



RED BANK REGIONAL **FUN FACTS**

Niche ranked RBR with the following grades:

A – Rating in Athletics

A+ –Rating for Extra-curricular Activities

A- – Rating for Diversity

- RBR Athletics ranked #8 in the Shore by Niche and #5 in Monmouth County
- Certified Strength and Conditioning Coach on Staff, 1 of 12 schools in NJ
- 26 Varsity Sports, top public school in Monmouth County
- RBR Field House largest high school gym in New Jersey
- **Nick Giglio**, Head Football Coach, named 2015 Fall Coach of the Year, Asbury Park Press
- **Del Dal Pra**, Athletic Director, named 2016 Athletic Director of the Year, by Jersey Shore News
- **Jennamarie DeVito**, Head Swim Coach, named 2017 State Coach of the Year, Fellowship of Christian Athletes
- **Paul Sobko**, Assistant Wrestling Coach, named 2017 Assistant Coach of the Year, by District 18
- **Christina Emrich, MS, ATC**, 2017 President of Athletic Trainers Society of New Jersey
- **J.T. Truhan**, Head Girls' Basketball Coach, named 2018 Coach of the Year by Hoop Group



RBR Class of 2019 members continuing their athletic career during college.

RED BANK REGIONAL **ATHLETICS** **HOME OF THE** **BUCCANEERS**



2015 B NORTH DIVISION CHAMPIONS
CJ GROUP III STATE FINALIST

Athletic Director

Louis "Del" Dal Pra

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@CoachDalPra

Welcome Class of 2023 Athletes,

This pamphlet has been created to assist you in your transition from middle school to high school. RBR offers 26 Varsity sports and many JV and Freshman sports you will be able to participate in during your freshman year. It is imperative that you take care of all of your physical paperwork, (which can be found at the RBR website, rbrhs.org., click Athletics and then click Athletic Forms), before the season commences. Once arriving at RBR, it is extremely important that you maintain good grades.

I am proud of the athletic environment we have created at RBR. You will have the privilege to foster friendships with your peers, be a member of a team sport, workout in a state-of-the-art fitness center, gain leadership qualities and have the opportunity to become the best you can be. I am always amazed, impressed and overwhelmed by our student athletes. Their achievements both on the playing field and in the classroom are exceptional. The average GPA of a Varsity athlete at RBR last year was 91.1, which is outstanding. I anticipate your four years at RBR will be fun and exciting ones. I look forward to meeting you and watching you compete as a "BUC."



2016 Shore Conference A-Central
Boys Cross Country Champions

Members of the Class of 2020 that received a Varsity Letter during their Freshman Year



RBR ATHLETICS
is a proud member of the
NIKE Homegrown program since 2011



**SUMMER PHYSICAL DATE FOR
INCOMING 9th GRADERS
Boys and Girls Physicals**

**June 17 or 18 @ 11:30 AM
Tuesday, July 16 @ 10:00 AM
NURSE'S OFFICE — RBR**

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

BUCS AT THE PRO LEVEL

ALVIN GRIGGS INDIANAPOLIS COLTS, NFL born 1950	JACKIE LEWIS CHICAGO CUBS, MLB born 1952
JOHNNY OVERTON BOSTON RED SOX, MLB born 1952	JIM MOTTINE CHICAGO CUBS, MLB born 1968
JOHN LEE SAN DIEGO PADRES, MLB born 1972	JOHN SCORAS NEW YORK YANKEES, MLB born 1972
LOWNIE ALLGOOD CINCINNATI BENGALS, NFL born 1972	CHRIS ROSE KANSAS CITY CHIEFS, NFL born 1979
DANNY STUBBS SAN FRANCISCO 49ERS, NFL born 1983	GREG MONTGOMERY BOSTON PATRIOTS, NFL born 1983
KEN DAMMANN CHICAGO PACKERS, NFL born 1990	ERIC McCOO CHICAGO BEARS, NFL born 1998
COREY YOUNG TAMPA BAY BUCCINERS, NFL born 2005	KARE WESTON NEW ENGLAND PATRIOTS, NFL born 2010
JAKE KALISH KANSAS CITY ROYALS, MLB born 2010	ERIN SIMON DALLAS STARS, NHL born 2012
GARRETT SICKELS INDIANAPOLIS COLTS, NFL born 2013	YOU

All physicals whether at RBR or with your own physician must be completed on school forms and returned to the Nurse's Office by **August 1st**. 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 Red Bank Regional's physician (Form A—Required for school and personal physical)

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

Physical Waiver Form: - Signed by parent, if athlete is getting physical by RBRHS doctor on above date. Athlete must bring this form with them on their physical date (Form C — Required for school physical only).

The 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 Red Bank Regional's physician.

FALL SPORTS

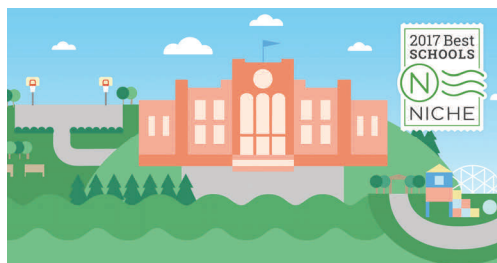
BOYS CROSS COUNTRY	GIRLS CROSS COUNTRY
GIRLS SOCCER	BOYS SOCCER
GIRLS TENNIS	FIELD HOCKEY
GIRLS VOLLEYBALL	FOOTBALL
	CHEERLEADING

WINTER SPORTS

BOYS BASKETBALL	GIRLS BASKETBALL
WRESTLING	BOYS INDOOR TRACK
GIRLS INDOOR TRACK	ICE HOCKEY
BOYS SWIMMING	GIRLS SWIMMING
BOYS BOWLING	GIRLS BOWLING
	DANCE TEAM

SPRING SPORTS

BASEBALL	SOFTBALL
BOYS LACROSSE	GIRLS LACROSSE
BOYS OUTDOOR TRACK	GIRLS OUTDOOR TRACK
BOYS GOLF	BOYS TENNIS



**RED BANK REGIONAL named to Niche's
top 50 Athletic Programs in New Jersey.**

[http://www.nj.com/hssn-mms/2017/05/
these_are_njs_top_50_high_scho.html](http://www.nj.com/hssn-mms/2017/05/these_are_njs_top_50_high_scho.html)

**NEWS
FLASH**

FALL SPORTS PRACTICE START DATES

<u>SPORT</u>	<u>COACH INFO</u>	<u>DATES</u>	<u>COMMENTS</u>
Field Hockey	Coach Ooms ooms@rbrhs.org Text @ d8c3aa to 81010	July 8 Mon & Wed 7:30 AM August 12 8:00 AM	Summer Voluntary Workouts First Practice
Football	Coach Schuman dschuman@rbrhs.org Text @ rbrfrosffb to 81010	June 10 June 24 August 12	Summer Strength and Conditioning Summer Freshman Practice Mandatory Football Camp
Boys Soccer	Coach Grusso vgrusso@rbrhs.org Text @ RBRBS to 81010	June 11 @ Count Basie Every Monday to follow 6:30-8:30 PM August 13 8:00 AM	Open Play First Practice
Girls Soccer	Coach Rosenberg arosenberg@rbrhs.org Text @ rbrgirlss to 81010	July 1 M -7:30-9:30 AM T, TH-7:30-8:30AM August 12 7:30 AM	Summer Voluntary Workouts First Practice
Girls Tennis	Coach Kanuga kkanuga@rbrhs.org Text @ RBRGTENNIS @ 81010	August 5 8:00 AM August 12 8:00 AM	Summer Workout First Practice
Volleyball	Coach Beaty abeaty@rbrhs.org Text @ rbrvol to 81010	August 12 8:00-10:00 AM August 13-16 8:00-10:00 AM	First Practice Tryouts
Boys Cross Country	Coach McGoldrick bmcgoldrick@rbrhs.org Text @rbrbxc to 81010	July 1 7:15 AM M, T, Th August 12 7:15 AM	Summer Workouts First Practice
Girls Cross Country	Coach Crowley mccrowley@rbrhs.org	July 8 M-Th 8-9:30 AM Tu—6-7:30 PM Sat-8:30-10 AM	Summer Workouts Thompson Park Holmdel Park Manasquan Res.
Cheerleading	Coach Finck kfinck@rbrhs.org	August 5 & 6 8:30-10:30 AM August 8 8:30-10:30	First Practice Tryouts