



2020 FALL TRYOUT & PRACTICE INFORMATION

Crew:

Head Coach: Scott Belford,

email: sbelford@cbalincroftnj.org

Crew welcomes all newcomers to try out for the team. Almost every rower begins in high school or later. The great part about this sport is that everyone starts at square one.

Freshman Try-outs will be 9/21 & 9/22.

- What can I expect at tryout? Coaches and varsity rowers will give you a crash course in how to use an ergometer (rowing machine). After instruction, you'll be asked to complete a 2000 meter race on the ergometer. It will take you around 8 minutes to complete, depending on your speed. Your score will be recorded as well as your weight adjusted score (your speed relative to your weight is important in a boat). Based on results, you may be asked to return for a second day of tryouts. On the second day, you'll be given instruction in the rowing tanks. You will be assessed on your ability to take instruction and understand the basics of the rowing stroke. There may also be another race on the ergometer. Final decisions will be made after this day.

Cross-Country

Head Coach: Sean McCafferty

Email: smccafferty@cbalincroftnj.org

Freshmen Cross-Country is a no cut sport. Mandatory practice begins 9/21 but, freshmen are encouraged to come run with the team the week of the 14th.

Team Zoom Meetings

- Monday, August 31st, 8:30 pm - FULL TEAM
- Wednesday, September 2nd, 8:30 pm - FROSH TEAM
- Monday, September 7th, 8:30 pm - FULL TEAM
- Wednesday, September 9th, 8:30 pm - FROSH TEAM

Topic: CBA XC Meeting Link

Time: Aug 31, 2020 08:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://cbalincroftnj-org.zoom.us/j/2085334193?pwd=bGpBdlRlL2dqUTg3ekY4M1lIOVo4UT09>

Meeting ID: 208 533 4193

Passcode: 6bo2oi

Virtual Informational Session

Rugby

Head Coach: Pat Maroney

Email: pmoroney@cbalincroftnj.org

Rugby is entering its 10th season at CBA. We welcome everyone to come try-out for the program. All incoming athletes interested in Rugby are encouraged to fill out the [Rugby Incoming Athlete Interest form](#)

- Try-outs will be held after school on 9/14.
- There will be a virtual parents meeting on Tuesday, 9/15 at 7:00 pm.

Sailing

Head Coach: Jason Lutz

email: jlutz@cbalincroftnj.org

- New sailors Zoom tryout meeting: Tuesday, September 8th at 7:00 p.m. (email Coach Lutz at jlutz@cbalincroftnj.org to ensure you receive the Zoom link)
- First day of tryouts: Monday, September 14th, after school at Toms River Yacht Club
- Second and final day of tryouts: Friday, September 18th at TRYC

Soccer

Head Coach: Tom Mulligan

email: tmulligan@cbalincroftnj.org

- All freshman at CBA will begin the tryout process at the Freshman Tryouts which begin on 9/14
- All Tryout Sessions will be held at CBA Rain or Shine at the scheduled time. If weather prevents us from using the fields all teams will be notified via the schools' athletic website
- Team Selections will begin on WEDNESDAY September 16th at the conclusion of the session. Every player is granted a 3-day tryout opportunity during tryout week only.