Ciarleglio was born and raised in New Haven, CT. He attended Sacred Heart Grammar

School, Notre Dame High School where he was captain and the leading hitter; and Southern CT State University. He received a BA in Physical Education; a Minor in Biology and a MA in Counseling.

In high school he captained three sports while at Notre Dame, played high school varsity football for three years and was a member of the first All-District Team in 1957. Ciarleglio was the captain of Notre Dame when they won their first District League title in 1958. In 1958, for his achievements on the football field, he was chosen to the All-District Team, the New Haven Register All-State Team and FirstTeam High School All-America Team. Other high school awards included the Campania Club (Joe DeGale)Award, Gridiron Club Award, Dante Club Award, Athlete of the Year, Morro Award, Savitt Award. He was also chosen to the All-District Baseball Team; was voted M.V.P. in the Nutmeg Bowl in 1959.

In college, he played three years of collegiate varsity football at Southern Connecticut State University and was the starting quarterback for all 23 games. He was the second leading scorer in New England (freshmen were not eligible to play). In baseball, he led team in batting average (.410), hits, RBI’s and home runs as a sophomore and junior. As a senior, Ray was captain and led team in batting average (.457), hits, RBI’s and home runs. Ray’s accomplishments provided him an opportunity at the big leagues when Billy Martin gave Ray the chance to play with the Twins after the franchise relocated from Washington to Minnesota.

“I went to Minnesota and played for a month, working out with the parent club, but I was married with a child, so I didn’t pursue it to any great degree,” says Ray. “It was a great opportunity. It was tremendous. I played with Harmon Killebrew and a lot of great players on the Minnesota team. I was out there with them and it was a tremendous experience with them.”

Ciarleglio has taught and coached for the past 52 years, beginning at Notre Dame HS where he served as Assistant Coach for football, basketball and baseball; then Derby High School and Jonathan Law H.S. as football assistant coach; then he went to Central Catholic H.S. in Norwalk as head football coach; then back to Jonathan Law H.S. as head football and baseball coach. Next Ciarleglio served as head football coach at Shelton H.S. and Hamden H.S. From 1993-97 he was assistant football coach at North Branford H.S. where he won first awarding of the Assistant Coach of the Year Award- 1993 Season). In 1997 he moved to assistant football coach at North Haven H.S. where he still coaches.​

Ciarleglio is married and the proud father of five boys and two girls, two grandchildren.