

Required Athletic Paperwork for the 25-26 School Year:

<https://www.duchesneacademy.org/athletics/registration-consent-forms>

Summer Strength and Conditioning

Time: Strength and conditioning will begin on Monday, June 1st and end on Thursday, July 30th. Sessions will be held Monday through Thursday from 8:00-9:15 AM or 9:15-10:30 AM. Please indicate on your registration which time slot you are registering for.

Coach: Desmond Wilford [Read his bio here!](#)

Cost: The cost is \$300. Registration and payment are due by Monday, May 25th. Payment is non-refundable after May 25th. Please reach out to Amy Becker (abecker@duchesneacademy.org), Dean of Students, if you need financial assistance.

<https://www.duchesneacademy.org/athletics/duchesne-summer-strength-and-conditioning-program>

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Duchesne Volleyball

Please email Coach Layson at dlayson@duchesneacademy.org with any questions.

JUNE OPEN GYMS:

June 2nd from 10:00AM to 12:00PM

June 4th from 3:00PM to 5:00PM

June 9th from 2:00PM to 4:00PM

June 11th from 3:00PM to 5:00PM

June 25th from 3:00PM to 5:00PM

July 2nd from 3:30PM to 5:30PM

Duchesne Basketball

Summer basketball skills sessions will be held from 8:00-9:00AM Monday through Thursday followed by strength and conditioning from 9:15-10:30AM. Please email Coach McCormick for additional details at smccormick@duchesneacademy.org

Duchesne Golf

When: Tuesdays from 4:00pm - 5:30pm

- First Practice: June 3rd
- Last Practice: July 22nd
- No Practice on July 1st

Where: Bent Tree Golf Club 23579 US-6, Council Bluffs, IA 51503

*Please note that sometimes due to weather we will reschedule practice or try to move practice to a more central location. When weather may impact practices with some showers, we try to move to a more central location to make pick up and drop off easier.

Details:

- All golfers are asked to dress in appropriate golf attire, including golf shorts, skirts/ pants and a shirt with a collar
- If you have any interest in joining golf this fall or curious about the team, please come to a practice! All summer long we work on basics, get to know future teammates and more.
- Please use the form to sign up for practices, it is helpful to the coaches and knowing how many to expect for each practice.
- We will offer 1 opportunity for golfers to play as a team this summer and will message out details on STACK team app.
- Please ensure you have the STACK team app downloaded as this is how we will primarily communicate during the summer and fall season.
- There is a fee to participate in summer golf. This fee is \$60 to cover costs of courses, equipment, etc.

If you have any questions, please contact our Maggie Vazquez through STACK Team App or email: mvazquez@duchesneacademy.org

Registration Link: <https://duchesneacademyorg.finalsite.com/fs/form-manager/view/4dcc01e3-3343-4adc-8a73-df750b9a2358>

Duchesne Cross Country

If you're interested in joining the cross-country team this fall, reach out to **Bridget Morton** at bmorton@duchesneacademy.org for information on the team, the upcoming season, summer running, and other fun summer activities.

Duchesne Soccer

Summer soccer conditioning is June 1st-July 21st on Monday and Tuesday from 7:00-8:00AM at the St. Cecilia field. The focus is on fitness, technique, and small-sided games. The registration link is included below. Please contact Head Soccer Coach Lauren Mueller at lmuellet@duchesneacademy.org with any questions.

Registration Link: <https://duchesneacademyorg.finalsite.com/fs/form-manager/view/83584e37-f701-459f-8577-08ae32d2015e>

Duchesne Tennis

Please contact Head Coach Hylan Miller at hmilller@duchesneacadmy.org for summer training recommendations.

Duchesne Lacrosse

Please contact Head Coach Jen Schroen at jschroen@duchesneacademy.org for summer training recommendations.

Duchesne Swim & Dive

Please contact Head Swim Coach Paige Skidmore at pskidmore@duchesneacademy.org for summer training recommendations. Please contact Head Dive Coach Mike Retelsdorf at mikeretelsdorf@cox.net for summer training recommendations.

Duchesne Bowling

Please contact Head Bowling Coach Raz Molotiu at rmolotiu@duchesneacademy.org for summer training recommendations.

Duchesne/Roncalli Track & Field

Please contact Head Coach Ryan Harrel at rharrel@roncallicatholic.org for summer training recommendations.

Cardinal Pride Softball (Duchesne/Roncalli)

We will be starting to send out information soon for the summer and fall, so if your daughter is interested in playing softball this fall for the Cardinal Pride, please send me the following information.

Email me at softball@roncallicatholic.org

Players name -

Player positions -

Parent names -

Parent emails -

Parent phone numbers -

Thanks and have a great day!

Coach John

Cardinal Pride Softball

Duchesne/Marian Trapshooting

Please contact Head Coach David Voth at dvoth@omahamarian.org for summer training recommendations.