

# Red Bank Catholic High School Department of Athletics

## Mandatory Athletic Forms

**All incoming Freshman must open a Healthy Roster account by July 15**

### Healthy Roster Registration Instructions:

#### Creating A Healthy Roster Account:

1. Visit: [Athletic Forms](#)
2. Fill out all Google Form information to register to receive an invitation to Healthy Roster.
3. The invitation can take 1-7 days to be received.
4. If the athlete is **UNDER** 18 years old, the invitation will be sent to **Emergency Contact 1. A parent or guardian should fill out this field.**
5. If the Athlete is **OVER** 18 years old, the invitation will be sent to their listed email address.
6. If the invitation has taken longer than 7 days to receive, please reach out to the Athletic Trainer or Athletic Director's office with questions. **DO NOT** submit for another account.
7. You will receive an email from Healthy Roster with a link and an access code.
8. Use code to access the athlete account and finalize information

#### Filling out the 10 Required Documents and Uploading a Physical:

1. Navigate to the "Documents" section and select a document.
2. Each document is required and can be filled out directly in the designated tab.
3. The Physical upload has its own tab "Athlete Physical 2024"

**\*\*Due to the structure of the website, this upload must be done from a phone or computer that can upload photos as this is the most efficient way to upload the Physical Forms.\*\***

1. Each document will be approved by the Athletic Trainer
2. You will **ONLY** be notified if any of your documents have been rejected.

**Should you have any questions please contact the Athletic Trainer, Krysta Cruz**  
[kcruz@redbankcatholic.com](mailto:kcruz@redbankcatholic.com)

## Fall/Summer 2024

### 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)

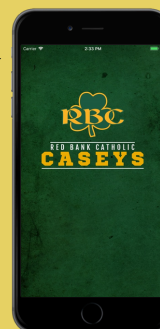
Email any questions to the RBC Athletic Office:  
[athletics@redbankcatholic.com](mailto:athletics@redbankcatholic.com)

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

Contact the Athletic Office at:  
732-747-1211

[www.redbankcatholic.org](http://www.redbankcatholic.org)

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# 2024 TRYOUTS/SUMMER WORKOUTS

## BASKETBALL BOYS

**Grades 10, 11, & 12**  
June 12, 13, 18, 19, 25, 26  
5:00-7:00 PM  
July Dates TBD

**Grade 9**  
July 9, 16, 23, 6:00-7:30 PM  
Remaining Schedule TBD.  
All workouts at the Eck Center

**Grades 10, 11, & 12**  
Head Coach Tyler Schmelz  
tschmelz@redbankcatholic.com

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

## BASKETBALL GIRLS

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 1, 6:00 PM  
St. James Cafeteria

**Tryout Practices**  
Tuesday, May 14 &  
Wednesday, May 15 3:30-5:30 PM  
St. James Gym

**Tryouts**  
Thursday, May 23, 2:45 -5:30 PM  
St. James Gym

Head Coach Kelly Supp  
ksupp@redbankcatholic.com

## CROSS COUNTRY BOYS/GIRLS

**Summer Workouts**  
Starting July 8 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 27 & 28, 9:00-11:00AM  
All American Gymnastics  
Cindy Lane, Ocean

**Regular Season Practice Begins**  
August 29, 9:00-11:00AM  
All American Gymnastics  
Cindy Lane, Ocean

Head Coach Gina Roselle  
groselle@redbankcatholic.com



## FOOTBALL FRESHMEN

### Football Orientation and Practice

June 27, 8-10 AM  
Coach Lou Montanaro Field

**Summer Workouts**  
Starting July 2, 9, 11, 16, 17, 18, 23, 25

6:30-8:30 AM  
Coach Lou Montanaro Field

**In Season Practice Begins**  
August 5, 5:00 PM  
Coach Lou Montanaro Field

Head Freshmen Coach Tony Flego  
aflego@redbankcatholic.com

## FOOTBALL VARSITY

**Mini Camp**  
June 17-21  
June 24- 26  
6:30-8:30 AM  
Coach Lou Montanaro Field

**Summer Workouts**  
Starting July 15-18  
July 22- 25  
July 29-31  
Monday-Thursday  
6:30-8:30 AM  
Coach Lou Montanaro Field

**Preseason Practice Begins**  
August 5, 6:30 AM  
Coach Lou Montanaro Field

Head Coach Mike Lange  
mlange@redbankcatholic.com



# 2024 TRYOUTS/SUMMER WORKOUTS

## FIELD HOCKEY

### Summer Practices

July 12, 19, & 26  
7:00-9:30 AM  
Count Basie Park

### Pre-Season Practices Begin

Monday, August 19  
7- 8:30 AM  
Count Basie Park

Head Coach Niki Ikeda  
nikeda@redbankcatholic.com

## TENNIS GIRLS

### Tryouts

August 12  
8:30-11:00 AM

Brookdale Community College  
Newman Springs Road, Lincroft

### Regular Season Practices Begin

August 13  
8:30-11:30 AM

Brookdale Community College  
Newman Springs Road, Lincroft

Head Coach Christine Rieger  
crieger@redbankcatholic.com



## SOCCER BOYS

### Pre Season & Tryouts August 19 - August 30

Summer Workouts  
Mondays and Wednesdays  
Beginning July 8  
9:00- 10:30 AM

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

Head Coach John Killick  
jkillick@redbankcatholic.com

## SOCCER GIRLS

### Tryouts

August 13-15 8:00-10:30 AM  
Capelli Sports Complex, Field 5  
Wayside Road, Tinton Falls

### Regular Season Practices Begin

August 19, 8:00-10:00 AM  
Capelli Sports Complex  
Wayside Road, Tinton Falls

Summer workout schedule begins  
July 9

Contact Coach Blue for details.  
bblue@redbankcatholic.com

## WRESTLING BOYS

Wednesdays and Fridays  
June 26th & 28th,  
July 10, 12, 17, 19, 24, 26, 31  
8:30 AM

### Triumph Wrestling Club

Contact Coach Gallagher for  
information on summer workouts

Head Coach Joseph Gallagher  
jgallagher@redbankcatholic.com

## VOLLEYBALL GIRLS

Interest Meeting 6/4  
3 PM  
Eck Student Center

Summer Workouts  
July 11, 18, 25, 8/1  
5:30 - 7:30 PM  
Eck Student Center

### Tryouts - Freshmen & Sophomores

August 7, 8, & 9  
1:30-3:30 PM

### Tryouts - Juniors & Seniors

August 7, 8 & 9  
3:30-5:30 PM

Head Coach Jessica Redmond  
jredmond@redbankcatholic.com

