



REGINA DOMINICAN ATHLETICS FALL 2020 GUIDE

STEP 1: REGISTER

Register online via FinalForms
([see link here](#))

STEP 2: PHYSICAL

Turn in your Physical to
Athletic Trainer Kasia Pszczola:
kpszczola@rdpanthers.org

STEP 3: FALL TRYOUTS

Cross Country: Mon. 8/10, 3-4:45pm at RDHS.

Golf: Mon. 8/10 & Tues. 8/11, 4-6pm at Willow Hill.

Swimming: Mon. 8/10., details TBD

Tennis: Mon. 8/10, 3-5pm at Locust Park.

STEP 4: PARENTS MEETING

Attend the Fall Sports Parents Meeting on Aug. 13th.

Virtual this time! See meeting links:

[Grade 9 & Transfer: 6-7pm](#) | [Grades 10-12: 7:15-8:15pm](#)

All events, including tryouts, practices, and games, are subject to IDPH guidelines. Individuals who have traveled to an area deemed necessary of a 14-day quarantine period by the Cook County Department of health must complete their quarantine before attending any Regina event. Student athletes who need to quarantine will be able to try out after their quarantine. Contact Athletic Director Brian Mancuso at bmancuso@rdpanthers.org with any questions.



REGINA DOMINICAN

July 30th, 2020
FOR IMMEDIATE RELEASE

CONTACT:
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Regina Dominican High School Plans Return to Activities For Fall 2020 Based on IHSA Guidelines

On Wednesday, July 29th, the Illinois High School Association (IHSA) modified its [Return to Activities plan](#) for the 2020-21 athletic season. The tentative plan, which includes adjusted season schedules and social distancing measures, has been sent to the Illinois Department of Health for approval.

In light of baseball's eagerly-awaited return to the playing field, sports are perhaps the most cherished pastime which our nation has had to forego during the pandemic. Thus, the prospect of high school athletics making a triumphant comeback for the 2020-21 season is cause for celebration for student athletes, fans, and anyone who has sorely missed having something to excitedly cheer for.

In light of these new guidelines, Regina Dominican plans to return to sporting events with modifications as put forth by the IHSA and IDPH. With the exception of Bass Fishing, on which further information is pending, the Athletic Department is thrilled to announce that every sport at Regina will return for the 2020-21 season. The main alterations are in season length and scheduling - the details are as follows:

- Fall Sports at Regina Dominican will consist of Golf, Tennis, Cross Country, and Swimming. Practices begin on August 10th and will play the traditional season.

- Winter Sports will begin practice on November 16th and will include Basketball and Bowling. Contests will be limited to 2 per week. Information on the State Series will be announced at a later date.
- Spring Sports will begin practices on February 15th and will include Volleyball. Contests will begin on March 1st and teams will be limited to 2 contests per week. Information on the State Series will be announced at a later date.
- Summer Sports will begin on May 3rd and will consist of Soccer, Softball, Lacrosse, and Track and Field. Events will be limited to 2 per week. Information on the State Series will be announced at a later date.

Regarding spectators and other group gatherings, Regina Dominican will adhere to state guidelines and as such, our policy will continue to evolve. Up-to-date information is listed on the IDPH's COVID resource page, www.dph.illinois.gov/covid19.

Current students are encouraged to register with Final Forms and send their completed IHSA physical to the athletic training office. The countdown to this unconventional but pivotal season is on, with tryouts for Fall Sports beginning on August 10th.