



Prospect Girls' XCTF Summer Camps 2017



Summer Camps 2017

Camp of Champions



XC Website

www.prospectXCTF.com

TF Website

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

Twitter

@ProspectXCTF

Summer camps provide consistent training, which is key to the development of speed, strength, and endurance of any athlete. Camps are designed to lay the foundation and prepare 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. Each camp is designed to the target audience and is taught progressively, while fostering a positive environment that creates excitement and energy in support of cross country running and track & field.

The Prospect Girls Track & Field program had an amazing season in 2016 and look forward to continuing their dominance during the 2017 season. In 2016, the Prospect Knights won their 13th consecutive MSL East Title, won the MSL Conference Championships, were IHSA Sectional Champions, sent 10 events to the IHSA State Meet, and the Team won **EVERY** varsity invite the team competed in (10 invites won).

In 2016, the Prospect Girls XC program completed one of their best seasons with a rejuvenated core of runners. The Knights were BACK-2-BACK MSL Conference Champions on the varsity level, the JV ran to a dominating victory, and the FS placed 3rd at MSL Conf. The Knights earned 17 total All-Conference runners which was more than any other school in the MSL. The Knights are excited for what 2017 has to offer!

SUMMER TRACK MEET HOSTED BY PROSPECT XCTF

(TBD Tuesday night in mid-July at 6pm): The Prospect XCTF program host a kids track meet with events ranging from 100m to 1600m and long jump and high jump (ages K-8th). Please visit www.prospectXCTF.com and Twitter for more info.

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

- 1) **October 9:** 9:30-10:30am, Annual Prospect Prance hosted by Prospect Girls XC for Cammy Can. Three races: ¼mi, ½mi, 1mi for K-8th graders and a 100m dash for toddlers. Please visit ProspectXCTF website for more info or visit us at www.facebook.com/ProspectPrance
- 2) **End of August/September:** 3:50pm, Prospect Junior High/Middle School Invitational hosted at Prospect High School. All races 1.5miles.

SUMMER ROAD RACING FOR ALL AGES

- 1) **Got2Run** (Saturday, May 20 at 8am): 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. <http://www.got2run.org/>
- 2) **Memorial Day, Prospect Boosters 15th Annual 5K/2mi walk** (Monday, May 29 at 8am): Proceeds go to the Prospect Boosters. <http://prospectathleticboosters.com/>
- 3) **Stampede Run** (Sunday, July 2 at 7:30am): The Frontier Days Stampede Run has become an annual event for locals. <http://www.frontierdays.org/stampede.htm>

RUN, FIGHT, WIN, KNIGHTS!!

Pete Wintermute

Head Coach Prospect Girls' XC and T&F

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June & July T&F and XC Prospect HS

Summer Camps

Information on PHS web site

Sign Up Today!

Late Fees Begin May 19

<http://phs.d214.org/trending-phs/>



PHS Boosters

5K Run

May 29th, 2017

<http://prospectathleticboosters.com/>

2017 PROSPECT GIRLS' XCTF SUMMER CAMP OPTIONS

COMPLETE CAMP INFO AND REGISTRATION AT: <https://www.d214.org/summercampreg/>

NOTE: New in 2017, there will be no camps the week of the Fourth of July (July 3-6)

GIRLS' CROSS COUNTRY

<u>Code#</u>	<u>Grades</u>	<u>Dates</u>	<u>Days</u>	<u>Time</u>	<u>Fee</u>	<u>Head Coach</u>	<u>Location</u>
17021611	10-12-Adv	6/12-7/27	M,T,W,Th	7:00-9:00 am	\$189	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.

17021622	9-12 beginner	6/12-6/29	M, T, Th	7:00-9:00 am	\$169	P. Wintermute	PHS Track
		AND 7/10-7/27	M, T, W, Th	7:00-9:00 am			

Similar to HS camp but with less contact days in June as these BEGINNER are introduced to running XC. T-shirt included.

17021623	6-8	6/12-7/27	M, T, Th	8:30-9:45 am	\$91	P. Wintermute	PHS Track
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Camp is designed to build endurance and teach effective training principles. Running is progressive. T-shirt included.

GIRLS' TRACK & FIELD

<u>Code#</u>	<u>Grades</u>	<u>Dates</u>	<u>Days</u>	<u>Time</u>	<u>Fee</u>	<u>Head Coach</u>	<u>Location</u>
17029721	10-12	6/12-6/29	M, T, Th	9:30-11:00 am	\$104	P. Wintermute	PHS Track
		AND 7/10-7/20	M, T, Th	9:30-11:00 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.

17029722	9	6/12-6/29	M, T, Th	9:30-11:00 am	\$104	P. Wintermute	PHS Track
		AND 7/10-7/20	M, T, Th	9:30-11:00 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.

17029723	6-8 OptionA	6/12-6/29	M, T, Th	11:30-1:15 pm	\$81	P. Wintermute	PHS Track
17029724	6-8 OptionB	7/10-7/20	M, T, Th	11:30-1:15 pm	\$64	P. Wintermute	PHS Track
17029725	6-8 OptionC	6/12-6/29	M, T, Th	11:30-1:15 pm	\$116	P. Wintermute	PHS Track
		AND 7/10-7/20	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' POLE VAULT

<u>Code#</u>	<u>Grades</u>	<u>Dates</u>	<u>Days</u>	<u>Time</u>	<u>Fee</u>	<u>Head Coach</u>	<u>Location</u>
17029715	7-12 beginner	6/13-7/25	T	11:30-1:00 pm	\$59	Wintermute/Raub	PHS Track
17029716	10-12 advance	6/13-7/25	T	1:00-2:30 pm	\$59	Wintermute/Raub	PHS Track

Beginners will learn to pole vault safely through a progression of drills. Advanced will continue their progression in pole vaulting. T-shirt included. Bring a water bottle.

GRADE K-5: CO-ED TRACK & FIELD

<u>Code#</u>	<u>Grades</u>	<u>Dates</u>	<u>Days</u>	<u>Time</u>	<u>Fee</u>	<u>Head Coach</u>	<u>Location</u>
17029811	K-5	6/12-6/29	M, T, Th	9:00-10:15 am	\$66	Wintermute/C. Beaty	PHS Track
17029812	K-5	7/10-7/27	M, T, Th	9:00-10:15 am	\$66	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. T-shirt included.