FALL SPORTS

Boys Cross Country

Girls Soccer

Girls Tennis

Girls Volleyball

Gymnastics

WINTER SPORTS

Boys Basketball

Wrestling

Girls Indoor Track

Boys Swimming

Boys Bowling

Boys Indoor Track Ice Hockey Girls Swimming

Girls Basketball

Girls Cross Country

Boys Soccer

Cheerleading

Field Hockey

Football

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 <u>July 17</u> at noon. All athletes should wear shorts and t-shirts and bring prescription eyewear 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 he 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.

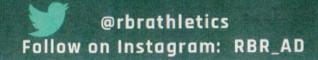




Red Bank Regional Home of the BUCCANEERS

Athletic Director

Michael Stoia 732-842-8007 mstoia@rbrhs.org



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: tkorolewich@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 Warkouts

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 Google 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 Proctice 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





