

FALL SPORTS

Boys Cross Country

Girls Soccer

Girls Tennis

Girls Volleyball

Gymnastics

Girls Cross Country

Boys Soccer

Football

Cheerleading

Field Hockey

WINTER SPORTS

Boys Basketball

Wrestling

Girls Indoor Track

Boys Swimming

Boys Bowling

Girls Basketball

Boys Indoor Track

Ice Hockey

Girls Swimming

Girls Bowling

Dance Team

SPRING SPORTS

Baseball

Boys Lacrosse

Boys Outdoor Track

Boys Golf

Softball

Girls Lacrosse

Girls Outdoor Track

Boys Tennis

Summer Physical Date for Incoming 9th Graders

Wednesday, July 16
11:45-4:00 PM

Please find physical paperwork by going to the **RBR** website, rbrhs.org. Click **Athletics** and then click **Athletic Forms**.

NURSE'S OFFICE - RBR

All physicals whether at RBR or with your own physician must be completed on school forms and returned to the Nurse's Office by July 17 at noon. All athletes should wear shorts and t-shirts and bring prescription eye-wear if needed. Girls should wear a sports bra or bathing suit under their clothes.

PREPARTICIPATION PHYSICAL EVALUATION

History Form - Completed by student-athlete and parent/guardian prior to physical. Must be returned to the Nurse's Office on the date of physical. If using RBR's physician (Form A-Required for school and personal physical)

Physical Examination Form - Completed by your personal physician (recommended) or by RBR's physician (Form B - Required for school and personal physical)

Physical Waiver Form - Signed by parent, if athlete is getting a physical by RBR's physician on the above date. Athlete must bring this form with them on their physical date (For C - Required for school physical only)

Athlete with Special Needs: Supplemental History Form - Completed by the student-athlete and parent/guardian prior to physical. Must be returned to the Nurse's Office on the date of physical, if using RBR's physician.



**Red Bank
Regional
Home of the
BUCCANEERS**

Athletic Director

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[@rbrathletics](https://twitter.com/rbrathletics)

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Welcome Class of 2029

This pamphlet is designed to help guide you through the transition from middle school to high school. At RBR, you'll have the opportunity to participate in 28 Varsity sports, along with many JV and Freshman teams, starting in your freshman year. Be sure to complete all required physical paperwork (available on the RBR website, rbrhs.org - simply click on Athletics and then Athletic Forms) before the season begins. Once you're at RBR, it's crucial to maintain strong grades.

I take great pride in the athletic culture we've built here at RBR. You'll have the opportunity to form lasting friendships with your peers, be part of a team, train in a state-of-the-art fitness center, develop leadership skills, and push yourself to be the best you can be. I am constantly amazed, impressed, and inspired by our student-athletes. Their accomplishments, both on the field and in the classroom, are truly remarkable. Last year, the average GPA of a Varsity athlete at RBR was an impressive 94.3%. I'm excited for you to experience your four years at RBR—they'll be filled with fun and growth. I look forward to meeting you and cheering you on as you compete as a "BUC."

Summer Sports Schedule

Field Hockey:

Coach McGuire: kathy.maguire@gmail.com
Monmouth University, 7v7 League. Please contact Coach McGuire for the summer schedule. First league game is **June 9** at 7:20 PM

Football:

Coach Karolewich: tkaralewich@rbrhs.org
July 1 - Workout and Field Work: Tuesdays and Wednesdays - 3:00 PM
August 11 - Mandatory Practices-Mon thru Fri- 8-10 AM

Boys Soccer:

Coach Santos: rbrboyssoccer@gmail.com
July 1 - Open Play - Wed, 6:00 PM
August 18 - 8:00 AM - Tryouts

Girls Soccer:

Coach Rosenberg: arosenberg@rbrhs.org; Text @rbrgirlss to 81010
July 7 - M 9-7 AM; T, TH 7-8 AM; F 9-10 AM Summer Voluntary Workouts
August 18 - 7-9 AM - First Practice

Girls Tennis:

Coach Cardano: mcardano@rbrhs.org
August 11 - 8:00 AM - First Practice

Volleyball:

Coach Bowers: abowers@rbrhs.org - Text @rbrvol to 81010 - Summer workouts will be posted on Remind
August 18: First Practice

Boys Cross Country

Coach McGoldrick: bmcgoldrick@rbrhs.org Boogle Classroom: In21nmy Text to @rbrbxc to 81010
June 30 - 7:30 AM M, T, TH - Summer workouts
August 18 - 7:30 AM - First Practice

Girls Cross Country

Coach Crowley: mcrowley@rbrhs.org Remind Text @kg8b24 to 810110
July 28: M-T-TH-F 8-9 AM -RBR, Manasquan Res., Thompson Park, Holmdel Park (schedule subject to change)
August 18: 8-9:30 AM - Mandatory Practice M-F

Cheerleading

Coach Tedeschi: ktedeschi@rbrhs.org
July 14: 12:30 PM - First Summer Practice

Gymnastics

Coach Zdanowicz: czdanowicz@rbrhs.org

Division Winning Teams- Boys' Soccer, Boys' Basketball and Girls' Swimming

