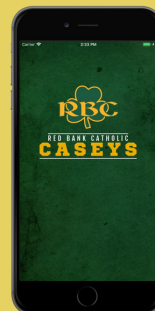
Email any questions to the RBC Athletic Office:  
[athletics@redbankcatholic.com](mailto:athletics@redbankcatholic.com)

Athletic Office Summer Hours:  
Monday-Thursday, 9:00 AM-1:00 PM

Contact the Athletic Office at:  
732-747-1211

[www.redbankcatholiccaseys.com](http://www.redbankcatholiccaseys.com)

Download  
the  
Official  
RBC  
Athletics  
App!



Just search  
Red Bank  
Catholic  
Caseys  
Athletics

# 2021 TRYOUTS/SUMMER WORKOUTS

## BASKETBALL BOYS

**Grades 10, 11, & 12**  
June 28, 29 & 30, 6:00-8:00 PM  
July 6, 8, 15, 22, & 29, 4:00-6:00 PM

**Grade 9**  
July 1, 6, 8, 15, 22, & 29  
6:00-8:00 PM

**Grades 10, 11, & 12**  
Head Coach Tyler Schmelz  
tylerschmelz@gmail.com

**Grade 9**  
Head Coach Devitt Gillroy  
gillroyd@redbankcatholic.com

## BASKETBALL GIRLS

**Returning JV & Incoming Freshmen**  
June 28 & 30, 9:00-10:30 AM  
July 13 & 15, 11:00AM-12:30PM

**Returning Varsity**  
June 21 & 22, July 13, 14, 15, & 19  
9:00-11:00 AM  
June 28 & 30, July 1, August 4 & 5  
4:00-6:00 PM

All workouts are in the Eck Student Center.

All incoming freshmen should email Coach Montano.

Head Coach Joe Montano  
montanoj@redbankcatholic.com



## CHEERLEADING

**Interest Meeting for Incoming Freshmen, Transfer Students, or New Athletes**  
Thursday, June 3 from 6:30-7:30 PM  
St. James Cafeteria

**Tryout Practice**  
Friday, June 11 from 4:30-6:30 PM  
St. James Gym

**Tryouts**  
Monday, June 14 from 4:30-6:30 PM  
St. James Gym

Head Coach Kelly Supp  
suppk@redbankcatholic.com

## CROSS COUNTRY BOYS/GIRLS

**Summer Workouts**  
Starting July 12 until classes start  
Monday and Thursday nights  
6:30 PM  
Holmdel Park

Head Coach Rob DeFilippis  
runnershigh454@aol.com

## GYMNASTICS

**Tryouts**  
August 24 & 25, 10:00AM-12:00PM  
All American Gymnastics  
Cindy Lane, Ocean

**Regular Season Practice Begins**  
August 26, 10:00AM-12:00PM  
All American Gymnastics  
Cindy Lane, Ocean

Head Coach Gina Roselle  
gina.roselle@gmail.com



## FOOTBALL FRESHMEN

**Mini Camp**  
June 25, 5:00 PM  
White Road Field

**Summer Workouts**  
Starting Week of June 28  
Monday-Thursday  
7:00-9:30 AM  
Count Basie Park

**No Practice Week of August 2nd.**

**Preseason Practice Begins**  
August 9, 5:00 PM  
White Road Field

Head Freshmen Coach Tony Flego  
flegoa@redbankcatholic.com

## FOOTBALL VARSITY

**Mini Camp**  
June 22-24, 5:00 PM  
White Road Field

**Summer Workouts**  
Starting Week of June 28  
Monday-Thursday  
7:00-9:30 AM  
Count Basie Park

**No Practice Week of August 2nd.**

**Preseason Practice Begins**  
August 9, 5:00 PM  
White Road Field

Head Coach Mike Lange  
michaelklange@gmail.com



# 2021 TRYOUTS/SUMMER WORKOUTS

## FIELD HOCKEY

### Summer Practices

July 8, 15, & 29 & August 15  
7:00-9:00 AM  
Count Basie Park

### Pre-Season Practices

August 16-31, Monday-Saturday  
7:00-9:30 AM  
Capelli Sports Complex  
Wayside Road, Tinton Falls

### Regular Season Practices Begin

September 1, 3:30-5:30 PM  
Capelli Sports Complex  
Wayside Road, Tinton Falls

Head Coach Niki Ikeda  
nikiikeda5@gmail.com

## TENNIS GIRLS

### Tryouts

August 16  
8:30-11:30 AM

Brookdale Community College  
Newman Springs Road, Lincroft

### Regular Season Practices Begin

August 17  
8:30-11:30 AM

Brookdale Community College  
Newman Springs Road, Lincroft

Head Coach Christine Rieger  
crieger@verizon.net



## SOCCER BOYS

### Tryouts

August 11-13, 2:00-4:00 PM  
Capelli Sports Complex  
Wayside Road, Tinton Falls

### Regular Season Practices Begin

Monday, August 16, 2:00-3:30 PM  
Capelli Sports Complex  
Wayside Road, Tinton Falls

Head Coach Cody Calafiore  
calafiore10@gmail.com



## SOCCER GIRLS

### Returning Player - Optional Workouts

Mondays & Wednesdays between  
June 28-July 28  
9:00-10:30 AM  
White Road Field

### Training Sessions - ALL Players

Thursdays between July 1-July 29  
9:00-10:30 AM  
White Road Field

### Tryouts

August 11-13, 8:30-11:00 AM  
Capelli Sports Complex  
Wayside Road, Tinton Falls

### Regular Season Practices Begin

August 16, 8:30-11:00 AM  
Capelli Sports Complex  
Wayside Road, Tinton Falls

All incoming freshmen, please contact  
Coach Lawrence.

Head Coach Frank Lawrence  
fralawnj@gmail.com

## VOLLEYBALL BOYS

### Indoor Summer Workouts

July 13, 20, & 27, & August 3 & 10  
7:00-9:00 PM  
Eck Student Center

### Beach Practices

July 15, 22, & 29 & August 5  
5:00-7:30 PM  
Location TBD

Head Coach Peter Bogdan  
bogdanvb20@gmail.com

## VOLLEYBALL GIRLS

### Indoor Summer Workouts

July 13, 20, & 27, & August 3 & 10  
5:00-7:00 PM  
Eck Student Center

### Beach Practices

July 15, 22, & 29 & August 5  
5:00-7:30 PM  
Location TBD

### Tryouts - Freshmen & Sophomores

August 12 & 13, 1:30-4:30 PM  
August 14, 12:30-3:30 PM

### Tryouts - Juniors & Seniors

August 12 & 13, 5:30-8:30 PM  
August 14, 8:30-11:30 AM

Regular Season Practices begin  
Monday, August 16.

Head Coach Peter Bogdan  
bogdanvb20@gmail.com

