



CHA MP ION S

**AREN'T BORN.
THEY'RE
MADE.**

WELCOME CLASS OF 2024



THE MISSION

**THROUGH SPORTS, BUILD BOYS INTO MEN OF
INTEGRITY WHO WILL LEAD, SERVE OTHERS,
AND POSITIVELY IMPACT THE WORLD.**

COACHING IS THE DIFFERENCE



**CALIBER IS UNMATCHED IN NJ
CHARACTER FIRST
CARE BEYOND THE SPORT
PROVEN TRACK RECORD**

EFFORT

MINDSET

ATTITUDE

EXPECT TO BE CHALLENGED





26

SHORE CONFERENCE TITLES
IN THE LAST 5 YEARS

29

NJSIAA STATE TITLES
IN THE LAST 5 YEARS

11

SHOP-RITE CUPS
(BEST PROGRAM IN NJ)

44

CLASS OF 2020 COMPETING
AT THE NEXT LEVEL

#7

2019-20 USA RANKING BY

MAXPREPS



FALL SPORTS

BE READY TO PLAY

HOW DO I SIGN UP FOR FALL SPORTS?

- REGISTER ONLINE AT LETSGOCOLTS.COM
- OPENS JUNE 29, 2020. CLOSES AUGUST 3, 2020

WHAT FORMS DO I NEED?

- PHYSICAL DUE OCTOBER 1, 2020 (AS OF NOW)
- ALL OTHER FORMS ONLINE

WHEN ARE TRYOUTS?

- FALL SPORTS OFFICIALLY BEGIN ON AUGUST 17, 2020 (AS OF NOW)
- TRYOUTS VARY BY SPORT (NEXT SLIDES)

ARE THERE CUTS? - YES, FOR MOST TEAMS.

IF I DON'T MAKE A TEAM, CAN I TRYOUT FOR ANOTHER SPORT?

- ABSOLUTELY. AS LONG AS THAT TEAM HAS NOT/DOES NOT MAKE CUTS. YOU WILL NEED TO REGISTER AGAIN.



FOLLOW @CBACOLTS



HOW WILL COVID-19 IMPACT FALL SPORTS?



- CBA IS GOING FORWARD CURRENTLY AS IF WE ARE STARTING ON TIME
- WE ARE WORKING ON VARIOUS CONTINGENCY PLANS THAT AIM TO MEET POTENTIAL GUIDELINES
- THE NFHS HAS ISSUED GUIDANCE FOR RETURNING TO SPORTS ACTIVITY
- THE NJSIAA HAS PUT TOGETHER A "TASK FORCE" TO EVALUATE POTENTIAL RETURN-TO-PLAY OPTIONS
- CURRENTLY, NJ GUIDELINES ALLOW FOR OUTDOOR SPORTS NON-CONTACT "ACTIVITY" TO BEGIN ON JUNE 22. HIGH SCHOOL "ACTIVITY" ALLOWED JULY 1.
- CBA DOES NOT SANCTION ANY SUMMER CAMPS/CLINICS, HOWEVER MANY OF OUR COACHES OFFER SUMMER PROGRAMS THROUGH THEIR PRIVATE ORGANIZATIONS
- THIS IS A FLUID SITUATION WITH INFORMATION CHANGING RAPIDLY. CBA WILL MAKE THE NECESSARY ADJUSTMENTS TO ENSURE WE ARE OFFERING THE MOST ATHLETIC OPPORTUNITIES ALLOWED TO OUR STUDENTS



SPRING 2020

ONLINE DEVELOPMENT SERIES

SEMINARS FOR STUDENT-ATHLETES

MOTIVATION & GOAL SETTING

BUILDING CONFIDENCE

MENTAL FOCUS

PERFORMING UNDER PRESSURE

PERFORMANCE NUTRITION

GRIT

MINDFULNESS FOR ATHLETES

VISUAL PROCESSING FOR ATHLETIC PERFORMANCE

WORKSHOPS FOR COACHES

CREATING A CHAMPIONSHIP CULTURE

EMPOWERING ATHLETES

COACHING CHARACTER FIRST

SIDELINE DEMEANOR

PARTNERING WITH PARENTS

BUILDING COMMITMENT

GUIDING ATHLETES THROUGH ADVERSITY

CREATE A COLLABORATIVE VISION

- 4 SESSIONS PER WEEK SINCE MARCH
- VOLUNTARY & OPEN TO ALL STUDENTS
- COLLABORATION W/ TRINITY HALL

SPECIAL GUEST PRESENTERS

SCOTT GOODALE

RUTGERS HEAD WRESTLING COACH

KAREN FERGUSON-DAYES

UNIV. OF LOUISVILLE HEAD SOCCER COACH

GIANLUCA DALATRI '16

ALL-AMERICAN PITCHER, UNC CHAPEL HILL

CAROLINE GMELICH '17

ALL-AMERICAN SWIMMER, UVA

***TEAM HUDDLES EVERY FRIDAY AFTERNOON**





COACHING STAFF

SCOTT BELFORD - HEAD VARSITY COACH, SBELFORD@CBALINCROFTNJ.ORG

BRENIN FORD - FRESHMEN COACH, BFORD@CBALINCROFTNJ.ORG

CREW

 @CBACREWNEWS

 @CBACREW

- ENTERING 15TH SEASON
- CBA ROWING HAS WON OVER A DOZEN NEW JERSEY STATE CHAMPIONSHIPS AS WELL AS NUMEROUS REGIONAL AND NATIONAL TITLES.
- THREE OF THE PAST FIVE CBA VALEDICTORIANS HAVE BEEN CBA ROWERS.
- ROWING IS A VARSITY SPORT AT CBA IN BOTH THE FALL AND SPRING SEASONS. THERE IS A PARTICIPATION FEE IF SELECTED.
- NO EXPERIENCE NECESSARY TO TRY OUT FOR THE FRESHMAN TEAM; OVER 90% OF THE TEAM HAD NOT TRIED THE SPORT BEFORE ARRIVING ON CAMPUS
- **TRYOUTS - SEPTEMBER 10TH & 11TH**, ON CAMPUS IN THE SPRINT BARN IMMEDIATELY AFTER SCHOOL. THOSE TWO DAYS INCLUDE TECHNICAL INSTRUCTION AS WELL AS PHYSICAL TESTING.
- ROWING TENDS TO FAVOR TALL ATHLETES WITH LONG ARMS AND LEGS, ALTHOUGH ANYONE FIT AND STRONG CAN BE SUCCESSFUL.
- PRACTICES ARE HELD AFTER SCHOOL, BOTH ON CAMPUS IN OUR INDOOR ROWING FACILITY AS WELL AS AT SHREWSBURY SAILING & YACHT CLUB IN OCEANPORT.
- FRESHMEN WHO MAKE THE TEAM ROW ON A DEDICATED SQUAD OF FRESHMEN ONLY AND COMPETE AGAINST OTHER SCHOOL'S FRESHMEN

WHERE OUR GRADUATES COMPETE IN COLLEGE

- PRINCETON (3), YALE, DARTMOUTH, UPENN (2), CORNELL, MIT, THE UNITED STATES NAVAL ACADEMY, VILLANOVA, UNIVERSITY OF DELAWARE, JACKSONVILLE UNIVERSITY (3), GEORGETOWN (2) AMONG OTHERS





CROSS-COUNTRY



COACHING STAFF

SEAN MCCAFFERTY - HEAD VARSITY COACH, SMCCAFFERTY@CBALINCROFTNJ.ORG

MIKE MAZZACCARO - FRESHMEN COACH, MMAZZACCARO@CBALINCROFTNJ.ORG

KARL TORCHIA - ASST. COACH, KTORCHIA@CBALINCROFTNJ.ORG

- ONE OF THE MOST STORIED HIGH SCHOOL PROGRAMS IN THE COUNTRY
- 364 CONSECUTIVE DUAL MEET WINS (NATIONAL RECORD)
- 2011 NATIONAL CHAMPIONS
- 24 NJ ALL-GROUP TEAM CHAMPIONS (STATE RECORD), 35 SHORE CONFERENCE TEAM CHAMPIONS
- OFFICIAL PRACTICE FOR FRESHMEN BEGINS THE DAY AFTER THE FRESHMEN RUN ON **SEPTEMBER 15**

OPTIONAL SUMMER PRACTICE

- WE ENCOURAGE ALL FRESHMEN TO JOIN US IN THE SUMMER FOR OPTIONAL PRACTICES
- TO PARTICIPATE IN SUMMER PRACTICE, EACH ATHLETE MUST SIGN UP WITH USATF AND JOIN BROTHERS TRACK CLUB - [HTTPS://USATF.ORG/HOME/TOP-UTILITY-NAV-CONTENT/MEMBERSHIP](https://usatf.org/home/top-utility-nav-content/membership)
- JULY - PRACTICE MON, WED, AND FRI AT 6:30 PM. MON/FRI AT HOLMDEL PARK, WED AT CBA
- AUGUST - MON/FRI MOVE TO CBA AND WED TO HOLMDEL PARK

WHERE OUR GRADUATES COMPETE IN COLLEGE

- PRINCETON, DUKE, DARTMOUTH, COLUMBIA, GEORGETOWN, UNIVERSITY OF PENNSYLVANIA, UNC CHAPEL HILL, OREGON, BROWN, UNIVERSITY OF VIRGINIA, AMERICAN, RUTGERS, MANHATTAN, FORDHAM, BUCKNELL, NORTHERN ARIZONA, VILLANOVA, WAKE FOREST, RICHMOND, AIR FORCE, UPENN, PENN STATE, PROVIDENCE, ELON AND MANY MORE.





COACHING STAFF

JASON LUTZ - VARSITY COACH, JASON.LUTZ@CBALINCROFTNJ.ORG

- PREMIER HIGH SCHOOL SAILING PROGRAM IN THE STATE
- IN THE LAST FIVE YEARS, TWO-TIME STATE CHAMPIONS AND A NATIONAL CHAMPIONSHIP QUALIFIER
- PARTICIPATE IN A 20-SCHOOL NEW JERSEY LEAGUE. TRAVEL TO REGIONAL AND NATIONAL INVITATIONAL EVENTS
- BASED OUT OF TOMS RIVER YACHT CLUB, THE TEAM OFFERS A CARPOOL SYSTEM FOR PRACTICES
- TEAM CONSISTS OF APPROXIMATELY 20 SAILORS ACROSS ALL GRADE LEVELS
- CUTS DO HAPPEN SOME YEARS AND ARE BASED ON TRYOUT NUMBER AND SKILL LEVEL
- TRYOUT MEETING FOR NEW SAILORS WILL BE IN SCHOOL ON TUESDAY, SEPTEMBER 15TH

WHERE OUR GRADUATES COMPETE IN COLLEGE

- A DOZEN GRADUATES ARE CURRENTLY SAILING AT COLLEGES SUCH AS UPENN, GEORGE WASHINGTON, VIRGINIA TECH, MIAMI





COACHING STAFF

TOM MULLIGAN - HEAD VARSITY COACH, TMULLIGAN@CBALINCROFTNJ.ORG

DAVE SANTOS - ASST. COACH, DSANTOS@CBALINCROFTNJ.ORG

RORY FITZGERALD - JV COACH, RFITZGERALD@CBALINCROFTNJ.ORG

AJ MOKES - FRESHMEN COACH, AMOKES@CBALINCROFTNJ.ORG

- 11 SHORE CONFERENCE TITLES, 7 STATE CHAMPIONSHIPS
- TRYOUT WEEK FOR FRESHMAN SOCCER BEGINS ON MONDAY, AUGUST 17-21, 4PM-6PM AT CBA.
- EACH PLAYER IS PERMITTED A MINIMUM OF 3 DAYS DURING THE TRYOUT WEEK
- THE TRYOUT PROCESS IS CHALLENGING AND COMPETITIVE WITH MORE THAN 40 PLAYERS COMPETING FOR APPROXIMATELY 20 SPOTS

OPTIONAL SUMMER TRAINING

- ALL SUMMER SESSIONS ARE OPTIONAL FOR PLAYERS TO PREPARE FOR THE TRYOUT WEEK. THESE PROGRAMS ARE NOT SPONSORED BY CBA. PARTICIPATION IS NOT REQUIRED AND IS NO GUARANTEE TO BE SELECTED TO THE FRESHMAN TEAM ROSTER.
- ALL PROGRAMS ARE DIRECTED BY VARSITY COACH TOM MULLIGAN AND THERE IS A REQUIRED REGISTRATION TO PARTICIPATE.
- PLEASE VISIT BLUEANDWHITESOCCER.COM FOR REGISTRATION INFORMATION.
- SUMMER TRAINING PROGRAM ONLY – 8 SCHEDULED SESSIONS ON TUESDAY AND THURSDAY EVENINGS IN JUNE AND JULY.
- SUMMER NIGHT CAMP ONLY – 4 NIGHTS DURING THE WEEK OF JULY AUG. 3-6
- SUMMER TRAINING/NIGHT CAMP COMBO – COMPLETE SUMMER PROGRAM AT CBA WITH OVER 30 HOURS OF SOCCER AT CBA DURING THE SUMMER.
- PRACTICES CONTINUE ON MONDAY AUG. 24 AND CONTINUE THROUGH OCTOBER (5-6X'S PER WEEK). TYPICAL PRACTICE TIMES ARE FROM 3PM-5PM. SUNDAY'S ARE ALWAYS OFF. THE TEAM PLAYS APPROXIMATELY 15 GAMES AND COMPETES IN THE FRESHMAN SHORE CONFERENCE TOURNAMENT.



COACHING STAFF

PAT MORONEY - HEAD VARSITY COACH, PMORONEY@CBALINCROFTNJ.ORG

RICK SULLIVAN - ASST COACH, RSULLIVAN@CBALINCROFTNJ.ORG

RUGBY

 @COLTSRUGBY

 @CBARUGBY

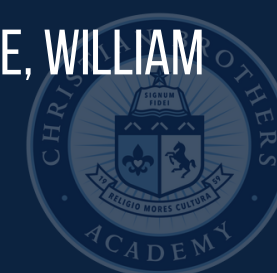
- ENTERING 10TH SEASON
- 9 X STATE CHAMPIONSHIPS IN FIFTEENS AND SEVENS RUGBY; 2 TOURS TO IRELAND
- CBA RUGBY IS A TWO-SEASON SPORT – SEVENS IN THE FALL AND FIFTEENS IN THE SPRING.
- RUGBY IS A LATE DEVELOPER SPORT AND MANY ATHLETES WHO HAVE TAKEN THE SPORT UP IN THEIR MID-TEENS HAVE BEEN VERY SUCCESSFUL AT CBA AND IN COLLEGE.

SUMMER/TRYOUT INFORMATION

- CURRENTLY NO RETURN-TO-PRACTICE CLEARANCE FROM USA RUGBY OR NEW JERSEY RUGBY, SO WILL NEED TO CONTACT YOU WHEN IT IS APPROVED. PLEASE COMPLETE THE CONTACT FORM FOR MORE INFORMATION ON SUMMER AND FOLLOW US ON SOCIAL MEDIA. CONTACT FORM - [HTTPS://FORMS.GLE/PIKVJQSQRWMGZHGM7](https://forms.gle/PIKVJQSQRWMGZHGM7)
- CBA RUGBY WILL START WITH FOUR DAYS OF ATHLETIC ADAPTATION AND RETURN-TO-PLAY ACTIVITY FROM **AUGUST 17-20** FROM 4-6PM AT CBA. TRYOUTS WILL BE **AUGUST 24 & 25.**

WHERE OUR GRADUATED COMPETE IN COLLEGE

- CORNELL, COLUMBIA, PENN STATE, CATHOLIC, RUTGERS, IONA COLLEGE, VMI, COLGATE, VILLANOVA, DREW, RICHMOND, FORDHAM, UCLA, RIT, MINNESOTA, LOYOLA, TOWSON, GEORGETOWN, ROGER WILLIAMS UNIVERSITY, SALVE REGINA, PROVIDENCE, UNIVERSITY OF MIAMI, VIRGINIA TECH, LEHIGH, PERDUE, UNIVERSITY OF VERMONT, FURMAN, SYRACUSE, WILLIAM AND MARY, UNIVERSITY OF SOUTH FLORIDA, SEATON HALL, WAKE FOREST, ELON AND MORE





STRENGTH & CONDITIONING

COACHING STAFF

STEVE BARE - HEAD STRENGTH & CONDITIONING COACH, SBARE@CBALINCROFTNJ.ORG



@CBACOLTSSTRENGTH



@COLTSSTRENGTH

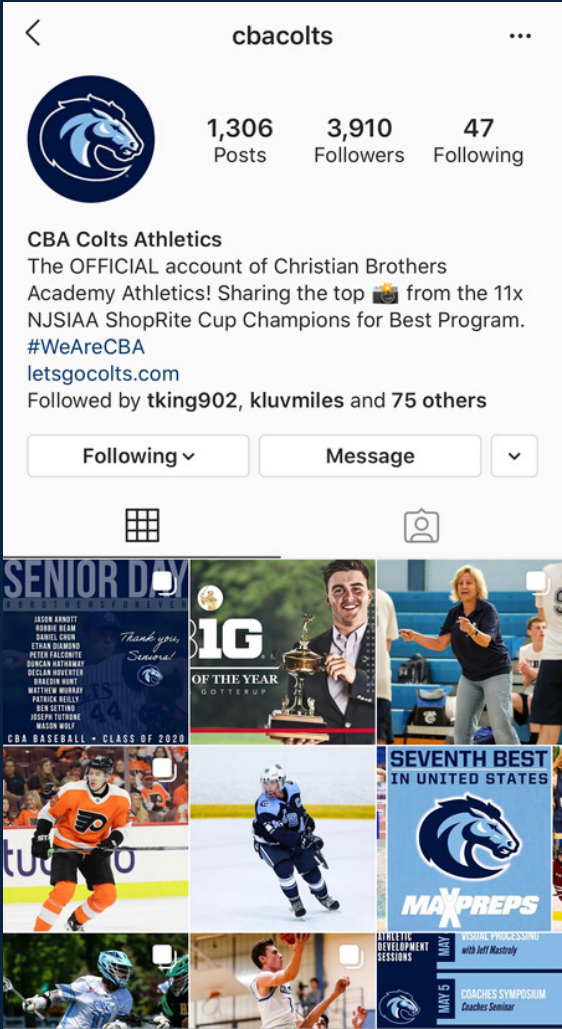
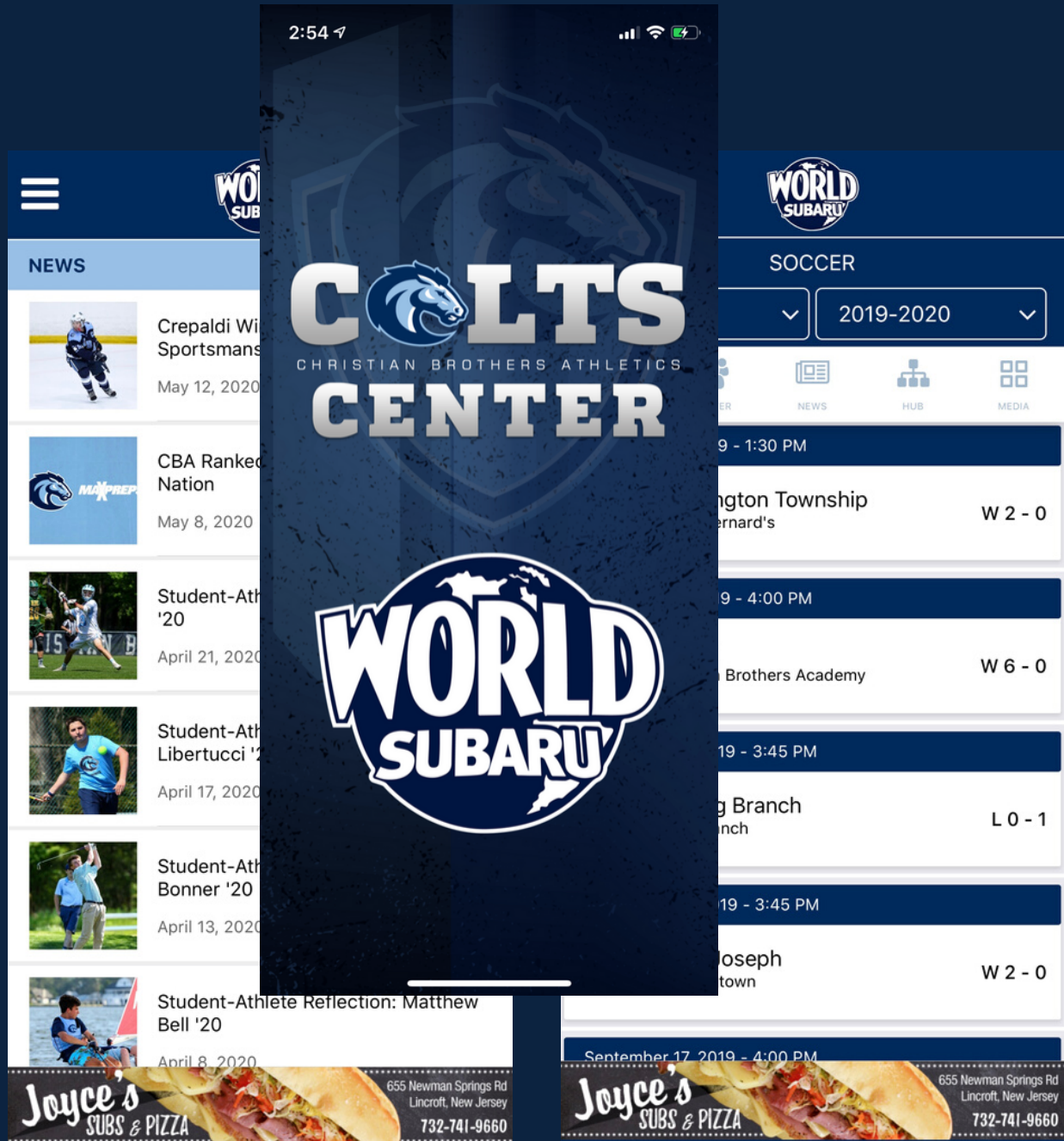
- STATE-OF-THE-ART FITNESS CENTER FEATURING OLYMPIC POWER RACKS, FREE WEIGHTS, AND 20 PIECES OF CARDIO EQUIPMENT
- FRESHMEN-SPECIFIC SESSIONS
- 20-40 ATHLETES/SESSION
- 4-5 ATHLETES/RACK
- 45 MIN SESSIONS
- 2-3 SESSIONS/WEEK - 7:15AM; 2:45, 3:30, 4:15PM
- TEAMBUILDR APP FOR TRACKING INDIVIDUAL WORKOUTS

FOR FRESHMEN

- **PHYS ED CLASS:** STARTING THIS FALL, 1ST QUARTER DEDICATED TO FITNESS TRAINING FITNESS TEST (PERFECT SCORE) MILE RUN (5MIN) PUSHUPS (60) PULLUPS (25) SITUPS (100) SHUTTLE RUN (4X10YD IN 8.5S)
- **BEFORE/AFTER SCHOOL:**
- FRESHMAN PRE-SEASON: TUES/THURS 2:45P PROGRESS FRESHMEN THROUGH BODYWEIGHT, DUMBBELL, AND BARBELL EXERCISES
- TEAM LIFTS (VARIES BY TEAM): SEVERAL TEAMS ENCOURAGE FRESHMEN TO TRAIN WITH THE TEAM BEFORE AND DURING THE SEASON! SESSIONS ARE DIVIDED SO FRESHMEN GET DEVELOPMENTALLY-APPROPRIATE TRAINING (EG GOBLET SQUATS BEFORE BARBELL SQUATS!)



STAY CONNECTED WITH THE COLTS!



  
@CBACOLTS

