

Soccer Clinic

Dates: July 19-29,

Time: 9:00—12:00

Location: Players will meet at Lincoln Park each day.

The main focus of the clinic will be technical and skill based activities that maximize contact with the ball and promote enjoyment of the game. Each session will consist of warmup and cool down, technical skills, and games which will develop technique and encourage tactical thinking on the part of the players.



Mission Statement

*Saint Dominic Academy
a community of academic excellence, empowers
women for leadership in our global society.*

*Rooted in Christian values,
this Catholic Institution embraces the diversity of
its constituents promoting unity through
understanding and education.*

Cost

Registration Fee: \$25

\$225 for a 6 Week Class
\$400 for two 6 Week Classes

\$125 for a 3 Week Class
2 Classes for \$200
3 Classes for \$300
4 Classes for \$400

Soccer Clinic for 2 weeks \$75

Please register by June 8, 2010

**For more information regarding
St. Dominic Academy's
"Rising Leaders Summer Program,"
please contact:
Mr. John Seborowski at (201) 434-5938
or jseborowski@stdominicacad.com**

Rising Leaders

Summer Program

Future 6th, 7th, & 8th Grade Girls



Saint Dominic Academy

Empowering Women in Leadership since 1878.

2572 Kennedy Boulevard

Jersey City, NJ 07304

(201) 434-5938

www.stdominicacad.com

Schedule

St. Dominic Academy, is proud to offer the Rising Leaders Summer Program for girls who will be in 6th, 7th, & 8th grade in September.

These enrichment classes are designed to help young women develop all their talents and become leaders. All classes will meet Monday - Thursday. Please note there will be no classes on Monday, July 5th.

Session A: 8:15 a.m. - 10:15 a.m.

Session B: 10:30 a.m. - 12:30 p.m.

6 Week Classes

June 28th - August 5th

Session A: Pre-Algebra

Session B: Fun with Physics and Robotics

3 Week Classes

June 28th - July 15th

Session A: Dance Clinic

Session A: Drama

Session A: Nuggets of Nutrition

Session A: Multi-Media Presentation Creation I

Session B: "All About ME"

Session B: Cardio Fun

Session B: Art Design Basics

Session B: Creative Writing

3 Week Classes

July 19th - August 5th

Session A: Nuggets of Nutrition

Session A: Exploring Languages

Session B: Cardio Fun

Session B: Study Skills

Session B: Interactive Activities for Math

Course Description

Pre-Algebra: This course prepares students for readiness in high school algebra. The students will work toward mastery of basic math and new understandings of algebraic terms and equations.

Fun with Physics and Robotics: Students will have the opportunity to acquire skills through a hands-on, inquiry based approach to information and concepts. Working cooperatively, students will build roller coasters, bridges, series/parallel circuit devices and robots.

Art Design Basics: Explore your creativity by learning the elements and principles of design. Students will make their own designs using paint, printmaking techniques, pen and paper. The course will possibly include a visit to the Jersey City Art Museum.

"All About Me" Becoming Leaders: This seminar is an interactive workshop that takes the girls on a journey of transition to help them feel confident and inspire positive self-esteem. Through exercise, projects, and relationship building, the girls will have the platform to excel and leave with a positive self-image.

Drama: Students will learn about the elements of dramatic production from its inception through its performance. The class will actively allow students to assume the roles of actor, director, and stage crew. The class will end in a production to which parents will be invited.

Study Skills: Students will focus on critical thinking skills, reading assignments and basic research. Time management skills, memory tips, word analysis, and note taking skills will all be explored.

Nuggets of Nutrition: This 3-week course explores different philosophies of health and nutrition. Students will explore the basic principals of "eating to the Food Pyramid," "calories in, calories out," "eating in season," as well as answer the ever-changing question of, "What's really in our food." Some basic food preparation techniques will be discussed as well.



Dance Clinic: This clinic will give students an opportunity to work with the St. Dominic Academy head dance instructor. Students will learn many of the same techniques used by the awarding winning SDA Dance Team, including hip-hop, jazz, and pom skills.

Interactive Activities for Math Development: This course is designed to incorporate fun games and hands on learning that will enhance prior knowledge of mathematical concepts. The class will allow students the opportunity to better understand and apply math applications to prepare them for both high school and the SAT.

Exploring Languages: In this course students will learn basic phrases in French, German, Italian, Japanese, and Spanish. They will also receive cultural and historical information which will help them develop an appreciation of other societies and customs. In addition, the classical language, Latin, will be introduced.

Multi-Media Presentation Creation I: These courses are designed for students to become familiar with Microsoft PowerPoint & Publisher. They will work with creative graphic designs and imported videos, as well as the incorporation of digital photography. Students will learn how to add visuals, manipulate fonts and create designs. Also learn the basics of preparing professional/academic presentations. This will be a hands-on course where creativity and imagination are welcomed.

Cardio Fun- Students will have the opportunity to participate in all different types activities. Including: Zumba, which is a Latin cardio dance routine that is fast-moving, exhilarating, fun for all. As well as, soccer hockey, ultimate Frisbee, flag football and on Thursdays will be a field trip day!

Creative Writing: This workshop is designed for students who enjoy writing and wish to further develop their skills of description and grammar through thoughtful observation and hands-on practice.