



REGINA DOMINICAN

THE COLLEGE PREPARATORY CATHOLIC SCHOOL FOR WOMEN

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Regina Dominican honors winter sports athletes

Regina Dominican students involved in winter sports – basketball, bowling, and the poms squad – were honored for their hard work and achievement during the school's Winter Sports Banquet, held March 6 at Monastero's Ristorante in Chicago.

The banquet featured the presentation of special awards to outstanding athletes. The awards recipients are as follows:

Varsity Bowling: senior Annie Kelley, Most Valuable Player; junior Stacey Field, Most Improved; and senior Maria Anichini, Coach's Award.

Junior Varsity Bowling: junior Jiyeon Lee, Most Valuable Player; junior Rita Trejo, Most Improved; and sophomore Megan Reisberg, Coach's Award. Deacon Robert Puhala is the head coach of varsity and junior varsity bowling.

The Poms Squad, which took sixth place in the state competition the day before the banquet, presented the Most Valuable Player award to sophomore Christina Rodriguez. Annalizza Delfin, a 1998 alumna of Regina Dominican, is the coach.

Varsity Basketball: senior Lauren Schober, Most Valuable Player; senior Liz Flaherty, Most Improved; and junior Katherine Fernholz, Coach's Award. Jim Russo, Head Coach, works with Assistant Coaches Nick Russo and Bill Yacullo.

Junior Varsity Basketball: freshman Krystle Harvey, Most Valuable Player; sophomore Claire Costello, Most Improved; and sophomore Sarah Pusateri, Coach's Award. Rena Mekeel is the Head Coach. Assistant Coaches are Josh Cockrell and Nick Trent.

Freshman Basketball: Devin Warden, Most Valuable Player; Cara George, Most Improved; Suzanne Niersbach, Coach's Award. The Head Coach is Brian Godziszewski.

The evening featured guest speaker Kimberly Farrell, who drew on her own experiences as a basketball star in high school and at California State University-Long Beach and as a national motivational speaker. Ms. Farrell told the student athletes how hard work and the encouragement of others helped her to succeed in basketball and in the business world.

"Allow no one else to define you," but instead define yourself from the inside out, she advised the athletes. She also reminded them that "much is expected" of those who receive many gifts from God. Talented, successful people need to give back to the community, she said, citing the example of Olympic gold medallist Tara Lupinski, who routinely visits a children's hospital before a competition to remind herself of what is most important. Ms. Farrell concluded by encouraging the students to "set your sights high."

Bridget Venturi Veenema, Athletic Director, thanked the 77 students involved in winter sports, and their parents, for their hard work. The Regina Dominican community looks forward to a successful spring season, featuring track and field, lacrosse, softball, and soccer.