

Red Bank Catholic High School Department of Athletics

Mandatory Athletic Forms

All incoming Freshman must open a Healthy Roster account by July 13

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 2026

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

2026 TRYOUTS/SUMMER WORKOUTS

BASKETBALL BOYS

Grades 10, 11, & 12
June 16-18 July 15,16,23,29
4:00-6:00 PM

Grade 9
July 15,16,23,29 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

Summer Workouts Begin
June 22 - 1:00-3:00pm

Incoming Freshman interested in
Girls Basketball please contact
Coach Montano at
jmontano@redbankcatholic.com

Head Coach Joe Montano
jmontano@redbankcatholic.com



CHEERLEADING

**Incoming Freshmen & Transfer
Students ONLY**
athletic/parent meeting on
Tuesday, May 12, 6:00 PM
Eck Center Classrooms

Sophomores/Juniors/ Seniors
Athlete/Parent meeting
Wednesday, May 13th 6pm
Cafeteria

Tryout practice days:
Tuesday 5/26 and Wednesday 5/27
3:30pm-5:30pm
St. James Gym

Tryouts
Tuesday June 2, 3:30pm-600pm
St. James Gym

Head Coach Kelly Supp
ksupp@redbankcatholic.com

CROSS COUNTRY BOYS/GIRLS

Summer Workouts
beginning July 13 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 24, 9:00-10:30am
All American Gymnastics
Cindy Lane, Ocean

Regular Season Practice Begins
Tuesday August 25
9:00-10:30am
All American Gymnastics
Cindy Lane, Ocean

Head Coach Gina Roselle
groselle@redbankcatholic.com



FOOTBALL FRESHMEN

Parent/Player meeting
June 8 ,6:00 PM
BSA

Summer Workouts
Starting July 7, 9,14,16, 21, 23, 28, 30
7-9 AM
Coach Lou Montanaro Field

In Season Practice Begins
August 6th
7- 9AM
Coach Lou Montanaro Field

Head Freshmen Coach Tony Flego
aflego@redbankcatholic.com

FOOTBALL VARSITY

Parent/Player meeting
June 8 ,7:15 PM
BSA

Varsity JV Mini Camp
Monday-Thursday
Starting June 15-18, June 22-25,
June 29 & 30
6:00-8:00 PM
Coach Lou Montanaro Field

Summer Workouts (off July 1- 12)
Starting July 13-16
July 20-23
July 27-30
August 3 - 7 , August 10 -15 &17th
August 18 - 21, August 24-26
Monday-Thursday
7AM

Coach Lou Montanaro Field

Head Coach Mike Lange
mlange@redbankcatholic.com

2026 TRYOUTS/SUMMER WORKOUTS

FIELD HOCKEY

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

Pre-Season Practices Begin
Monday, August 17
Time-TBA
Count Basie Park

Head Coach Niki Ikeda
nikeda@redbankcatholic.com

TENNIS GIRLS

Tryouts
August 10th - 15th
8:30-11:00 AM
Brookdale Community College
Newman Springs Road, Lincroft

Regular Season Practices Begin
August 17
8:30-11:00 AM
Brookdale Community College
Newman Springs Road, Lincroft

Head Coach Christine Rieger
crieger@redbankcatholic.com



SOCCER BOYS

Summer Workouts/ Practices
Mondays and Wednesdays
July 6, 8, 20, 22, 27, 29, & August 3
8:00-10:00 AM
at White Road

Tryouts
Capelli Fields, Tinton Falls
August 5th-August 7th
8:00-10:00 AM

Head Coach John Killick
jkillick@redbankcatholic.com

SOCCER GIRLS

Tryouts
August 11-14, 8am-10am
Capelli Sports Complex, Field 5
Wayside Road, Tinton Falls

Regular Season Practices Begin
August 17, 8:00-10:00 AM
Capelli Sports Complex
Wayside Road, Tinton Falls

Summer workout schedule begins
every Tuesday and Thursday July 7-
August 6
White Road Turf
8:30am-10am

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 2 at 3 PM
Eck Center

Summer Workouts
Every Tuesday, July 7th-July 28th
5:30 - 7:30 PM
Eck Student Center

Tryouts - Freshmen & Sophomores
August 5,6,7
1:30-3:30 PM

Tryouts - Juniors & Seniors
August 5,6,7,
3:30-4:30 PM
Season Start August 17

Head Coach Jessica Redmond
jredmond@redbankcatholic.com

