

Red Bank Catholic High School Department of Athletics

Mandatory Athletic Forms

All incoming Freshman must open a Healthy Roster account by July 14

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

Fall/Summer 2025

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)

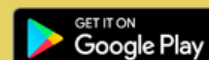
Email any questions to the RBC Athletic Office:
athletics@redbankcatholic.com

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!



Just search
Red Bank
Catholic
Caseys
Athletics

2025 TRYOUTS/SUMMER WORKOUTS

BASKETBALL BOYS

Grades 10, 11, & 12
June 24, 25 July 9, 10, 16, 17
4:00-6:00 PM

Grade 9
July 9, 10, 16, 17 6:00-8:00 PM
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

Freshman/Returning JV
June 23, 24
1:30-3:30pm
July 1, 2
3:30-5:00pm

Returning Varsity
June 25, 26
1:30-3:30pm
July 1, 2
1:30-3:30pm
August 11, 12
1:30-3:30pm

Head Coach Joe Montano
jmontano@redbankcatholic.com



CHEERLEADING

Incoming Freshmen ONLY
athletic/parent meeting on
Wednesday, May 7, 6:00 PM
Eck Center Classrooms

Sophomores/Juniors/ Seniors
Athlete/Parent meeting
Tuesday, May 13th 6pm
Eck Center Classrooms

Tryout practice days:
Tuesday 5/27 and Wednesday 5/28
2:30pm-4:30pm
St. James Gym

Tryouts
Thursday June 5, 3pm
St. James Gym

Head Coach Kelly Supp
ksupp@redbankcatholic.com

CROSS COUNTRY BOYS/GIRLS

Summer Workouts
beginning July 14 at Holmdel Park
6:30PM.

Monday and Thursday nights we will
be meeting at various Monmouth
County Parks throughout the
summer
6:30 PM

Head Coach Rob DeFilippis
runnershigh454@aol.com

GYMNASTICS

Tryouts
August 25, 9:00-10:30am
All American Gymnastics
Cindy Lane, Ocean

Regular Season Practice Begins
Tuesday August 26-Friday, August
29th, 9:00-10:30am
All American Gymnastics
Cindy Lane, Ocean

Head Coach Gina Roselle
groselle@redbankcatholic.com



FOOTBALL FRESHMEN

Parent/Player meeting
June 9, 7:30 PM
BSA

Summer Workouts
Starting July 8, 10, 15, 17, 22, 24
6:30-8:30 AM
Coach Lou Montanaro Field

In Season Practice Begins
August 4th
6:30-8:30AM
Coach Lou Montanaro Field

Head Freshmen Coach Tony Flego
aflego@redbankcatholic.com

FOOTBALL VARSITY

Varsity JV Mini Camp
Monday-Thursday
Starting June 16
6:00-8:00 PM
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, 7:00 AM
Coach Lou Montanaro Field

Head Coach Mike Lange
mlange@redbankcatholic.com

2025 TRYOUTS/SUMMER WORKOUTS

FIELD HOCKEY

Summer Practice Dates TBA
Email forthcoming from
nikeda@redbankcatholic.com

Pre-Season Practices Begin
Monday, August 18
Time-TBA
Count Basie Park

Head Coach Niki Ikeda
nikeda@redbankcatholic.com

TENNIS GIRLS

Tryouts
August 11th
8:30-11:00 AM
Brookdale Community College
Newman Springs Road, Lincroft

Regular Season Practices Begin
August 12
8:30-11:30 AM
Brookdale Community College
Newman Springs Road, Lincroft

Head Coach Christine Rieger
crieger@redbankcatholic.com



SOCCER BOYS

Summer Workouts/ Practices
Mondays and Wednesdays
July 7,9,14,16,21,23,28,30
8:00-10:00 AM

Tryouts
August 18th-August 21st
8:00-10:00 AM
August 25th-August 28th
8:00-10:00 AM

Head Coach John Killick
jkillick@redbankcatholic.com

SOCCER GIRLS

Tryouts
August 12, 13 8:00-10:00 AM
Capelli Sports Complex, Field 5
Wayside Road, Tinton Falls

Regular Season Practices Begin
August 18, 8:00-10:00 AM
Capelli Sports Complex
Wayside Road, Tinton Falls

Summer workout schedule begins
every Tuesday and Thursday July 8-
August 7
White Road Turf

Contact Coach Blue for details.
bblue@redbankcatholic.com

WRESTLING BOYS

For summer workout and tryout
information, please contact
Coach Joe Gallagher

Head Coach Joseph Gallagher
jgallagher@redbankcatholic.com

VOLLEYBALL GIRLS

Interest Meeting June 3
3 PM
Eck Center

Summer Workouts
Every Tuesday, July 1st-July 29th
5:30 - 7:30 PM
Eck Student Center

Tryouts - Freshmen & Sophomores
August 6,7,8
1:30-3:30 PM

Tryouts - Juniors & Seniors
August 6,7,8
3:30-5:30 PM
Season Start August 18

Head Coach Jessica Redmond
jredmond@redbankcatholic.com

