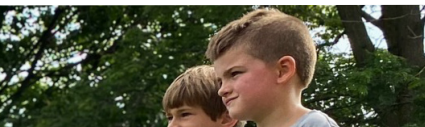




CALLED TO ADVENTURE

Dominican High School
2025 Summer Camps



A SUMMER TO REMEMBER

Whether it's team-based challenges, hands-on STEM activities or exploring creative passions through theatre, arts, and crafts, Dominican High School's Summer Camps have something for everyone – and we're back for another year with even more to engage, educate, and inspire. In addition to our staple camps – Dominican Jr. Knights Summer Sports Camps and Dominican Theatre Camp – this summer, we are excited to announce the addition of two new sessions to our Summer Activity Camp, including sports and fun and a chance to explore new foods!

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ACTIVITY CAMP

SPEND SUMMER WITH DOMINICAN!

Dominican's week-long summer activity camp provides a welcoming place for kids to have fun while thinking critically, being creative, making new friends, and learning along the way.

TWO NEW SESSIONS: EXTENDED CAMP DAY!

DATES: July 7th - 11th
TIME: 8:15 a.m. - 3:00 p.m.
GRADES: Entering 2nd - 4th
COST: \$350

Registration Opens February 1st

EACH CAMPER WILL ATTEND THE FOLLOWING SESSIONS:

GAME ON! SPORTS AND FUN

NEW

Campers will participate in a variety of sports, games, and team-based challenges.

Led by Dakota Prozanski, St. Eugene Catholic School Phys. Ed. Teacher.

FUN WITH FOOD

NEW

Campers will have fun tasting, making, and exploring new foods!

Led by Dominican French Teacher, Kathleen Whitworth.

STEM AND CRITICAL THINKING

Campers will engage with a variety of hands-on STEM fields such as robotics, engineering, and mechanics, challenging them to consider how and why machines do what they do.

Led by Dominican Science Teacher, Brandon Rindfleisch.

ART AND CREATIVITY

From painting and drawing, to a variety of other creative media, this session invites students to take their creative ideas and apply them to real world situations.

Led by Dominican Art Teacher, Tracy Federwitz.

THE MAGIC OF STORYTELLING

In addition to exploring many new stories, we use a variety of prompts to open the door of the imagination to explore the creation of a story.

Led by Dominican Alumna, Adela Luna, '19.

THEATRE CAMPS



RISING STARS

DATES: June 16th – 20th
(ONE WEEK)
TIME: 9:30 – 11:30 a.m.
GRADES: Entering K5 – 2nd
FEE: \$225
MAX: 30 Campers

Rising Stars is the perfect camp for your star in the making. Participants will discover their talents through the power of drama, music, and dance. Campers will star in a 30-minute performance on the final day of camp.

PERFORMANCE: June 20

Registration Opens February 1st

GROUNDLINGS I

DATES: June 16th – 27th
(TWO WEEKS)
TIME: 9:00 – 3:00 p.m.
GRADES: Entering 2nd – 5th
FEE: \$550
MAX: 100 Campers

Groundlings I campers will participate in advanced drama, music, improv, and dance classes every day. Throughout this two week session, campers will build a strong ensemble, gain skills in movement and teamwork, work with classic and contemporary text, learn songs from hit musicals, and create a 45-minute showcase to be performed on the last day of camp.

PERFORMANCE: June 27

Registration Opens February 1st

GROUNDLINGS II

DATES: July 7th – 18th
(TWO WEEKS)
TIME: 9:00 – 3:00 p.m.
GRADES: Entering 4th – 7th
FEE: \$550
MAX: 100 Campers

Groundlings II campers will have an opportunity to take their drama and ensemble skills to the next level. Featuring lessons in classic and contemporary text, songs from hit musicals, and a 45-minute end-of-camp showcase, this two-week session will instill lessons of teamwork and artistic expression.

PERFORMANCE: July 18

Registration Opens February 1st

ENSEMBLE

DATES: June 30th – July 25th
No camp July 3rd – 4th
(FOUR WEEKS)
TIME: 9:00 a.m. – 3:00 p.m.
GRADES: Entering 5th – 8th
Entering DHS Grade 9
FEE: \$900
MAX: 40 Campers

Ensemble camp is a four-week session where campers will work toward performing a full-length musical. Campers will be cast based on an audition during the first three days. Culminating in two performances, this camp will emphasize the rehearsal process, including ensemble music, staging, and advanced choreography.

Prior camp participation is encouraged.

PERFORMANCE: July 25 at 7:00 p.m. and July 26 at 1:00 p.m.

Registration Opens February 1st



JR. KNIGHTS SPORTS CAMPS

BASKETBALL

DATES: June 16th – 19th
TIME: 9:30 – 11:30 a.m.
GRADES: Entering 1st – 4th
FEE: \$150

Registration Opens February 1st

For boys and girls entering first through fourth grade. This co-ed camp will strictly work on offensive skills and help identify the skills that you need to improve to become a better player. Each two-hour session will integrate drills that Dominican High School's basketball program uses. Safe game play will be integrated. All athletes should bring a water bottle and wear appropriate gym sneakers and athletic clothing.

BASKETBALL

DATES: June 16th – 19th
TIME: 1:30 – 3:30 p.m.
GRADES: Entering 5th – 8th
FEE: \$150

Registration Opens February 1st

For boys and girls entering fifth through eighth grade will gain valuable skills on what it takes to become a better basketball player. Each two-hour session will integrate drills that Dominican High School's basketball program uses, while ensuring that safe game play is enforced. Athletes should bring a water bottle and wear appropriate gym sneakers and athletic clothing.

FLAG FOOTBALL

DATES: June 16th – 19th
TIME: 3:30 – 5:30 p.m.
LOCATION: Palermo's Field at Dominican High School
GRADES: Entering 3rd – 8th
FEE: \$150

Registration Opens February 1st

This co-ed camp will develop offensive and defensive football skills and help provide a foundation for more advanced football skill development. Each two-hour session will focus on drills and integrate safe game play. All athletes should bring water and wear comfortable workout clothes and cleats.

(NO METAL CLEATS ALLOWED)

WEIGHTLIFTING CAMP

DATES: July 14th – 17th
TIME: 3:00 – 5:00 p.m.
LOCATION: Dominican High School Weight Room
GRADES: Entering 6th – 8th
Entering DHS Grade 9
FEE: \$150

Registration Opens February 1st

Participants in the Dominican High School Weightlifting Camp will learn the basics of proper lift form, age-appropriate, and sport-specific exercises, and the optimal balance between strength and cardio training. Guided and supervised by our experienced Dominican High School Strength Training Coordinator and several Dominican High School student-athletes, camp participants will receive a personalized training plan for their post-camp work. All athletes should bring a water bottle and wear appropriate gym sneakers and athletic clothing.



JR. KNIGHTS SPORTS CAMPS

SOCCER

DATES: June 23rd – 26th
TIME: 9:30 – 11:30 a.m.
LOCATION: Palermo's Field at Dominican High School
GRADES: Entering 1st – 4th
FEE: \$150

For boys and girls entering first through fourth grade. Led by Dominican's coaching staff and members of the Dominican boys' and girls' soccer teams, and hosted on Dominican's artificial turf field, Palermo's Field, this co-ed camp will teach you the skills to increase foot skills, shooting, agility, and speed. All athletes should bring water and wear comfortable workout clothes and cleats.

(NO METAL CLEATS ALLOWED)

Registration Opens February 1st

SOCCER

DATES: June 23th – 26th
TIME: 3:30 – 5:30 p.m.
LOCATION: Palermo's Field at Dominican High School
GRADES: Entering 5th – 8th
FEE: \$150

For boys and girls entering fifth through eighth grade, this co-ed camp is led by Dominican's coaching staff and members of the boys and girls' soccer teams. Participants will learn foot skills, shooting, agility, and speed, all on Dominican's artificial turf field. Bring water and wear comfortable workout clothes and cleats.

(NO METAL CLEATS ALLOWED)

Registration Opens February 1st

GIRLS LACROSSE

DATES: June 30th – July 2nd
TIME: 9:30 – 11:30 a.m.
LOCATION: Palermo's Field at Dominican High School
GRADES: Entering 2nd – 5th
FEE: \$150

Hosted on Dominican's artificial turf field, Palermo's Field, this camp will teach you the skills to increase skills, shooting, agility, and speed. All athletes should bring water and wear comfortable workout clothes and cleats.

(NO METAL CLEATS ALLOWED)

Registration Opens February 1st

BOYS LACROSSE

DATES: June 16th – 19th
TIME: 3:30 – 5:30 p.m.
LOCATION: Palermo's Field at Dominican High School
GRADES: Entering 2nd – 5th
FEE: \$150

Hosted on Dominican's artificial turf field, Palermo's Field, this camp will teach you the skills to increase skills, shooting, agility, and speed. All athletes should bring water and wear comfortable workout clothes and cleats.

(NO METAL CLEATS ALLOWED)

Registration Opens February 1st



JR. KNIGHTS SPORTS CAMPS

VOLLEYBALL SKILLS CAMP

DATES: July 14 – 17th
TIME: 9:30 – 11:30 a.m.
LOCATION: Dominican High School Gymnasium
GRADES: Entering 1st – 4th
FEE: \$150

At the Dominican Volleyball Camps, our goal is to inspire a love for the game in young athletes by showing them how to accelerate their own progress and success. This co-ed camp is skill-based and will focus mainly on the basic skills of passing, setting, serving, and serve return. All athletes should bring a water bottle and wear appropriate gym sneakers and athletic clothing.

Registration Opens February 1st

VOLLEYBALL ADVANCED CAMP

DATES: July 14 – 17th
TIME: 1:30 – 3:30 p.m.
LOCATION: Dominican High School Gymnasium
GRADES: Entering 5th – 9th
FEE: \$150

This co-ed camp led by Dominican's coaching staff and hosted in Dominican's Crowley Gymnasium. The bottom-line objective of this camp is to prepare participants for the transition to high school volleyball. This camp will emphasize: movement, passing, setting, attacking, serving, one-on-one position drills, and game play/scrimmages. All athletes should bring a water bottle and wear appropriate gym sneakers and athletic clothing.

Registration Opens February 1st

BASEBALL

DATES: July 21st – 24th
TIME: 10:00 a.m. – Noon
LOCATION: Palermo's Field at Dominican High School
GRADES: Entering 3rd – 8th
FEE: \$150

This camp will be led by members of the Dominican Varsity Baseball coaching staff. Each day will focus on a different skill set (hitting, fielding, throwing). Please come prepared for both inside and outside activities. All athletes should bring a water bottle and wear appropriate gym sneakers and athletic clothing.

(NO METAL CLEATS ALLOWED)

Registration Opens February 1st