

# Prospect Girls' XCTF Summer Camps 2015

Summer Camps 2015

*Camp of Champions*

## June & July T&F and XC Summer Camps

Information on PHS web site

Sign Up Today!

Late Fees Begin May 20

<https://www.d214.org/summercampreg/>



## PHS Boosters 5K Run May 26<sup>th</sup>, 8am

<https://www.signmeup.com/site/online-event-registration/99355>

## New!! Prospect T&F Website

<https://sites.google.com/a/d214.org/prospect-girls-track-field/>



## Got2Run ... for Education 2.62mi or 8K May 16<sup>th</sup>, 8am

Please mention Prospect HS when  
registering for the event  
<http://www.got2run.org/>

This year I am proud to announce list multiple options for our elementary and junior high athletes including cross country camps, track camps, pole vault camps, and elementary school track camps. Each camp is designed to the target audience and is taught progressively, while fostering a positive environment that creates excitement and energy around running and track & field.

Junior High summer camps provide consistent training, which is key to the development of speed, strength, and endurance of any athlete. The junior high camps are designed to lay the foundation and prepare the junior high athletes for their upcoming seasons while encouraging a love for the sport. While group speed, endurance, and event training are emphasized, each program also offers individual attention and will help each runner succeed in an environment that fosters both athletic and character development.

The Prospect Girls Track & Field program has an amazing summer planned and it is important that each of you commits to an off-season program. Coming off an MSL East Title, placing 3<sup>rd</sup> at the MSL Championships, winning the IHSA Sectional Title, and sending 10 events to the IHSA State Meet (all underclassmen) I am very encouraged by what next year holds but I know that next year you will be the "hunted." 2016 is a new season and a big part of your successes next year will be dependent upon your off season training and conditioning routines.

The Prospect Girls Cross Country program has planned some new and exciting additions to the summer plans and one that you do not want to miss. This year's focus is to improve our consistency and "being a better me every day." If each of us focuses on being a better me every day not only will the pieces of our team become better but also the whole unit becomes stronger. Today starts a new journey and it is each athlete's own ambitions, goals, and desires to improve from last year that will keep this year's team hungry as we prepare to start a new streak and bring the Knights back to the big stage. Here are four keys to success:

- A) Building a strong foundation during the summer
- B) Consistency in training (How many days can you run/cross train in a row?)
- C) Create team unity and a commitment to each other
- D) Develop strength, speed, and power (hips and core)

## Champions are made in the offseason!

### TWITTER AND TEAM WEBPAGE

Visit the NEW!! Prospect Girls T&F twitter and webpage for updates on the team.

@ProspectXCTF

<https://sites.google.com/a/d214.org/prospect-girls-track-field/home>

<http://prospectxctf.weebly.com/>

<https://www.facebook.com/ProspectXCTF>



**Frontier Days  
Stampede Run  
July 6<sup>th</sup>, 7:30am**  
<http://www.frontierdays.org/stampede.htm>

**Fundraising Nite  
Run-A-Thon  
@Prospect Track  
July 16<sup>th</sup>, 6pm**  
See team website for more info

## **COACH W's 5 EXPECTATIONS FOR 2015-16**

- 1) **CONSISTENCY.** Improvement in every aspect of life requires continual practice. You have to put in the work in the front end if you plan to reap the rewards in November. Top, seasoned athletes should be running 6-7 days a week. Beginners will progress to this level.
- 2) **CONFIDENCE/COURAGE.** Learn to run fast and relaxed. Challenge your limits and trust that you can always push a little harder and run a little faster.
- 3) **COMMUNICATION.** This is a life skill that is often overlooked. Communication regarding your training, conflicts/absences, individual/team goals, etc. is essential to a strong team. Those that communicate are doing the "right" thing. Communicate right from the beginning.
- 4) **COMMITMENT.** Become committed to your individual goals and entrust the team to support you. You will then find yourself celebrating in the successes of **YOUR** team.

## **SUMMER TRACK MEET (FREE FOR K-8<sup>TH</sup> GRADERS) HOSTED BY PROSPECT BOYS/GIRLS TRACK & FIELD**

**Run-A-Thon (July 16 at 7pm):** The boys and the girls high school track and cross country programs will be participating in the Annual Run-a-thon. There will be track races ranging from 100m to 1600m and signups will be the day of the event. The event time schedule is TBA. Please contact Coach Wintermute with questions.

## **SUMMER ROAD RACING FOR ALL AGES**

For those interested in race experience and getting out to compete against your parents or the neighbors, here is a list of three events that may perk some interest.

- 1) **Got2Run** (May 16): 2.62mi or 8km race in Arlington Heights that supports education in the area. Please mention Prospect HS when registering to support education in our schools.
- 2) **Memorial Day, Prospect Boosters 15<sup>th</sup> Annual 5K/2mi walk** (May 25): Proceeds go to the Prospect Boosters and support Prospect HS athletics.
- 3) **Stampede Run** (July 5): The Frontier Days Stampede Run has become an annual event for locals in Mt. Prospect and Arlington Heights.

## **PARENT SUPPORT**

This season I will be calling on all parents to be that supportive parent at home and that makes assure your daughters are eating healthy, getting enough sleep, and communicating conflicts in advance. Please visit the Prospect XCTF webpage for more information and handouts.

## **UPCOMING DATES IN THE FALL FOR LIL' KIDS (K-8)**

- **October 12:** 9am, 8<sup>th</sup> Annual Prospect Prance hosted by Prospect Girls XC. Three races: ¼mi, ½mi, 1mi for K-8<sup>th</sup> graders and a 100m dash for toddlers.
- **October 20:** 3:50pm, Prospect Junior High/Middle School Invitational. 6-8<sup>th</sup> grade races start at 4pm preceding the HS invitational. All races 1.5miles.

## **COME OUT AND SUPPORT PROSPECT CROSS COUNTRY 2015:**

**August 12:** Official start date of IHSA XC season (8am practice at PHS track)

**October 8:** Prospect vs. Loyola Dual (last due of Season) 4:30pm

**October 17:** 9am, MSL Conference XC Meet at Busse Woods.

**October 20:** 3:50pm, Prospect Junior High/Middle School Invitational. 6-8<sup>th</sup> grade races start at 4pm preceding the HS invitational.

**October 24:** IHSA Regional at Busse Woods. Cheer on the Knights!

**October 31:** IHSA Sectional at Busse Woods. Cheer Knights to a State berth!

## **PROSPECT XCTF CAMP FEATURES**

- Camp T-shirt
- Functional Core Strength
- Speed development and testing using Freelap Timing System (electronic timing)
- Proper running form instruction and drills to teach proper technique
- Field event introduction and instruction

## **GIRLS' TRACK & FIELD**

<b>Code#</b>	<b>Grades</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Fee</b>	<b>Head Coach</b>	<b>Location</b>
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14029721 10-12 6/8-7/21 M, T, Th 9:30-11:30 am \$150 P. Wintermute PHS Track  
All events on the track including running, jumping, hurdling, and throwing will be conducted and proper training techniques will be taught. This camp will focus on improving technique in all events with a focus on speed development using electronic timing systems. Some Weight room activities may be included. T-shirt included.

14029722	9	6/15-7/2	M, T, Th	11:30-1:15 pm	\$124	P. Wintermute	PHS Track
		AND 7/6-7/22	M, T, Th	9:30-11:30 am			

All events on the track including running, jumping, hurdling, and throwing will be conducted and proper training techniques will be taught. This camp will focus on improving technique in all events with a focus on speed development using electronic timing systems. Some Weight room activities may be included. T-shirt included.

14029723	6-8 OptionA	6/15-7/2	M, T, Th	11:30-1:15 pm	\$72	P. Wintermute	PHS Track
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For those with 0-3 years of JrHS track experience. All events in sprinting, jumping, hurdling, and throwing will be taught. This camp is designed develop speed and to learn proper training techniques. T-shirt included.

14029724	6-8 OptionB	7/6-7/22	M, T, Th	11:30-1:15 pm	\$72	P. Wintermute	PHS Track
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For those with 0-3 years of JrHS track experience. All events in sprinting, jumping, hurdling, and throwing will be taught. This camp will be progressive from Track#1 though it is not a prerequisite for this camp. This camp will focus on improving technique in all events and with MORE FOCUS ON SPEED DEVELOPMENT USING ELECTRONIC TIMING SYSTEMS. T-shirt included.

14029725	6-8 OptionC	6/15-7/2	M, T, Th	11:30-1:15 pm	\$106	P. Wintermute	PHS Track
		AND 7/6-7/22	M, T, Th	11:30-1:15 pm			

For those with 0-3 years of JrHS track experience. All events in sprinting, jumping, hurdling, and throwing will be taught. This camp will focus on improving technique in all events and then will progress into speed development using electronic timing systems. T-shirt included.

## **GIRLS' TRACK & FIELD: GIRLS' SPEED/STRENGTH DEVELOPMENT FOR TRACK DISTANCE/ MID-DISTANCE**

<b>Code#</b>	<b>Grades</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Fee</b>	<b>Head Coach</b>	<b>Location</b>
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14029726 10-12 7/6-7/30 M/T/W/Th 8:00-9:30 am \$105 P. Wintermute PHS Track  
Camp is designed to teach effective training principles in speed development and strength/power development for high school distance and mid-distance track athletes. Some weight room activities may be included. T-shirt included.

## **GIRLS' POLE VAULT**

<b>Code#</b>	<b>Grades</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Fee</b>	<b>Head Coach</b>	<b>Location</b>
14029715	7-12 beginner	6/9-7/28	T	11:30-1:00 pm	\$61	Wintermute/Raub	PHS Track
14029716	10-12 advance	6/9-7/28	T	1:00-2:30 pm	\$66	Wintermute/Raub	PHS Track

Beginners will learn to pole vault safely through a progression of drills. Advanced will continue their progression in pole vaulting. Includes t-shirt.

## **GRADE K-5: CO-ED TRACK & FIELD**

<b>Code#</b>	<b>Grades</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Fee</b>	<b>Head Coach</b>	<b>Location</b>
14029811	K-5	6/17-7/3	T, W, Th	9:00-10:15 am	\$63	Wintermute/C. Beaty	PHS Track
14029812	K-5	7/7-7/24	T, W, Th	9:00-10:15 am	\$63	Wintermute/M. Jones	PHS Track

Camp is for BOYS AND GIRLS with some experience to no experience. This camp is designed to teach the events of track and field and with an emphasis on proper training techniques. Bring a water bottle.

## **GIRLS' CROSS COUNTRY**

<b>Code#</b>	<b>Grades</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Fee</b>	<b>Head Coach</b>	<b>Location</b>
14021611	10-12-Adv	6/8-6/25	M,T,W,Th	8:00-9:30 am	\$100	P. Wintermute	PHS Track

Camp is designed to build endurance and teach effective training principles in preparation for the fall season. Running is progressive. Some weight room activities may be included. T-shirt included.

14021622	9-12 beginner	6/8-6/25	M, W, Th	8:00-9:30 am	\$122	P. Wintermute	PHS Track
		AND 7/6-7/30	M, T, Th	8:00-9:30 am			

Camp is designed to build endurance and teach effective training principles in preparation for the fall season. Running is progressive. Some weight room activities may be included. T-shirt included.

14021623	6-8	6/8-6/25	M, T, Th	8:15-9:30 am	\$105	P. Wintermute	PHS Track
		AND 7/6-7/21	M, T, Th	8:15-9:30 am			

Camp is designed to build endurance and teach effective training principles. Running is progressive. Bring a water bottle. T-shirt included.

# GO FIGHT, WIN, KNIGHTS!!

## **A Tradition of Excellence**

### **Prospect Girls Cross Country History:**

Mid Suburban League East Division Champs - 2002, 2008, 2009, 2010, 2011, 2012, 2013, 2014

Mid Suburban League Conference Champs – 2009, 2011

IHSA Regional Champs - 1998, 2002, 2008, 2009

IHSA Sectional Champs – 2011

IHSA State Meet Team Place - 2001-10<sup>th</sup>, 2006-21<sup>st</sup>, 2008-5<sup>th</sup>, 2009-6<sup>th</sup>, 2010-5<sup>th</sup>, 2011-5<sup>th</sup>, 2012-12<sup>th</sup>

National Rankings: 2009, 2010, 2011, 2012

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### **Prospect Girls Track and Field History:**

Mid Suburban League Division Champs – 1988, 1989, 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015

Mid Suburban League Conference Champs – 1995, 1997, 1998, 2000, 2012, 2013

IHSA Sectional Champs – 1988, 1995, 1996, 1997, 1998, 2001, 2009, 2010, 2013, 2015

IHSA State Meet Team Place - 1996-13<sup>th</sup>, 1997-24<sup>th</sup>, 1998-8<sup>th</sup>, 2005-9<sup>th</sup>, 2011-21<sup>st</sup>, 2012-20<sup>th</sup>, 2013-13<sup>th</sup>, 2014-10<sup>th</sup>

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