

PROGRAMS BY DATE

See program descriptions inside

June 12-16

BASKETBALL SKILLS

9th grade: 4:00 pm-6:00 pm; \$150
10th-12th grades: (Week 1 of 2) 6:00 pm-8:00 pm; \$275 total

June 19-23

BASKETBALL SKILLS

5th-8th grades: 4:00 pm-6:00 pm; \$150
10th-12th grades: (Week 2 of 2) 6:00 pm-8:00 pm

SOCCER SKILLS

5th-8th grades: 12:00 pm-2:00 pm; \$150
9th-12th grades: 2:00 pm-4:00 pm; \$150

June 26-30

DANCE & FITNESS

5th-9th grades: 10:00 am-12:00 pm; \$150

SOFTBALL SKILLS

5th-8th grades: 9:00 am-10:30 am; \$150
Pitchers & Catchers
5th-8th grades: 10:30 am-12:00 pm; \$150
Hitting & Offensive Skills

SPEED & CONDITIONING

6th-12th grades: 1:00 pm-3:00 pm; \$150

July 10-14

TENNIS SKILLS

8th-12th grades: 3:00 pm-5:00 pm; \$150
Tennis Skills Program takes place at Thornwood Park in Wilmette.

GOLF SKILLS

8th-12th grades: 1:30 pm-3:30 pm; \$150
Mon.-Tues. at Wilmette Golf Club
Weds.-Fri. at Glenview National 9 G.C.

July 17-21

VOLLEYBALL SKILLS

5th-6th grades: 2:00 pm-3:30 pm; \$150
9th grade: (Week 1 of 2) 4:00 pm-6:00 pm; \$275 total
10th-12th grades: (Week 1 of 2) 6:00 pm-8:00 pm; \$275 total

July 24-28

VOLLEYBALL SKILLS

7th-8th grades: 1:30 pm-3:30 pm; \$150
9th grade: (Week 2 of 2) 4:00 pm-6:00 pm
10th-12th grades: (Week 2 of 2) 6:00 pm-8:00 pm

ABOUT

REGINA DOMINICAN HIGH SCHOOL

What does it mean to be a Regina student? It means knowledge. It means confidence. It means personal attention. It means opportunity. It means a ticket to college. It means excelling in the classroom, on the basketball court, on stage, in the chapel, everywhere.

Because of our small class size, all students have the opportunity to pursue their individual passions and get involved the moment they walk through our doors.

LEARN

Whether reading Chaucer's The Canterbury Tales for British Literature class or witnessing justice in action at a Cook County courthouse with Political Science classmates, Regina academics prepare students for lifelong learning inside and outside the classroom.

GROW

With our comprehensive athletic program, strong Fine Arts Department and numerous extra-curricular clubs, councils and honor societies, Regina offers every opportunity to rise to leadership positions and develop into a well-rounded individual.

LEAD

Because of our small, all-girls environment, you always play the leading role. It's amazing when you look around and see that the star of the play is a girl, the star athlete is a girl, the star student is a girl. Inspiration to achieve one's personal best not only comes from teachers, counselors and coaches, but also from peers.

SUCCEED

After four years of a Regina education, our students graduate, embarking upon their next journey in higher education with a strong foundation of knowledge, values and leadership skills to support them. From judges to journalists, Regina graduates experience success in their careers, their families and their education.

The Regina athletic programs are rich with success. Regina belongs to the Girls Catholic Athletic Conference and boasts 26 sports teams, 12 interscholastic sports, eight Illinois state titles, five members of the GCAC Hall of Fame and three members in the Illinois Basketball Coaches' Association Hall of Fame.

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REGINA DOMINICAN
THE COLLEGE PREPARATORY CATHOLIC SCHOOL FOR WOMEN
Summer Skills Camps
c/o Pro Sports Experience
213 N. Morgan, Suite 1A
Chicago, IL 60607

REGISTER TODAY!
Call Pro Sports Experience at:

312 226 0460

REGINA DOMINICAN

SUMMER SKILLS CAMPS

BASKETBALL • DANCE • SPEED/FITNESS • GOLF
SOCCER • SOFTBALL • TENNIS • VOLLEYBALL

Comprehensive Skill Development Programs
for Female Athletes ages 12 to 18
Hosted by Regina Dominican High School, Wilmette, IL
312.226.0460



THE GAME STARTS NOW
GET INTO THE GAME!

THE GAME STARTS NOW

Since 1958, Regina Dominican High School has established itself as a community dedicated to academic excellence, leadership development and support for young women. And without question, competitive sports have played a key role in helping us achieve those community goals.

RDHS COACHING LEADERSHIP

Athletic Director **Bridget Venturi Veenema** is an internationally recognized athlete and pioneer of women's baseball. In 2004, she captained the first women's national baseball team and won a Gold Medal with Team USA at the World Cup in Edmonton. As a 1984 Regina Alumna, she attended the University of Michigan on a softball and basketball scholarship, winning All Big-Ten honors. She also earned her master's degree in international business from DePaul University and is the first female on the USA Baseball board of directors.

BASKETBALL SKILLS Head Varsity Coach **Jim Russo** is entering his seventh year coaching Regina Basketball. The 2002-03 team finished third among IHSA teams with Coach Russo earning Coach of the Year honors from both Lerner Newspaper and the Illinois Basketball Coaches' Association. His 2004-05 team won an IHSA Regional Championship.

DANCE/FITNESS CAMPS Head Varsity Coach **Annalizza Delfin** is a '98 Regina alumna where she was a four-year Poms member and captain. She is currently receiving a Master's degree in Education at Northwestern University. This is her fourth year coaching at Regina and her second year conducting the RDHS Summer Dance Camp.

GOLF SKILLS Head Varsity Coach **Mark Szczepkowski**, a 1995 graduate of Saint Lawrence High School, captained his Cross Country and Track Teams. He graduated from the University of Illinois in 2000 with a History degree and went on to earn his teaching certificate at Trinity Christian in Palos Heights. 2005-06 will mark his third year as Head Gold Coach and Track and Field Coach.

SOCCER SKILLS **Melissa Bogdanovich** comes to Regina in her first year as Head Varsity Soccer Coach. She is currently in her third year as an assistant soccer coach at Trinity University and in 2004, she led the team to the Christian College National Championship. She is pursuing her Master's degree in Teaching at Xavier University.

TENNIS SKILLS **Mike Burke** has been coaching at the high school level since 1975 with head coaching experience in boys and girls tennis at Maine West, Maine South and Maine East. He retired from teaching Science and English in 2002 after 32 years in teaching, also at Maine West, Maine South, and Maine East. He began teaching at the Centennial Wilmette Tennis Club in the mid-1980s.

VOLLEYBALL SKILLS Head Varsity Coach **Shante Haymore** graduated in 1998 as one of Regina's most celebrated volleyball players. She holds the school record for kills and was Athlete of the Year her senior year. Shante earned a full-ride Division I volleyball scholarship, was named to the 1999 Conference USA All Tournament Team and ranked fourth in NCAA hitting percentage. She is entering her second season as head coach and her Varsity team won the GCAC division title in 2005.

SOFTBALL SKILLS Head Varsity Coach **Jason Penych**, a 1993 Loyola Academy graduate, played professional ball in Joliet before settling in as a Harper College Assistant. He enters his third season as varsity head coach and won the 2005 IHSA Regional championship.

GENERAL INFORMATION

- **Sign up by calling 312-226-0460.**
- One week programs are \$150.
- Two week programs are \$275.
- Camps maintain a 10-to-1 student-to-instructor ratio.
- An official "Regina Dominican Camp" t-shirt is provided.
- In cases of cancellation before 4/28/06 a \$100 fee is retained.
- On or after 4/28/06, the full registration fee is retained.
- No refund or credits are issued for unattended camp days.
- No refunds or credits are issued for days canceled for inclement weather.

LOCATIONS

Programs take place at Regina Dominican HS, 701 Locust Road, Wilmette, except for the following:

- **Softball and Soccer:** Techny Divine Word, Northbrook.
- **Tennis:** Thornwood Park, Wilmette.
- **Golf:** Wilmette Golf Club and Glenview National.

THE PROGRAMS

BASKETBALL SKILLS

Monday, June 12 – Friday, June 16: 9th Grade, 4:00 PM-6:00 PM
Monday, June 12 – Friday, June 23: 10th-12th Grades, 6:00 PM-8:00 PM (2 weeks)
Under Varsity Coach Russo's leadership, you will develop the skills and competitive habits required to make big-time plays. Break down defenders one-on-one, learn to anticipate passing lanes, control the low post, handle the press and score with a shooter's follow through.

Monday, June 19 – Friday, June 23: 5th-8th Grades, 4:00 PM-6:00 PM
This unique preparatory program is designed to get you ready for high school level competition. Learn effective defensive positioning and ball control. Increase your efficiency with proper shot selection; dominate the boards with improved rebounding. Get ready to build on what you already know, and bring your game to a new level.

DANCE AND FITNESS

Monday, June 26 – Friday, June 30: 5th-9th Grades, 10:00 AM-12:00 PM
Combine teamwork, artistic impression, the preparation for live performance and the benefits of a vigorous aerobic workout...what you have is a very worthwhile and exciting summer dance experience. Led by Annalizza Delfin ('98 RDHS), this program prepares you for the skills and training needed to make your school dance teams.

GOLF SKILLS

Monday, July 10 – Friday, July 14: 8th-12th Grades, 1:30 PM-3:30 PM
(Held Mon.-Tues. at Wilmette Golf Club and Weds.-Fri. at Glenview National 9 G. C.) The Golf Skills program is for all levels from beginner through advanced. This program is designed for participants who want to play competitively. It covers all of the fundamentals and principals of chipping, putting driving, course management and club selection. Come be a part of the Regina golf tradition.

SOCCER SKILLS

Monday, June 19 – Friday, June 23: 5th-8th Grades, 12:00 PM-2:00 PM
Monday, June 19 – Friday, June 23: 9th-12th Grades, 2:00 PM-4:00 PM
Develop all of your technical skills, from dribbling and shooting to defending and heading. Advance your specialized skills: chips, side-volleys and corner kicks. All are essential elements of a complete game. Have a blast competing in inter-squad matches as you absorb techniques from college champions. Cleats and shinguards are required.

SOFTBALL SKILLS

Pitchers & Catchers
Monday, June 26 – Friday, June 30: 5th-8th Grades, 9:00 AM-10:30 AM
Pitching and catching are the core of great teams. The best batteries win championships. We teach solid mechanics and defensive-minded strategies that win games on the mound and behind the plate.

Hitting & Offensive Skills
Monday, June 26 – Friday, June 30: 5th-8th Grades, 10:30 AM-12:00 PM
Great teams score runs with powerful, effective hitting strokes and the ability to manufacture runs when needed. These sessions will break down your swing into individual components and make you a complete hitter.

SPEED AND CONDITIONING

Monday, June 26 – Friday, June 30: 6th-12th Grades, 1:00 PM-3:00 PM
Think fast! Be faster! Think strong! Be stronger! You might have the best equipment to play the game, but do you have winning-edge strength, endurance, flexibility, speed and confidence? Athletic enhancement training programs are for nearly every kind of athlete, for nearly every kind of sport. Discover elite training methods that ultimately improve speed and strength, with professional coach Tate Tobkin. No experience needed, compliments of *Acceleration Illinois*.

TENNIS SKILLS

Monday, July 10 – Friday, July 14: 8th-12th Grades, 3:00 PM-5:00 PM
(Tennis skills takes place at Thornwood park in Wilmette: Dartmouth Ave and Thornwood Ave, Wilmette, IL 60091) This program is designed for individuals who already have a strong grasp of the fundamentals of tennis. Learn the advanced subtleties of singles and doubles on both sides of the ball. Build solid stroke techniques, game-simulation consistency, sound footwork, and smashing serves.

VOLLEYBALL SKILLS

Monday, July 17 – Friday, July 28: 9th Grade, 4:00 PM-6:00 PM (2 weeks)
Monday, July 17 – Friday, July 28: 10th-12th Grades, 6:00 PM-8:00 PM (2 weeks)
The Regina tradition shines in this program as you learn advanced bumping, setting, blocking, hitting, serving strategy, and proper take-offs and landings. Evolve your game, learn the high-level collegiate mind-set that pays off in the big games.

Monday, July 17 – Friday, July 21: 5th-6th Grades, 2:00 PM-3:30 PM
Monday, July 24 – Friday, July 28: 7th-8th Grades, 1:30 PM-3:30 PM
Under the guidance of Coach Shante Haymore, work on your fundamentals as you get ready to advance to high school level play. Develop proper bumping, serving, setting, hitting, and blocking techniques. Also, learn the overall game strategies that build strong individuals into great teams.

APPLICATION

TO REGISTER: Call us at **312-226-0460**, fax the application to us at **312-226-5554**, or send the attached application and waiver to **Regina Camps, c/o Pro Sports Experience, 213 N. Morgan, Suite 1A, Chicago, IL 60607**.

CAMP NAME	DATE	
CAMP NAME	DATE	
CAMP NAME	DATE	
Player's Name		
Name of Parent or Guardian		
Address:		
City	State	Zip
Day Phone:	Evening Phone	
Parent E-Mail		
How did you hear about us?		
Birthdate		
T-Shirt Size	☐ Youth M	☐ Youth L
	☐ Adult M	☐ Adult L
	☐ Adult XL	
Payment Method	☐ Credit Card	
	☐ Check	
Card No.	Expires	
Signature		
Billing Address		
For good and valuable consideration, the sufficiency of which I hereby acknowledge, I,		
personally and on behalf of and as the parent and legal guardian of		
and anyone acting on my behalf including but not limited to attorneys, representatives, agents, heirs, executors, administrators, assigns, insurers, predecessors, successors, or any other person or entity asserting claims through me, agree to release, indemnify, defend and hold harmless: Regina Dominican High School, Pro Sports Experience, LLC, and all of their respective directors, officers, shareholders, subsidiaries, partners, agents, employees, successors, parents, heirs, executors, administrators, and affiliates thereof (collectively "Releasees"), from any and all claims, suits, losses, damages, expenses, costs, and liabilities (including reasonable attorneys' fees and expenses) which hereinafter may accrue or arise against the Releasees and which in any way arise out of or are in any way related to (a) my child's participation in the Regina Dominican High School Summer Camps ("the Camps") and (b) the use of my child's name, photograph, quotation, and likeness in any advertising or promotions which relate to the Camps. I, personally and on behalf of my Child, understand the danger of personal injury or death that may result from playing football in the Camps including but not limited to falling, being struck by a sports object or another individual. I, personally and on behalf of my Child, assume any and all risk that is in any way associated with, related to or occurs as a result of my child's participation in the Camps. I, personally and on behalf of my Child, hereby give Releasees, or any one of them, permission to use my and/or my Child's name, photograph, quotations and likeness in any advertisements or promotions performed in connection with the Camps and agree that neither I nor my Child shall be entitled to any compensation for such use.		
Parent or Legal Guardian		
Signature		

To register, call 312.226.0460 or visit www.rdhs.org.