



MOUNT NOTRE DAME

Empowering Young Women

2025

Summer Camp Program



Hello 
SUMMER

ATHLETIC CAMPS

BASKETBALL

Grades 3 - 5, Girls

Session 1: June 2 & 3, 2025 | 12 PM - 2 PM

Cost: \$80

Grades 3 - 5, Girls

Session 2: June 9 & 10, 2025 | 12 PM - 2 PM

Cost: \$80

Grades 6 - 8, Girls

June 4 & 5, 2025 | 12 PM - 2 PM

Cost: \$80

MND Basketball Camps are led by MND's coaching staff and MND student athletes. Basic skills such as shooting, passing, ball handling, footwork and defense will be covered daily. Team defense and offense will also be taught at camp. Each camper will receive a camp T-shirt. MND shares a rich tradition of basketball excellence. Our success is due to our tradition of faith, family, great coaches and committed players.

Contact:

Mr. Drew Fladung, Head Varsity Coach | drew.fladung@gmail.com

ELITE BASKETBALL

Grades 6 - 8, Girls

Session 1: June 2 & 3, 2025 | 3 PM - 5 PM

Cost: \$80

Grades 6 - 8, Girls

Session 2: June 9 & 10, 2025 | 3 PM - 5 PM

Cost: \$80

MND Elite Basketball Camp is designed for the athletes who are playing competitive grade 6, 7, or 8 basketball. The camp is for the more experienced player who would like to take their skills to the next level and above. Coach Fladung will teach competitive drills and games. MND shares a rich tradition of basketball excellence. Our success is due to our tradition of faith, family, great coaches and committed players.

Contact:

Mr. Drew Fladung, Head Varsity Coach | drew.fladung@gmail.com

INCOMING FRESHMAN BASKETBALL

MND Class of 2029

May 22 & 23, 2025 | 6 PM - 8 PM

Cost: \$35

The Incoming Freshman Basketball Camp is designed for incoming freshmen (MND Class of 2029) who are interested in playing basketball in high school. Participants will learn skills, techniques and strategies needed to be successful at the high school level. Each camper will receive a T-shirt. This camp is led by MND's coaching staff and MND student athletes. MND shares a rich tradition of basketball excellence. Our success is due to our tradition of faith, family, great coaches and committed players.

Contact:

Mr. Drew Fladung, Head Varsity Coach | drew.fladung@gmail.com

CROSS COUNTRY

Grades 6 - 8, Girls

July 14 - 17, 2025 | 7 AM - 9 AM

Cost: \$75

Meet on MND Field

MND's Cross Country Program is hosting a youth camp for girls entering grades 6 - 8. Participants will meet on MND's soccer field and take full advantage of Reading's many neighborhoods and parks located near the MND campus. The camp will be led by Head Coach Dr. Jeff Johnson, his assistant coaches, and current and former MND cross country runners. The camp will help girls improve their physical and mental approach to running while making sure they remember that sports should be fun. Campers should wear running clothes, running shoes, a light jacket or sweatshirt, and bring a water bottle. All campers receive a T-shirt.

Contact:

Dr. Jeffrey Johnson, Head Coach | mnd.cc.tf@gmail.com



ATHLETIC CAMPS

FIELD HOCKEY

Grades 6 - 8, Girls

June 10 - 12, 2025 | 9 AM - 11 AM

Cost: \$50

This camp is for girls entering grades 6 – 8 of all skill levels interested in field hockey. The MND Field Hockey coaching staff and student assistants will focus on the fundamentals and technical skills needed to progress to a competitive level. Skills include: dribbling, shooting, eliminating defenders, defense, scoring, and field vision. Each camper will receive a camp T-shirt. Athletes should bring shin guards (soccer shin guards are acceptable), mouth guard, and water. Sticks will be provided at the camp. All campers receive a T-shirt.

Contact:

Ms. Sarah Pisciotta, Head Varsity Coach | cougarsfh@gmail.com

FLAG FOOTBALL

Grades 3 - 5, Girls

June 16 - 18, 2025 | 4 PM - 6 PM

Cost: \$45

Grades 6 - 8, Girls

June 16 - 18, 2025 | 6 PM - 8 PM

Cost: \$45

MND Flag Football Camp will introduce and refine fundamental skills, foster teamwork, and instill sportsmanship in a supportive and enjoyable environment. Whether you're new to the sport or a seasoned player, all are encouraged to participate! The camp will focus on teaching essential flag football techniques including passing, catching, running routes, flag-pulling, and defensive strategies. Through a series of engaging drills, exercises, and friendly scrimmages, campers will enhance their skills and gain a deeper understanding of the game. Campers are advised to bring a water bottle and to dress comfortably, including shorts, T-shirt, mouth guard, and either turf shoes or rubber cleats. All campers receive a T-shirt.

Contact:

Mr. Desmon Gault, Head Coach | dgault@mndhs.org

ATHLETIC CAMPS

GOLF

Grades 7 - 9, Girls

June 9 - 11, 2025 | 10 AM - 12 PM (Rain Date: June 12)

Cost: \$100

Meadow Links & Golf Academy

This camp will introduce girls to the fundamentals of golf in a supportive and encouraging environment, regardless of their skill level. Led by experienced coaches and MND student golfers, this camp offers a blend of instruction, practice and fun activities. The camp includes professional instruction, skill development sessions, on-course experience, fun games, and new golf friends! Campers will need to bring their own golf clubs. All campers receive a T-shirt.

Contact:

Mr. Don Minning, Head Varsity Coach | minnow@fuse.net

LACROSSE

Grades 4 - 9, Girls

June 2 - 4, 2025 | 5 PM - 6:30 PM

Cost: \$65

This camp is for girls entering grades 4 – 9 of all skill levels interested in lacrosse. MND Head Coach Sara McGinnis, along with the lacrosse coaching staff and student assistants, will focus on the fundamentals and technical skills needed to progress to a competitive level. Skills include catching, throwing, ground balls, shooting, footwork, and improving lacrosse IQ. Included in the camp are fun activities, awards and competitions every day. Participants should bring a lacrosse stick, lacrosse goggles, mouth guard, and water. All campers receive a T-shirt.

Contact:

Mrs. Sara McGinnis, Head Varsity Coach
saramcginnis92@gmail.com



ATHLETIC CAMPS

SOCCER

Grades 5 - 8, Girls

July 28 - 31, 2025 | 5 PM - 7 PM

Cost: \$100

MND's Soccer Program is hosting a youth camp for girls entering grades 5 – 8. This camp will take place on the MND field. It will provide girls the opportunity to improve their skills in a fun and challenging environment while being exposed to a high-level training environment with future classmates. Participants should wear cleats and shin guards and bring a pumped soccer ball and water bottle. All campers receive a T-shirt. Come out and see what it's like to be part of the MND Soccer Family! MND Soccer Camp is run by Head Varsity Coach Kiersten Roof, Varsity Assistant Coach Fallon Lane-David, JV Coaches Cody Olson and Robby Vollrath, and current MND players.

Contact:

Mrs. Kiersten Roof, Head Varsity Coach

mndwomenssoccer@gmail.com

INCOMING FRESHMAN SOCCER

MND Class of 2029

June 9 - 12, 2025 | 7 PM - 9 PM

Cost: \$50

MND's Soccer Program is hosting camp for incoming MND freshmen (MND Class of 2029). This camp will take place on the MND field. This camp will provide incoming freshmen with opportunities to meet their teammates, improve their skills and prepare for the high school standards and expectations of the soccer program before conditioning begins. Participants should wear cleats and shin guards and bring a pumped soccer ball and water bottle. All campers receive a T-shirt. MND Soccer Camp is run by Head Varsity Coach, Kiersten Roof, Varsity Assistant Coach Fallon Lane-David, JV Coaches Cody Olson and Robby Vollrath, and current MND players.

Contact:

Mrs. Kiersten Roof, Head Varsity Coach

mndwomenssoccer@gmail.com

ATHLETIC CAMPS

VOLLEYBALL

Grades 3 - 4, Girls

August 4 - 6, 2025 | 9 AM - 11 AM

Cost: \$60

Grades 5 - 6, Girls

Session 1: July 7 - 9, 2025 | 9 AM - 11:30 AM

Cost: \$70

Grades 5 - 6, Girls

Session 2: July 21 - 23, 2025 | 2:30 PM - 5 PM

Cost: \$70

Grades 7 - 8, Girls

Session 1: July 7 - 9, 2025 | 12 PM - 3 PM

Cost: \$80

Grades 7 - 8, Girls

Session 2: July 21 - 23, 2025 | 5:30 PM - 8:30 PM

Cost: \$80

MND's Volleyball Program is hosting camps for girls led by MND coaches and players. Camps will teach fundamental skills of volleyball: passing, setting, serving, blocking, attacking. Team offense and defense, including 4-2, 5-1, and 6-2 offenses and perimeter and setter-up defenses will be taught. Passing and serving competitions are held daily. Camps also includes fun activities such as themed "dress days" and Team Competition Day. Awards are given out for the camp all-star and best attitude. All campers receive a T-shirt.

Contact:

Mr. Greg Ulland, Head Varsity Coach | ullandgr@gmail.com



ATHLETIC CAMPS

INCOMING FRESHMAN VOLLEYBALL

Class of 2029

Session 1: May 27 - 29, 2025 | 6 PM - 8 PM

Cost: \$60

Class of 2029

Session 2: July 29 - 31, 2025 | 9 AM - 12 PM

Cost: \$80

The Incoming Freshman Volleyball Camp is designed for the incoming freshman (Class of 2029) who is interested in trying out for a high school volleyball team. The camper does not have to be enrolled in MND's Class of 2029 to attend. This camp will focus on the fundamental skills of volleyball. It will also prepare the athlete for the upcoming high school tryouts. It is geared toward the serious volleyball player. Athletes will be challenged as they participate in high school level drills. It is a great experience prior to tryouts. MND coaching staff will lead the camp and will teach skills, techniques and strategies needed to be successful at the high school level. Campers should bring a water bottle. All campers receive a T-shirt.

Contact:

Mr. Greg Ulland, Head Varsity Coach | ullandgr@gmail.com

ART ADVENTURES

Grades 3 - 6, Girls

June 9 - 12, 2025 | 9 AM - 12 PM

Cost: \$135

Art Adventures camp includes four days of painting, printing, and doing collage work. Campers will work with multiple media: paint, glue, collage materials, markers, crayons and pencils. This is a hands-on camp for girls entering grades 3 - 6. Wear clothing appropriate for creating or bring an art shirt or apron if preferable. Please bring a snack and a water bottle.

Contact:

Mrs. Denise Scharf, Art Department | dscharf@mndhs.org

DUNGEONS & DRAGONS AND YOU!

Grades 6 - 8, Girls

June 9 - 12, 2025 | 12:30 PM - 3:30 PM

Cost: \$130

Embark on an epic adventure where your imagination is the only limit! At this Dungeons & Dragons camp, you'll create unique characters, solve mind-bending puzzles, and face thrilling quests alongside your team. Whether you play D&D regularly or are just curious, this camp will be packed with fun and excitement. Roll the dice, shape your destiny, and let the adventure begin!

Contact:

Dr. Dave McAvoy, English Department | dmcavoy@mndhs.org

FUTURE AUTHORS & STORYTELLERS

Grades 5 - 8, Girls

July 14 - 17, 2025 | 9 AM - 12 PM

Cost: \$140

Calling all young writers and storytellers! Are you ready to dive into a world of creativity, where your ideas take flight? At this fun-filled camp, you will explore the magic of words by writing poems, crafting short stories, and bringing characters to life in a play. Throughout the week, you'll develop your unique voice, share your stories, and, by the end of camp, create your very own hand-sewn chapbook to keep as a treasure. Get ready for a week of fun, friendship, and creativity—where your imagination is the only limit!

Contact:

Dr. Kristina Brodbeck, English Department | kbrodbeck@mndhs.org

GIRLS WHO CODE THE FUTURE

Grades 7 - 8, Girls

June 9 - 12, 2025 | 9 AM - 12 PM

Cost: \$125

Embark on an exciting journey into the world of computer science and discover how female pioneers have shaped the digital age! In this camp, participants will dive into coding, problem-solving, and creativity while exploring the inspiring stories of trailblazing women in tech. Each day features hands-on activities and projects based on the contributions of female computer scientists. From creating algorithms like Ada Lovelace to coding games inspired by Grace Hopper, this camp is designed to inspire the next generation of innovative thinkers. No prior experience is necessary—just bring your curiosity and imagination!

Contact:

Mrs. Krista Brehm, Information, Technology & Business Department
kbrehm@mndhs.org

GROW & GLOW TOGETHER

Grades 5 - 8, Girls

June 16 - 18, 2025 | 9 AM - 12 PM

Cost: \$90

Grow and Glow Together Camp is designed to engage participants in an interactive journey of self-discovery, empowerment, and wellness. The goal of this camp is to help inspire young girls to learn about their unique strengths and build a strong foundation for mental and emotional balance. Students will be grouped by grade. Through fun and engaging activities, meaningful discussions, and interactive experiences, campers will be led by MND's Peer and Adult Leaders from our Sources of Strength program. By the end of the camp, participants will leave not only with new tools to empower their minds, but also a glowing sense of confidence and balance. Let's grow stronger and glow brighter—together!

Contact:

Mrs. Molly Sicking, Mental Health and Wellness Counselor
msicking@mndhs.org



IN MY MND ERA

Grades 5 - 8, Girls

June 24 - 27, 2025 | 1 PM - 3 PM

Cost: \$135

Are you ready for it...? Come hang out with future cougars in their MND Era! Get ready for some fun summer days packed with creativity, community, and fun! This memorable week will be filled with exciting activities that will spark your imagination, help you make lasting memories, and even make a difference in the community!

Each of the four days will have a fun and creative activity to enjoy... You will make everything from clay pots to photo holders! You will have fun with beads making friendship bracelets and bedazzled sunglasses! You will also do some creative writing together and participate in a fun community service activity!....., We would be enchanted to meet you!

Contact:

Mrs. Carrie Rieth, School Counselor | crieth@mndhs.org

MATH EXPLORERS

Grades 6 - 8, Girls

July 7 - 10, 2025 | 9 AM - 11 AM

Cost: \$100

Get ready to have fun, play games, and express your creativity at Math Explorers Camp—the ultimate math adventure for any kids who just love math! This isn't just any math camp—we bring numbers to life with exciting math games, mind-bending puzzles, and hands-on art projects inspired by geometry and patterns. Explore the beauty of math by creating stunning artwork with symmetry, tessellations, and constructions. Play with patterns, crack logic challenges, and compete in friendly math games that make problem-solving a blast. Join us for an unforgettable experience where math and creativity collide—because math isn't just about numbers, it's about seeing the world in a whole new way!

Contact:

Mrs. Jenny Wagner, Mathematics Specialist | jwagner@mndhs.org

TRAVEL THE WORLD WITH MND

Grades 5 - 8, Girls

June 23 - 26, 2025 | 9:30 AM - 12:30 PM

Cost: \$150

Come experience and explore the 3 foreign languages offered at MND in an exciting way! You will travel the world through culture, food and fun while learning interesting facts about Spanish and French speaking countries and the history of the Latin world. Have your passports ready to embark on this adventure with the Cougar Nation! Voyage 1: Le monde Francophone (French-speaking world) El Viaje 2: El mundo Espanol (Spanish-speaking world) Bonum iter 3: Latin Roots Final Day: World Extravaganza!

If your daughter has any food allergies, please contact Mrs. Reichle and Mrs. Figueiredo upon registration so they can make appropriate dietary accommodations.

Contact:

Mrs. Amy Reichle & Mrs. Glenda Figueiredo, World Languages Dept.
areichle@mndhs.org | gfigueiredo@mndhs.org

COLOR GUARD

Grades 6 - 12, Co-Ed

June 2 - 6, 2025 | 9:30 AM - 12 PM

Cost: \$125

Moeller High School

Register online at www.moellercamps.org

This co-ed camp gives participants a look into what it takes to be a member of the Moeller Color Guard and the Moeller Winter Guard with a special focus on dance, flag work, and body movement. Working alongside staff and members of the Moeller/MND Band, campers will work with the traditional equipment of color guard – flags, rifles, and sabers. Never done guard before? No problem! Try something different! The week will culminate with a performance open to families on Friday morning.

Contact:

Mrs. Kate George, Moeller High School | kgeorge@moeller.org

SPECIAL INTEREST

DANCE

Grades K - 8, Girls

July 21 - 25, 2025 | 9 AM - 2 PM

Cost: \$175

Grades K - 5: Dancers will learn dance technique and three routines in the styles of pom, hip hop, and jazz. Fun themes and games will be incorporated into each day of the camp

Grades 6 - 8: Dancers will be participating in our High School Dance Team Prep Camp. Dancers will work on technique and challenging routines in the styles of pom, jazz, and hip hop. Themes and other fun activities will be incorporated into each day of camp.

All campers receive a T-shirt. The camp will include a performance in the MND Gym on July 25 at 1 PM.

Contact:

Lauren Hawkins Crook, Varsity Dance Coach | lcrook@mndhs.org

SHOW CHOIR

Grades 6 - 8, Girls

July 14 - 17, 2025 | 9 AM - 12 PM

Cost: \$100

This camp is an introduction to Show Choir. Campers will put together a short show, singing and dancing, to present to guests on Thursday, July 17. MND Show Choir members will teach choreography and vocal parts.

Contact:

Mrs. Elizabeth Venia, Performing Arts Department | evenia@mndhs.org



SPECIAL INTEREST

THEATRE

Grades 3 - 5, Co-Ed

June 9 - 13, 2025 | 9 AM - 3 PM (M-Th), Noon - 9 PM (Fri)

Cost: \$175

Grades 6 - 8, Co-Ed

**Grade 6 - 8 Camp is NOT a two-week camp. Due to popularity, this camp is being offered in two separate weeks.*

Session 1: June 16 - 20, 2025 | 9 AM - 5 PM (M-W), Noon - 9 PM (Fri)

**This camp will not meet on June 19.*

Session 2: July 7 - 11, 2025 | 9 AM - 3 PM (M-Th), Noon - 9 PM (Fri)

Cost: \$175

MND Theatre Kids Camp is a summer intensive program designed to give young creatives an opportunity to work with other performers to achieve a collective goal! Students will rehearse throughout the week learning music, dialogue, and choreography in just a few days with the reward of performing a full show on the final evening of the camp! It's a wonderful opportunity to meet new friends, have fun, and be fully immersed in the fantastic world of theatre. The camp is directed, choreographed and instructed by current MNDT students! The final day of camp, students will be provided with a pizza lunch prior to their evening performance in the MND Performing Arts Center. Campers will receive a water bottle and T-Shirt.

Contact:

Miss Tommi Lea Harsch, MNDT Artistic Director | tharsch@mndhs.org



HSPT PREP COURSE

Grade 8, Girls

Cost: \$155

Six Summer Course Options:

July 28 - 31, 2025 | 8:30 AM - 10:30 AM (M-W) & 9 AM - 12 PM (Th)

July 28 - 31, 2025 | 11 AM - 1 PM (M-W) & 9 AM - 12 PM (Th)

July 28 - 31, 2025 | 1:30 PM - 3:30 PM (M-W) & 9 AM - 12 PM (Th)

August 4 - 7, 2025 | 8:30 AM - 10:30 AM (M-W) & 9 AM - 12 PM (Th)

August 4 - 7, 2025 | 11 AM - 1 PM (M-W) & 9 AM - 12 PM (Th)

August 4 - 7, 2025 | 1:30 PM - 3:30 PM (M-W) & 9 AM - 12 PM (Th)

One Fall Course Option (Wednesday afternoons):

Sept. 17, Sept. 24 & Oct. 1 | 4 PM - 6 PM

Oct. 4 (practice test) | 9 AM - 12 PM

Two of MND's stellar faculty will teach eighth-grade girls to be more confident and prepared for the High School Placement Test (HSPT). During the four-day collaborative course, students will review the test design, learn general standardized test-taking strategies, and explore the test content in an interactive, energetic classroom environment. Following three days of instruction, students will take a full-length graded practice test on the fourth day. Students and parents will receive daily updates, and an analysis of practice test results will be provided after the test has been scored. Students must bring a smartphone or Wi-Fi-enabled tablet/computer. Fee includes the textbook and MND spirit gear. Camps also include a FREE Refresher Course on Monday, Nov. 17, 2025, from 4 – 6 PM (available to any student who completes an HSPT Prep Class at MND).

Contact:

Mrs. Jennifer Gallo, Database & Software Manager

jgallo@mndhs.org | 513.821.3044 x142

SPECIAL INTEREST

LEARN AND LEAD

MND Class of 2029

June 10 - 11, 2025 | 8 AM - 11:30 AM (Morning Session)

June 10 - 11, 2025 | 12 PM - 3:30 PM (Afternoon Session)

July 29 - 30, 2025 | 12 PM - 3:30 PM

Cost: \$125

New students in the MND Class of 2029 and transfer students will develop high school learning skills that will introduce them to academic tools for success. These strategies and skills will place an emphasis on personal leadership and empowerment for learning which can be integrated into student activities and service at MND.

Participants can expect this to be engaging, collaborative, and interactive with time to work in teams and meet other new MND students. Due to the nature of the course, camp size is limited to allow for strong personal connections between students and presenters. Snacks and drinks will be provided.

Contact:

Mrs. Melanie Heldman, Science Dept./Spirit & Student Activities
mheldman@mndhs.org