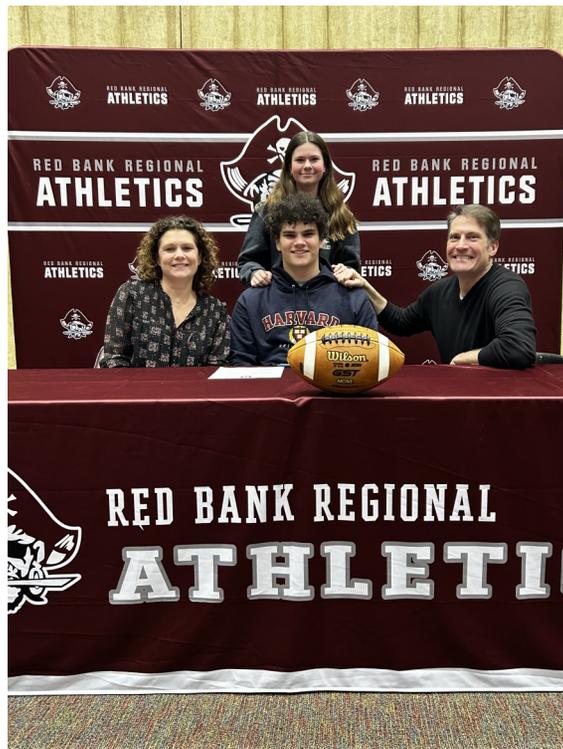




RED BANK REGIONAL FUN FACTS

- Jay Matthews Challenge Index, RBR ranked #1 in Monmouth County, [Jay Mathews Challenge Index](#)
- 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
- Turf installed on the stadium field in summer of 2020
- George Sourlis named Shore Conference B-North Coach of the Year, 2024



Griffin Egan continuing his football and academic careers at Harvard University. Signing Day held at RBR December 2023.

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



Athletic Director

Michael Stoia

732-842-8007

mstoia@rbrhs.org



@rbrathletics

Follow on Instagram: RBR_AD

Welcome Class of 2028 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 91.76, 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."

The Next Chapter for BUC Athletes

Student athletes will be continuing their athletic careers at the following higher education institutions:

Sophia Callano, Catholic University (Lacrosse)
Leila Castell, US Military West Point Academy (Soccer)
Alex Choback, TCNJ (Football)
Gunnar Eckerstrom, Stonehill College (Football)
Griffin Egan, Harvard University (Football)
Nathan Homefield, NJIT (Track and Field)
Brendon Jervert, Bryant University (Football)
Jah' Cire Jones, East Carolina University (Football)
Nicole Kalorin, Moravian University (Tennis)
Andrew Pape, Boston University (Lacrosse)
Ryan Robinson, Oberlin College (Baseball)
Thomas Ruth, Rutgers University (Baseball)
Sofia Schweers, Vermont University (Swimming)
Hoyt Smith, Susquehanna University (Baseball)
Liam Stack, Saint Anselm College (Football)
Thomas Stiles, Hartwick College (Track and Field)
Olivia Ventre, Suny New Paltz (Basketball)



**2022-2023 and 2023-2024
Girls' Swimming Team
B-North Division Champions**



**2023-2024
Boys' Basketball B-North
Division Champions**



**2024
Boys' Outdoor Track B-North Division Champions**



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

Tuesday, July 16 @ 12:30 PM to 3:00 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 25 by 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 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.

BUCS AT THE PRO LEVEL

ALVIN GRIGGS PROFESSIONAL FOOTBALL LEAGUE YEAR: 1950	JACKIE LEWIS PROFESSIONAL FOOTBALL LEAGUE YEAR: 1952
JOHNNY OVERTON MOTION PICTURE INDUSTRY YEAR: 1952	JIM MOTTINE CHICAGO CUBS YEAR: 1968
JOHN LEE EARL ERBOW CHAMPION YEAR: 1972	JOHN SCORAS MINNESOTA TWINS YEAR: 1972
LONNIE ALLGOOD CHICAGO BENGALS YEAR: 1972	CHRIS ROSE KANSAS CITY CHIEFS YEAR: 1979
DANNY STUBBS SAN FRANCISCO 49ERS YEAR: 1983	GREG MONTGOMERY HOUSTON TEXANS YEAR: 1983
KEN DAMMANN KANSAS CITY CHIEFS YEAR: 1990	ERIC McGOO CHICAGO WHITE SOX YEAR: 1998
COREY YOUNG TEXAS RANGERS YEAR: 2005	KARE WESTON NEW ENGLAND PATRIOTS YEAR: 2010
JAKE KALISH KANSAS CITY ROYALS YEAR: 2010	ERIN SIMON JAGUARS YEAR: 2012
GARRETT SICKELS INDIANAPOLIS COLTS YEAR: 2013	YOU

FALL SPORTS

BOYS CROSS COUNTRY
GIRLS SOCCER
GIRLS TENNIS
GIRLS VOLLEYBALL

GIRLS CROSS COUNTRY
BOYS SOCCER
FIELD HOCKEY
FOOTBALL
CHEERLEADING

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

<u>SPORT</u>	<u>COACH INFO</u>	<u>DATES</u>	<u>COMMENTS</u>
Field Hockey	Please contact Michael Stoia, RBR's AD for more information @ mstoia@rbrhs.org	August 19 8:00 AM	First Practice
Football	Coach Fallon sfallon@rbrhs.org	June 25 and 27 July 2, 9, 11, 16, 18, 23, 25 August 5 August 7	FR "Beginner Lift" 1:00-2:00 PM 1:00-3:00 PM Lifting/Install/Drills Equipment Handout First Official Practice—7:00-9:30 AM
Boys Soccer	Coach Santos rbrboysoccer@gmail.com	July 3 Mon. 6:00 PM Wed. 8:00 AM August 19 8:00 AM	Open Play Try-Outs
Girls Soccer	Coach Rosenberg arosenberg@rbrhs.org Text @ rbrgirlss to 81010	July 8 M -7:00-9:00AM T, TH-7:00-8:00 AM Fri—9:00-10:00 AM August 19 7:00-9:00 AM	Summer Voluntary Workouts First Practice
Girls Tennis	Coach Savko esavko@rbrhs.org	August 12 8:00 AM	First Practice
Volleyball	Coach Bowers abowers@rbrhs.org Text @ rbrvol to 81010	August 19	First Practice
Boys Cross Country	Coach McGoldrick bmcgoldrick@rbrhs.org Google Classroom: In21nmy Text to @rbrbxc to 81010	July 1 7:30 AM M, T, Th August 19 7:30 AM	Summer Workouts First Practice
Girls Cross Country	Coach Crowley mcrowley@rbrhs.org Remind Text @kg8b24 to 81010	July 15 M-Tu-Th 8:00-9:30 AM August 19 8:00-9:30 AM	Summer Workouts RBR Manasquan Res. Thompson Park Holmdel Park
Cheerleading	Please contact Michael Stoia, RBR's AD for more information @ mstoia@rbrhs.org	August 12 8:30-10:30	First Practice