

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 website, www.redbankcatholic.org, under "Athletics," "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 2022-2023 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 website under "Inside Athletics" and "Athletic Forms." We suggest that this process be completed as soon as possible for fall 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 lbarry@redbankcatholic.com.

Fall/Summer 2023

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 (Baseball, Basketball, Football, Soccer, & Softball)

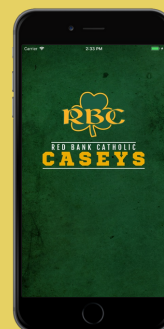
Email any questions to the RBC Athletic Office:
athletics@redbankcatholic.com

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

Contact the Athletic Office at:
732-747-1211

www.redbankcatholic.org

Download
the
Official
RBC
Athletics
App!



Download on the
App Store

GET IT ON
Google Play

Just search
Red Bank
Catholic
Caseys
Athletics

2023 TRYOUTS/SUMMER WORKOUTS

BASKETBALL BOYS

Grades 10, 11, & 12
June 20 & 22, 4:00-6:00 PM

Grade 9
June 28 & 29, 6:00-7:30 PM

Remaining Schedule TBD.
All workouts at the Eck Center

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

Grade 9
Head Coach Devitt Gillroy
dgillroy@redbankcatholic.com

BASKETBALL GIRLS

Incoming Freshmen & Returning JV
June 28 & 29
August 1 & 2
4:00-6:00 PM

Returning Varsity
June 20, 21, 22, 28, & 29
July 31
August 1 & 2
2:00-4:00 PM

All incoming freshmen should email
Coach Montano.

Head Coach Joe Montano
jmontano@redbankcatholic.com



CHEERLEADING

Interest Meeting for Incoming Freshmen, Transfer Students, or New Athletes & Parents
Wednesday, May 3, 6:00 PM
St. James Cafeteria

Tryout Practices
Monday, May 15 & Tuesday, May 16
4:30-6:30 PM
St. James Gym

Tryouts
Tuesday, May 23, 3:00-6:00 PM
St. James Gym

Head Coach Kelly Supp
ksupp@redbankcatholic.com

CROSS COUNTRY BOYS/GIRLS

Summer Workouts
Starting July 11 until classes start.

Holmdel Park on July 11, 6:30PM.

Other various Monmouth County Parks throughout the summer.

Head Coach Rob DeFilippis
runnershigh454@aol.com

GYMNASTICS

Tryouts
August 29 & 30, 9:00-11:00AM
All American Gymnastics
Cindy Lane, Ocean

Regular Season Practice Begins
August 31, 9:00-11:00AM
All American Gymnastics
Cindy Lane, Ocean

Head Coach Gina Roselle
gina.roselle@gmail.com



FOOTBALL FRESHMEN

Mini Camp/Parent Meeting
June 27, 5:30 PM
Eck Center

Summer Workouts
Starting July 6
Monday-Thursday
6:30-8:30 AM
Coach Lou Montanaro Field

No Practice Week of July 31.

Preseason Practice Begins
August 7, 5:00 PM
Coach Lou Montanaro Field

Head Freshmen Coach Tony Flego
aflego@redbankcatholic.com

FOOTBALL VARSITY

Mini Camp
June 14, 15, 20, & 21
5:00-7:00 PM
Coach Lou Montanaro Field

Summer Workouts
Starting July 6
Monday-Thursday
6:30-8:30 AM
Coach Lou Montanaro Field

No Practice Week of July 31.

Preseason Practice Begins
August 7, 5:00 PM
Coach Lou Montanaro Field

Head Coach Mike Lange
mlange@redbankcatholic.com

2023 TRYOUTS/SUMMER WORKOUTS

FIELD HOCKEY

Summer Practices

July 14, 21, & 28
7:00-8:30 AM
Count Basie Park

Pre-Season Practices Begin

Monday, August 21
Time TBD
Count Basie Park

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

For summer workout and tryout information, please contact Coach John Killick.

Head Coach John Killick
john@fcmonmouth.com

SOCCER GIRLS

Tryouts

August 9-11, 8:30-11:30 AM
Capelli Sports Complex, Field 5
Wayside Road, Tinton Falls

Regular Season Practices Begin

August 21, 8:30-11:00 AM
Capelli Sports Complex
Wayside Road, Tinton Falls

Summer workout schedule begins in July. contact Coach Frank Lawrence for details.

Head Coach Frank Lawrence
fralawnj@gmail.com

WRESTLING BOYS

Summer Workouts

Contact Coach Gallagher for information on summer workouts

Head Coach Joseph Gallagher
jgallagher@redbankcatholic.com

VOLLEYBALL GIRLS

Tryouts - Freshmen & Sophomores

August 9, 10, & 11
1:30-3:30 PM

Tryouts - Juniors & Seniors

August 9, 10, & 11
3:30-5:30 PM

Regular Season Practices

August 21
8:00-10:30 AM
Freshmen, JV, & Varsity

Head Coach Jessica Redmond
rbcgirlsvb@gmail.com

