

**2009 RED BANK CATHOLIC HIGH SCHOOL
SUMMER / FALL
ATHLETIC NEWSLETTER**

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FALL SPORTS TRY-OUTS/START OF PRACTICE

******PLEASE NOTE THAT TRY-OUT DATES START THE ATHLETIC SEASON. ALL ATHLETES WILL BE EXPECTED TO ATTEND ALL PRACTICE SESSIONS BETWEEN TRY-OUTS AND THE START OF SCHOOL.**

FALL CHEERLEADING

The meeting for FALL CHEERLEADING will be on May 6th from 6:30 – 7:30pm with parent in the RBC cafeteria. Attendance is not mandatory, but strongly suggested. If you are unable to attend the meeting, please stop by the Athletic office at RBC to collect the necessary information and paperwork for tryouts.

***Practice for Cheer tryouts- May 11, 12 & 13th from 5:30-7:30 pm in the RBC Gym.**

****Tryouts- May 14th and May 15th from 5:30 -7:30pm in the RBC Gym.**

Attendance is mandatory for both days of tryouts. Tryouts are open to all girls in grades 9-12. Previous experience is not necessary but is preferable. There will be three teams, Freshman, JV and Varsity.

Attire for tryouts – plain dark (green or black) shorts, a plain white t-shirt, and cheer sneakers (or athletic sneakers). Short shorts, tanks are **inappropriate** attire. Hair should be pulled from the face in a ponytail. All jewelry should be removed, including navel piercings. Nails should be short and no nail polish. Artificial nails (acrylic, gel, etc.) are prohibited.

Tryouts consist of a short dance routine and an original cheer, which will be taught at practice. Athletes will be asked to perform specific jumps for the judges. Finally, tryouts include a tumbling component, both standing and running, as tumbling is mandatory at the Varsity level. **TO BE CONSIDERED FOR VARSITY PLACEMENT, Athletes**

must have a Standing Back Hand Spring Without a spot and a Running Back Hand Spring. This is a minimum requirement.

Tryouts will be performed in front of a panel of three judges according to a previously determined rubric.

The decisions of the judges are final

****COMPETITION TEAM: tryout dates, requirements, scheduling, choreography will be discussed at length at May 6th meeting.**

FOOTBALL ALL LEVELS

The following is a schedule for the upcoming pre-season:

Varsity Mini-camp* Sophomores, Juniors, and Seniors - **June 18, 19 – 4 :00-6:45pm**
June 20 – 8:30 -10 am
Location: RBC, White Road Practice Field in Little Silver.

Varsity Weight Training Only- Weight Room: **opens June 22 (Mon.-Fri.) 3 - 6:00pm**
Equipment Issue: **August 7 - 8:00-10:00am**
Training Camp: **August 11 - 5:00 – 7:30 PM at White Road Field**

Freshman Mini - Camp*: **June 26 - 5:00-7:00 pm at the RBC Gym**
Parents Meeting 6:00 pm
June 27 - 8:30 – 10:00 am at White Rd Practice Field

****Frosh will receive an extended calendar at the conclusion of the Mini -Camp.**
(summer workouts, parent meetings, etc.)

*Mini -camp will serve the following purposes:

- Introduce base philosophy and concepts of offense and defense.
- Allow the staff to re-acclimate themselves with personnel.
- Enable coaches and players to clearly define summer training regime and schedule (individual/unit meetings and practice sessions).

GIRLS GYMNASTICS

Try-outs:

August 25, 26, 27, 28 **1:00 to 3:00 pm at the RBC Gym.**

BOYS SOCCER

Try-outs:

August 17, 18,19,20,21 **9:00 - 11:00 AM & 1:00-4:00PM at Count Basie Park**
Starting August 22 **9:00 – 12 noon at Count Basie * Practices times TBA**

GIRLS SOCCER

Try-outs:

August 19, 20, 21, 22 **9:00 - 12:00 PM at Mahala F. Atchison School ,**
Sycamore Ave, Tinton Falls

B/G CROSS COUNTRY

Practice begins:

August 31, 2009 **6:00pm - meet at Holmdel Park / refreshment stand**
lower parking lot

GIRLS FIELD HOCKEY

Try-outs:

Grades 10, 11, & 12 : **August 18 – 22 8 – 11am**
August 24 - 29 8 – 11 am
August 31 – Sept. 5 8 – 11 am
Sept. 8 Start practice & games after school

Freshman: **Aug. 19-21 9 – 11 am**
Aug. 24 – 28 9 – 11 am
Aug. 31 – Sept 4 9 – 11 am
Sept. 8 Start practice & games after school

Location all levels : RBC's White Rd. Field, Little Silver

GIRLS TENNIS

Try-outs:

Wed. August 19, 20, 21 **All Freshmen & Upperclassmen new comers 5:00-8 PM**
Selected players will return to try-out on Aug. 24th with
the Varsity & JV to determine positions.
Mon. August 24 – 28 **Varsity & JV returning players 8 - 11:30 AM**
Location for try-outs: Brookdale Community College Tennis Courts

SUMMER PROGRAMS/PRACTICE/CONDITIONING - ALL STUDENTS

WEIGHT ROOM: Coaches will determine weight training, dates and times
of work-outs for their team.

FIELD HOCKEY: Any incoming Freshman interested in Girls Field Hockey
should E-mail Coach Lisa Caprioni at rbcfhcoach@aol.com

GIRLS LACROSSE: Any incoming Freshman interested in Girls Lacrosse should
E-mail Coach Lisa Caprioni at rbclaxcoach@aol.com

BOYS LACROSSE: Any Incoming Freshman interested in Boys Lacrosse should
E-mail Coach Ryan Eichner at rbclax@yahoo.com.

BOYS SOCCER: **Tuesdays & Thursdays** starting on June 23rd 6 – 8pm
at White Rd. Field. **Mondays & Wednesdays** weight room
8-10 am starting June 22nd . .

GIRLS SOCCER: **Starting July 7th**, training will be every Tuesday
6:00 - 8:00pm & Saturdays 9:00-11:00 am at White Road Field.
Aug. 1, Alumni Game 9:30am
Aug 3 - 8th – No Practice
Aug. 10-13th - 9 -11am Fitness training
Aug. 14 – 18 OFF,

Tryouts: Aug. 19, 20, 21, 22 : 9-12pm - Mahala F. Atchison School
Sycamore Ave, Tinton Falls

B/G CROSS COUNTRY: **Informal summer training starting July 13th . Mondays and Thursdays 6:00pm .First day, meet at Holmdel Park Concession Stand, then Monmouth County parks will be rotated.** (ex. One day Holmdel Park, next day Thompson Park in Lincroft) Workouts will continue until the official practice start date in August. Questions, call Coach DeFilippis 732-549-9440. Incoming Freshmen are strongly urged to attend.

GIRLS BASKETBALL: **Practice/workouts at RBC Gym**
Monday & Wednesday: (Gr. 10,11,12) June 17 to Aug. 5
5:30 - 8:00 PM
Monday & Wednesday: (Freshmen): June 17 - July 27
4:00 - 5:30 PM

BOYS BASKETBALL: **Practice /workouts at the RBC Gym**
Grades 10, 11, 12- Tuesday & Thursday
June 18 – Aug. 4 5:30 – 8:00pm
Freshmen- Tuesday & Thursday
June 18 – Aug. 4 4:00 - 5:30pm

RED BANK CATHOLIC SUMMER SPORTS CAMPS

Green & Gold Boys & Girls Basketball Camp- will run for 5 weeks starting June 22ⁿ. Camp hours: 9am to 1 pm Mon. thru Fri.. \$170.00 per week. Ages 5 -15.

Green & Gold Girls Soccer Camp - will run one week only starting July 27 to July 31st. Camp Hours: 6:00-8:15 pm \$130.00 for the week. Grades 3rd – High School

Green & Gold Girls Lacrosse Camp- will run one week only starting June 15 to June 19th. Camp Hours: 4:00pm to 6:00 pm. \$130.00. Ages 7 - 16.

Green & Gold Girls Field Hockey Camp- will run for one week only starting August 3 to August 7th . Camp Hours: 9 am - 12 pm \$130.00 for the week. Ages: 7-16

Green & Gold Baseball Camp – will run one week only starting July 27th – July 30th from 9 – 1pm \$160 for the week, boys ages 7-15.

Applications- visit our web site at www.rbcsports.com and click on sports camps.

Questions e-mail us at www.rbcsportscamps.com.

PHYSICAL / HEALTH HISTORY QUESTIONNAIRE:

Every student who participates in athletics during the school year must have a physical on the official school form by August 1st, 2009. This form is enclosed in this packet. You may also obtain one in the Athletic Office, Nurse's Office or www.rbcsports.com.

It must be filled out completely with exam date, signed and stamped by your doctor and on file in the athletic office before participation and first try-out date. **NO EXCEPTIONS TO THIS RULE. Return your forms in the envelope provided.**

Physicals are good for **one year** from the date the actual physical was performed by your doctor. **IT IS YOUR RESPONSIBILITY to have a new physical done every year,**

PERMISSION, TRANSPORTATION AND CODE OF CONDUCT FORM:

These forms must be filled out and signed on both sides and on file in the Athletic Office before participation. These forms can be obtained in this packet, the Athletic Office, on our website.

*** NO PHYSICAL & FORMS = NO TRYOUT ***

RBC SPORTS INFORMATION ON THE WEB:

For additional information, go to www.rbcsports.com You can access additional forms, game schedules, game results, directions to home and away locations, daily changes, and weather related cancellations /postponements.