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ROMAN CATHOLIC SOCCER WELCOMES BACK A FAMILIAR FACE TO THE FOLD

Jarret Nast Returns to the Sidelines as Freshman Head Coach

AUGUST 21, 2023: As training camp 2023 enters its second full week, with the last bite of heat and humidity encompassing the pitch, and the freshmen now keenly aware of the desire and commitment it takes to just suit up at the next level, there is a wind of change for the Class of 2027. They've a new coach to champion their cause, and one not so far removed from the intense summer workouts on hot, dry, city fields.

Enter Jarret Nast, Class of 2015. A feisty, fiery competitor that in many ways embodied the Cahillites 2015 PCL Championship Team, despite him having graduated earlier that summer. Nast's game winner against LaSalle in the 2014 semi's realistically set a tone for the program and a message to the league. Roman was coming into its own again and very ready to compete amongst the big boys, thus setting off an impressive run of six consecutive championship final appearances.

With that same energy, Nast's return to Broad and Vine brings a wiser, more mature, and seasoned version of the former soccer standout. The Port Richmond (Nativity BVM) native did get to experience a taste of a title when his Alvernia University team captured the ECAC crown as a freshman left back. "You know, I look at it differently now. There's a need to build friendships amongst your teammates, it makes it easier to settle in and have fun when you're doing it together for a common goal. It's a brotherhood."

That mindset is just part of the philosophy he's instilling as a rookie Freshmen Coach in the PCL. Looking from the other side, he realizes the challenges on and off the pitch and wants to be that "go to" for his young squad of footballers. "I truly want to build a good environment amongst the team and an even better chemistry so that they can all learn, develop and grow their individual skill sets both as individuals and as part of a team."

And with many eyes upon him, including a younger brother whom he must now coach, the responsibility isn't lost on him for even a brief second. "Roman Catholic was the best four years of my life, I'll see to it personally that these boys fully understand that dedication to not only school and studies, but team, family and responsible living is the key to any success, present or future."

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