



DUCHESNE HIGH SCHOOL
EST. 1924

PIONEER PRESS NEWSLETTER

MAY · 2024

Supporting Dueling for Lincoln



On April 16, Duchesne welcomed special guests representing Dueling for Lincoln to Frank Barro Stadium. The organization's Heart-beat Animal Program places a recording of the heartbeat of a loved one that has passed away into a stuffed animal as a way to comfort the family. Pioneer Soccer helped raise money for the program with a dress-down day and through online donations.

UPCOMING SCHOOL DATES

May 6

Spring Concert
Senior Day

May 7

Reading Day

May 8-10

Junior and Senior Finals

May 10

100th Celebration

May 14

Baccalaureate Mass
6 p.m. at St. Peter Church
in Saint Charles

May 15

Graduation Practice
Meet in the PAC at 9:45 a.m.

May 16

Graduation
6 p.m. in the Ted Yeater
Athletic Center

May 22-24

Freshman and Sophomore
Finals

From the Board Chair: President Search Update



Theresa (Lynch) Ruzicka '78
Chair, Board of Directors

Dear Duchesne Community,

Last month, it was announced that Susan Noonan, president of Duchesne High

School, will be stepping down on June 30 and that the Duchesne board of directors would be embarking on a search for a new president. As part of the DHS community, we believe it is important to provide you with an update on the search process.

Here are accomplishments and timing going forward for the search:

- A search committee has been formed with six DHS board members, Dominic D'Urso '95, principal

at DHS, and Todd Sweda, Superintendent for Catholic Education at the Archdiocese of St. Louis.

- We developed a search process and schedule with key tasks and timing for the next couple of months.

- The president's job description has been updated, and the position has been posted through various print and social media resources.

- Some applications have been received to date.

- Interviews will be conducted in the coming weeks, along with background and reference checks on candidates.

We expect that the next president will be available to start in early July. We trust that God and St. Rose Philippine Duchesne are guiding us through this process and will help us select the best person to lead Duchesne.

Thank you for your continued support of Duchesne!

PIONEER FUND

Celebrating 100 Years of Excellence!



DUCHESNE HIGH SCHOOL
EST. 1924

SHAPING LEADERS IN MIND, BODY AND SPIRIT

Join us in preserving the legacy by donating to our Pioneer Fund. Your support fuels education and ensures a brighter future for generations to come.

Together, let's continue the journey of learning and achievement. Thank you for being part of our centennial celebration!



We are looking forward to seeing you at the St. Louis Catholic High School Fair at Duchesne High School on Wednesday, May 8, 2024 from 5pm to 7pm.

Join 16 Catholic high schools from the St. Louis area to learn more about the benefits of Catholic Education. Parents and students in grades 5-8 will have the opportunity to meet Student Ambassadors and Admissions Staff from each school.

Bishop DuBourg High School	Priory High School
Chaminade High School	Rosati Kain Academy
Christian Brothers College High School	Saint Louis University High School
Cor Jesu High School	St. Dominic High School
DeSmet High School	St. Joseph Academy
Duchesne High School	Ursuline High School
Incarinate Word Academy	Vianney High School
Notre Dame High School	Visitation High School



**Registration is recommended,
but walk-ins are welcome!**



Scholars Academy senior wins ACA Video Contest

A Duchesne Scholars Academy student won the 2024 Annual Catholic Appeal (ACA) High School Video Contest. Kate Mikkelsen produced the video as a part of her senior capstone project. She was announced the contest winner on April 14 at the ACA kickoff dinner.

The senior capstone project is a part of Duchesne's Scholars Academy Program — a comprehensive curriculum in the school's pre-AP, AP, and Advanced College Credit courses. Scholars Academy students take auxiliary classes designed to complement their core curricular learning, culminating in a senior-level capstone project of their choosing.

"When Scholars Academy seniors are trying to come up with their capstone project, I always encourage them to choose a topic they have knowledge of but more importantly are passionate about," said Renee Moore '86, academic dean and senior capstone project teacher. "When Kate decided to create a video to enter in the ACA contest, I don't think either of us imagined



From left: Dean of Students Kurt Schneider '93, Assistant Principal of Student Life Debi Turner '96, Archbishop Mitchell Rozanski, Kate Mikkelsen '24, Principal Dominic D'Urso '95, Academic Dean Renee Moore '86, and Director of Advancement Becky Williamson

it would end with an invitation to attend the ACA dinner presentation and an ultimate celebration when Kate's video and Duchesne High School were announced as the winner of the contest!"

The ACA office holds the annual contest as a part of its High School Engagement Program. The program invites students in archdiocesan,

parochial, and private Catholic high schools to practice real-world skills in marketing and video production while also promoting the work of the Catholic church in the archdiocese.

"After submitting my ACA video to the archdiocese, I felt very accomplished with all the hard work I put towards my video and capstone project," said Kate. "I never expected my video to reach the finalist round and was shocked when I heard the news. I was even more surprised when I heard my name being called as the 2024 ACA High School Video Contest winner!"

Kate dedicated many hours to the project: shooting interviews, gathering b-roll, and spending long

hours in Duchesne's editing suite.

"This video is the culmination of a lot of hard work on Kate's part, and that comes through in the final video," said Eric Seiffert, DHS marketing director and Kate's mentor on the project. "Not only does her video promote the ACA, but it also celebrates Duchesne and the Pioneer spirit."

"I could not be more proud of Kate's project and result," said Moore. "Her knowledge and passion for Duchesne is so evident in her ACA video presentation. Kate has embraced her four-year high school journey and has left Duchesne a better place for her being a part of it."

Congratulations
Class of
2024




Sign up for graduation photo notifications at
www.trotterphoto.gotphoto.com

Access Code:
DHSGRAD24



or
Scan this
QR code

www.trotterphoto.com

2024 Teacher Excellence Award Winner: Glennis Ziegler

Glennis Ziegler was announced as this year's recipient of Duchesne's annual Teacher Excellence Award.

Every year, students on the principal's council nominate teachers who best embody these key traits of a great educator — excellent content instruction and mentorship. After nominations are submitted, the faculty votes on a winner.

"Mrs. Ziegler's teaching is one that intrigues and inspires," said Alyssa Forti '24. "She's taught me so much this year and she always incorporates fun in her learning, which makes it much easier to grasp the concepts. Her class is one that makes me more determined as I pursue my dream to be a nurse.



"Every day I am excited to enter her class because I know that we never have a dull moment and are always going to learn. I think she's deserving of this

award because of her dedication in the classroom as well as extracurriculars like Science Olympiad and ACES."

Every day I am excited to enter her class because I know that we never have a dull moment..."

Other faculty who were nominated this year are Mr. Adam Berner, Mr. Jaron Coleman, Mr. Wade Bouslog, Mrs. Julie Renaud, and Mrs. Kris Witzel.

Student of the Month: Alyssa Diamond '25



Congratulations to this issue's Student of the Month, Alyssa Diamond '25!

Alyssa is one of the DHS students chosen to have her artwork showcased in the Regional High School Student Show at the Foundry Art Centre. She

was also one of the recipients of the Blick Art Materials Award for her ceramic work.

Exhibitions and events at the Foundry are free and open to the public, and you can view Alyssa's work until the show ends May 25.





Theology teacher Doug Becker leads students and their grandparents in praying the Rosary.

Bonding through prayer

On April 11 Duchesne students welcomed their grandparents to campus for a praying of the Rosary in the PAC.

The prayer was led by Doug Becker, Duchesne theology teacher.

"I hope it becomes something that students and their grandparents look forward to participating in every year," said Becker. "Having the opportunity for grandparents and grandchildren to come together to pray this most important prayer of



our faith can only help build those relationships and center them in the heart of our Catholic faith for the benefit of everyone. I hope both grandparents and grandchildren come to a deeper understanding and appreciation of the Rosary and personal prayer in general as a result of this experience."

After prayer, grandparents enjoyed a small breakfast and quality time with their grandchildren.

There's So Much Happening at Duchesne! It's a Great Day to be a Pioneer!!

05/05: Valley of Flowers Parade

05/06-05/10: Teacher Appreciation Week

05/08: High School Fair hosted at Duchesne!!!!

05/14: Baccalaureate Mass

05/16: Graduation

05/17: St. Joseph of Cottleville Parade

05/20: Dine Out for Duchesne at Rookies Sports Bar and Grill

05/29: Duchesne Dream Raffle Drawing

06/06: Class of 2028 BBQ

07/04: Riverfest Parade

07/15: Bogey Hills Golf Tournament

08/16: Grade School Mixer or Rec Night

09/06: Duchesne Day at the Ball Park

09/22: Potential Fall Festival and Mass on the Grass

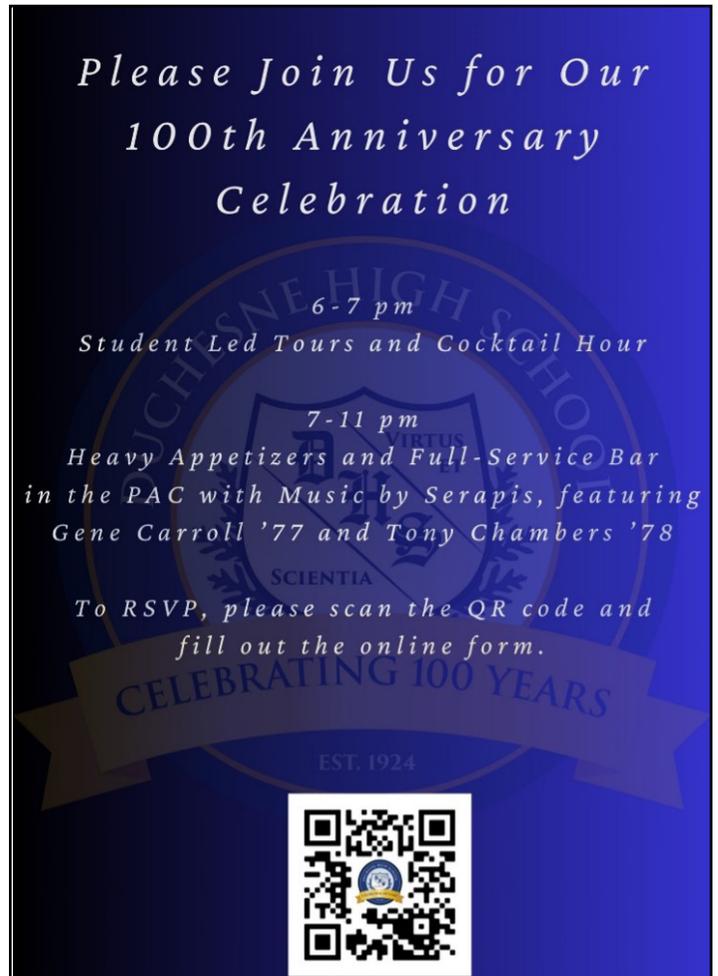
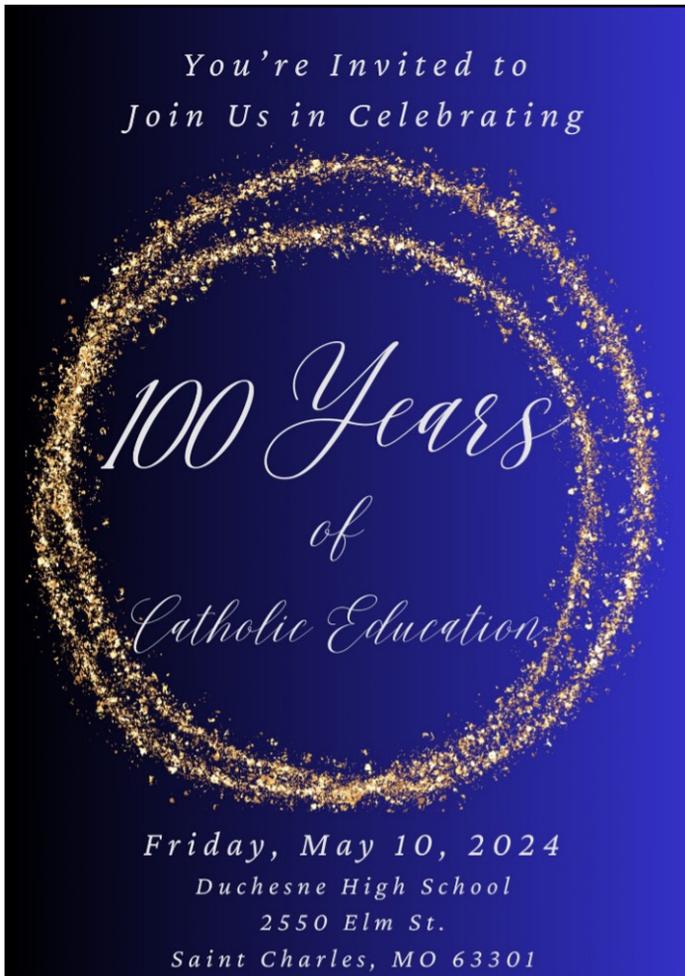
From the Director of Advancement



Becky Williamson
Director of Advancement

Celebrating 100 Years of Catholic Education & Looking Forward to Duchesne's Future

We are so excited to share our good news and plans for the future that we have broadened the invitation to Pioneer Nation for this wonderful event which concludes our 100-year anniversary. Please see the details below and RSVP via the QR code. I look forward to seeing our Duchesne Alumni, Parents, and Friends in the PAC on Friday, May 10!



(Please note: the sign-up link will close at 300 people.)



ALUMNI REUNIONS

Are you a current Class Rep or a past Class Officer? Is your class approaching an anniversary year ending in 0 or 5 (such as 20th or 25th)? Contact Nancy Kohl at nkohl@duchesne-hs.org to begin a conversation about your class reunion!

CLASS OF 1964'S 60th REUNION SET!

The Class of '64's 60th reunion is set for Saturday, July 20, 2024, at DHS. Please save the date! More information to come.

CLASS OF 1974'S UPCOMING REUNION

The Class of 1974 has planned their 50th class reunion for Saturday, October 19, 2024, at Tubby's Banquet Hall. Doors open at 5:30 p.m.; dinner will

be served at 6:30 p.m. \$25 per person by September 28; \$35 per person at the door. Cash bar. RSVP to Ron Reiling at aaspmo@aol.com and mail payment to Matt Borgmeyer, 849 Kingsgate Dr, O'Fallon, MO 63368.

CLASS OF 2004'S UPCOMING REUNION

Plans are underway for a Class of 2004 20th reunion. Details to come!

PIONEER NATION INFO UPDATES

Alumni! Family! Friends! Help us keep you updated by making sure we have your best contact information! And please share this link with friends and family members who may not be receiving our communications. Thank you! <https://www.duchesne-hs.org/alumniupdate.html>



On April 15 we welcomed back and celebrated our 2014 Girls Varsity Soccer State Champions at Frank Barro Stadium, PLUS cheered our Lady Pioneers on to a 3-1 WIN over Pattonville!

What a night!

GENERATIONS YARD SIGNS – A GREAT WAY TO SHOW YOUR PIONEER PRIDE!!

Don't forget to order your Generations yard signs to beautify (or blue-tify!) your lawn and show your Pioneer Pride to friends and neighbors! This is your chance to Bleed Blue all over your green lawn! Order here: <https://www.duchesne-hs.org/10-20-23-dhs-generations-yard-signs-available.html>. Contact nkohl@duchesne-hs.org with questions.





COUNSELING CONNECTIONS

Good luck seniors and have a wonderful summer to all!

Our Counseling Department wants to wish our seniors the best of luck as they pursue college, a variety of careers and trades, and military pursuits. We will miss you next school year, but know just how successful you will be with whatever you do in life. Don't forget to come back and see us!

We want to wish EVERYONE a happy, healthy, safe, and FUN summer! Enjoy your time off and see you in August!



Build My Future STL

Duchesne students were given the opportunity to spend a day in the Construction Industry through an experiential showcase called Build My Future STL. Eight Duchesne students attended and were able to try their hands at welding, electrical work, surveying, and more!



FOLLOW US!

Our Counseling Department is officially on Socials! Give us a follow to stay up to date on everything happening. You can find us on Instagram and X (Twitter) @dhs_counseldept.



SUMMER SCHEDULE

Mrs. Grass will be available this summer by appointment only. Please email her at bgrass@duchesne-hs.org to schedule.

SCHOLARSHIP UPDATE

With financial aid packages still coming out, be sure to use this resource to help decipher unfamiliar territory. When it comes to college choices, financial aid is a critical component. However, financial aid letters include unfamiliar terms, confusing numbers, and nuances that can make differences to the actual offer and obligation. Here is a resource to help students and families unpack the details.

[How to Read a Financial Aid Letter](#)

FINAL TRANSCRIPTS

Senior final transcripts will be sent to their college or university at the end of May.

REMINDERS

Heading on a college visit this summer?

Email Mrs. Grass for all the tips, tricks, and a list of questions to ask while you are there!

**LOOKING AHEAD
SPRING 2024**

Wednesday-Friday, May 8-10

Junior and Senior Finals

Tuesday, May 14

Baccalaureate Mass

Thursday, May 16

Graduation

Wednesday-Friday, May 22-24

Freshman and Sophomore Finals

Saturday, June 8

National ACT Test Date

Our School Code is: 262841

HELPFUL LINKS

DUCHESNE COUNSELING

<https://www.duchesne-hs.org/counseling.html>

FAFSA

<https://studentaid.gov/h/apply-for-aid/fafsa>

SCHOLARSHIPS

[Scholarship List 2023-24](#)

<https://www.fastweb.com/>

<https://myscholly.com/>

<https://myscholarshipcentral.org/>

NAVIANCE

<https://student.naviance.com/main>

COMMON APP

<https://www.commonapp.org/>

NCAA ELIGIBILITY

<https://web3.ncaa.org/ecwr3/>

ACT

<https://www.act.org/content/act/en-missouri.html>

SAT

<https://satsuite.collegeboard.org/sat>

WELLNESS

It is important to remember that anger does not need to be negative; it can help us communicate to others how we are feeling. We have the option to express anger in a way that isn't aggressive or harmful. We don't need to be afraid of showing our emotions because we don't have to give them the power to control us.



Mr. Gene Tinsley
gtinsley@duchesne-hs.org
Counseling Director,
freshman and sophomore counselor

Mrs. Brittany Grass
bgrass@duchesne-hs.org
College and Career Counselor,
junior and senior counselor

Mrs. Becca Baugh
bbaugh@duchesne-hs.org
Learning Consultant



CONGRATULATIONS!

CONGRATULATIONS to our Diamondline's Sierra Borgmeyer '24 for being selected as a MIZZOU Golden Girl at the University of Missouri—Columbia. We look forward to seeing Sierra shine during Mizzou football and basketball games over the next four years.



CONGRATULATIONS to Mark Tate '24 on his college letter-of-intent signing to play golf at Hannibal LaGrange University next year.



SPRING 2024 SENIOR ATHLETES

BASEBALL

Anthony Painter & Nolan Taylor

BOWLING

Bryce Goff & Julia Winkeler

ESPORTS

Amanda Bronner, Cameron Brown, Lucas Clever, Joseph Feigenblatt, Bryce Goff, Cameron Johnson, Alejandro McAndrews, Louis Putz, & Michael Weber

GOLF BOYS

Joseph Bentrup, Benjamin Burke, Alejandro McAndrews, Owen Rehagen, & Mark Tate

SOCCER GIRLS

Audrey Abegg, Hailey Gancarz, Emma Johnson, Kathryn Leick, & Katelyn Mikkelsen

TENNIS BOYS

Joseph Feigenblatt, Thomas Griese, Nathan Nickel, & Michael Weber

TRACK BOYS

Cameron Brown & Bryce Goff

TRACK GIRLS

Alice Hoffmann, Nola Powell-Kenner, Trinitee Rainey, & Maria Thornton

VOLLEYBALL BOYS

John Freygang, Tyler Purvis, David Rowberry, & Thomas Saguto

MARK YOUR CALENDARS

Spring Sports MSHSAA State Tournament Schedules

Baseball

District Tournament hosted by Duchesne at BMAC

May 9 - Quarterfinal at 4:15 p.m.

May 11 - Semifinals at 11:00 a.m./1:30 p.m.

May 13 - Championship at 5:30 p.m.

May 21 - State Sectional TBA

May 23 - State Quarterfinal TBA

May 29 - State Semifinal in Springfield

May 30 - State Championship in Springfield

Golf Boys

District Tournament hosted by South Shelby at Norwoods Golf Course in Hannibal

May 6 - District Tournament at 9:00am

May 13-14 - State Championship Tournament in Smithville

Soccer Girls

District Tournament hosted by Orchard Farm

May 11 - Quarterfinal TBA

May 13 - Semifinal TBA

May 15 - Championship TBA

May 25 - State Quarterfinal TBA

May 31 - State Semifinal at World Wide Technology Park

June 1 - State Championship at World Wide Technology Park

Tennis Boys

May 4 - Individual Districts at Fort Zumwalt East starting at 9:00 a.m.

May 6-8 - Team Districts TBA

(continued on page 11)

(continued from page 10)

May 11 - Individual Sectionals at Fort Zumwalt East TBA

May 13-14 - Team Sectionals TBA

May 16-18 - Individual State Championship in Springfield

May 24-25 - Team State Championship in Springfield

Track Boys/Girls

May 4 - Districts at Lutheran North at 9:15 a.m.

May 11 - Sectionals at Park Hill Central

May 17-18 - State Championships in Jefferson City

Volleyball Boys

District Tournament hosted by Francis Howell Central

May 4 - Play-in Match vs Hazelwood West at 10:00am

May 6 - Quarterfinal at 5:00 p.m.

May 8 - Semifinal at 7:00 p.m.

May 10 - Championship at 6:00 p.m.

May 15 - State Quarterfinal TBA

May 21 - State Semifinal TBA

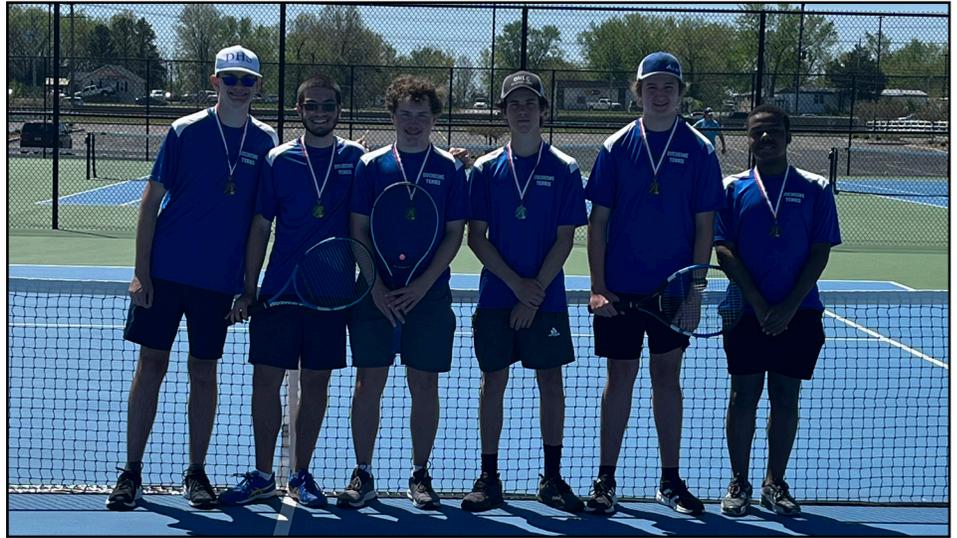
May 22 - State Championship TBA

SUMMER CAMPS

We look forward to hosting our summer camps for baseball, basketball, cheer, dance, esports, football, soccer, tennis, and volleyball. Please visit us at <https://duchesnehighschool.regfox.com/2024-duchesne-summer-camps> for an online registration form and camp descriptions.

HIGH SCHOOL SPORTS PHYSICALS

Athletes are welcome to get sports physicals with their personal physician or with Health Sports Medicine, which offers FREE sports physicals for our athletes. You must be a current or enrolling student this fall at Duchesne to be eligible



Congratulations to our Boys Tennis team on their success at the AAA Conference Tournament on Saturday, April 13!

for this free physical. You MUST sign up at the SSM Health Sports Medicine: 2024 High School Sports Physicals website.

HEALTHY ROSTER

If you have not accepted the invitation to join Healthy Roster, please do so. Our athletic trainer, Katy (Mueller) Bowe, uses this application to communicate with parents and coaches when an injury occurs during the season. It is easy to use and very helpful to track the progress of injured student athletes. Katy also uses this program for tracking physicals and other medical documents. Please contact Katy for questions regarding this program.

*Katy Mueller
Duchesne Athletic Trainer
athletictrainer@duchesne-hs.org*

CONGRATULATIONS

Congratulations to all of our athletes and coaches for their accomplishments this past school year on the field, court, track, course, or pool. We especially want to congratulate our senior athletes and wish them well in the next phase of their life.

THANK YOU

We appreciate the continued support of our Duchesne Athletic Boosters. You are the lifeline of our athletic program and

we can't thank you enough for what you do for us throughout the year. We also appreciate all of the parents who volunteered their time in the concession stand this year to help support our athletic programs.

A special thank you to Greg and Kim Saguto, who have worked diligently as our concession stand managers for the past several years. With the graduation of Trevor and Thomas, Greg and Kim are retiring from overseeing the concession stand, so we thank them for their support and wish them well.

We would like to thank the following coaches/staff members for their years of service with our athletic program. These members of Pioneer Nation will be retiring or pursuing other career opportunities at the end of this school year. We appreciate their time at Duchesne and wish them well in their future endeavors.

Sara Bonner – Cheer

Kim Morris – Cheer

Merce Roach – Football

Debi Turner – Basketball Girls

Best wishes for a relaxing summer with your family and friends!

Mark your calendars!



We are looking forward to seeing you at the St. Louis Catholic High School Fair at Duchesne High School on Wednesday, May 8, 2024 from 5pm to 7pm.

Join 16 Catholic high schools from the St. Louis area to learn more about the benefits of Catholic Education. Parents and students in grades 5-8 will have the opportunity to meet Student Ambassadors and Admissions Staff from each school.

Bishop DuBourg High School	Priory High School
Chaminade High School	Rosati Kain Academy
Christian Brothers College High School	Saint Louis University High School
Cor Jesu High School	St. Dominic High School
DeSmet High School	St. Joseph Academy
Duchesne High School	Ursuline High School
Incarinate Word Academy	Vianney High School
Notre Dame High School	Visitation High School



**Registration is recommended,
but walk-ins are welcome!**



Catholic High School Fair at DHS on Wednesday, May 8, 5-7pm

Do you have or know a middle schooler? Invite them to check out Duchesne and other schools at the Catholic High School Fair in the Ted Yeater Athletic Center on Wednesday, May 8, from 5-7pm. Registration is recommended, but walk-ins are welcome! <https://www.duchesne-hs.org/2024-high-school-fair.html>



Last Call For LUNCH!

Support our new Blue Crew Lunch Boxes program and help Duchesne continue building great relationships with our feeder grade schools! Teacher Appreciation Week is May 6-10. DHS representatives will drop off Blue Crew Lunches for school faculty and staff members, priests, and rectory offices at each of Duchesne's 22 feeder schools and parishes. We need approximately \$250 per location to cover the supplies needed. Please consider a donation to support your own parish school, to honor where you went to grade school, or as part of a gift from your DHS alumni class at [duchesne-hs.org/blue-crew-lunches.html](https://www.duchesne-hs.org/blue-crew-lunches.html). If you have questions, please reach out to bwilliamson@duchesne-hs.org.

Mark your calendars!

Drop someone a
PIONEER CARE PACKAGE



Duchesne is currently offering the opportunity to send a care package to a special college student during finals week.



Click the link for more details!
<https://www.duchesne-hs.org/pioneer-care-packages.html>

Schedule a Shadow Visit Today



DUCHESNE HIGH SCHOOL Alumni, Family, and Friends Golf Tournament





MONDAY, JULY 15, 2024

BOGEY HILLS COUNTRY CLUB
 Foursome Scramble
 \$200 Per Player
 Entry Includes 4 Mulligans Per Team and Skins Game

Scan QR code to Sign Up Your Team and/or Buy a Sponsorship!



Agenda

- 8:00am Registration Begins
- 8:30am Light Breakfast
- 10am Shotgun Start
- 11am Lunch on Course
- Awards After Scramble

Team and Sponsor registrations are now open for the 2024 Duchesne Alumni, Family, and Friends Golf Tournament at Bogey Hills Country Club on Monday, July 15. This Four-Person Scramble will have a shotgun start at 10 a.m., with a full day of fun culminating in an awards presentation.

duchesne-hs.org/bogeyhillscggolf.html

Contact Abby Sweeney at asweeney@duchesne-hs.org with any questions.



2025
PIONEER EXPEDITION GALA CASINO ROYALE
SAVE *the* DATE
 SATURDAY, FEBRUARY 1, 2025
 AMERISTAR CASINO

Mark your calendars!

DUCHESNE HIGH SCHOOL PRESENTS
PIONEER NIGHT AT



MAY 20 • 4PM TO CLOSE

10% of sales goes back to Duchesne!

3721 New Town Boulevard, Saint Charles

636-724-3737

**SCAN FOR
LUNCH MENU**



We've gone DIGITAL!

**DUCHESNE
DREAM RAFFLE**

Buy your ticket online and possibly win
your choice of \$150,000 toward
a new home construction by
Fischer & Frichtel Homes OR
\$120,000 CASH! (one payment)

**PLUS 19 other
CASH PRIZES are
up for grabs!**

Sponsored by:



**Ticket Sales End May 24
Grand Prize Drawing is
May 29**



**MOST LIKELY TO
BE DELICIOUS**

Our Tailgate™ trays and combos are perfect
for graduation celebrations of all sizes.





CAR WASH
Supporting the Duchesne High School Hockey Team!

Saturday, June 1st
10 a.m. - 2 p.m.
at Duchesne High School

2550 Elm St. | St. Charles, MO 63301
Donations can be made through Venmo @DuchesneHockeyClub or cash



Questions? Contact
jen333k@yahoo.com
for more information.

Minimum donation of **\$10**

DUCHESNE HIGH SCHOOL

HOCKEY CLUB
SUMMER TRAINING CAMP
7th grade through seniors at Mills Ice Zone



DATES
On-ice first then off-ice weight strengthening:
Thursdays 7/18, 7/25, 8/1, 8/8, 8/15 | 6:20-8:40 pm
ALL Skate for ONLY kids enrolling for the Hockey program 24/25 season:
Thursday, 8/22 | 6:20 pm

COST
\$200 per player | \$100 per goalie
Half-price for siblings

Duchesne High School Hat Included!

Sign up under Summer Camp, through Crossbar.
Duchesnehockey.com

QUESTIONS?
CONTACT JEN KELSEY
jen333k@yahoo.com



DUCHESNE HIGH SCHOOL

JR. PIONEERS
EARLY DEVELOPMENT CAMP
4th grade through incoming freshmen at Mills Ice Zone



5 WEEKS OF ICE
5 HOURS ON ICE | 5 HOURS ON DRYLAND
PLUS 1 HOUR WEIGHT TRAINING AT DHS

\$200 PER PLAYER
\$100 for GOALIES | SIBLINGS HALF PRICE

6/1: 1 pm weight training at the school
6/2: 2:30 pm Parent Informational meeting
On-ice first, then off-ice strengthening:
Sundays 6/2, 6/9, 6/16, 6/23, and 6/30 | 2:30 - 4:45 pm

Sign up under Jr Pioneer Camp, through Crossbar.
Duchesnehockey.com

Complimentary practice jersey for all players

QUESTIONS?
CONTACT JEN KELSEY
jen333k@yahoo.com



HOLLANDER



LEGAL

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