

Prospect Girls' XCTF Summer Camps 2018



Summer Camps 2018

Camp of Champions



XC Website

TF Website

Twitter

@ProspectXCTF

June & July T&F and XC Prospect HS Summer Camps

Information on PHS web site Sign Up Today! Late Fees Begin May 25 http://phs.d214.org/trending-phs/



Prospect Prance Supporting Rett Syndrome Sept. 26 at 5:00 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 2018 and look forward to continuing their dominance 2019. In 2018, the Knights won their 15th consecutive MSL East Title, placed 2nd in the MSL Conference after winning Back-2-Back MSL Conference Championships in 2016 and 2017 and the JV won the MSL Conference for the 3rd straight year. The Knights sent 7 events to the IHSA State Meet.

In 2017, the Prospect Girls XC program completed one of their best seasons with a rejuvenated core of runners. The Knights were MSL Conference Runner-Ups on the varsity level, in the JV race the Knights placed 2nd, and Knights were Frosh/Soph champions. The Knights earned 17 total All-Conference runners, which was more than any other school in the MSL. The Knights qualified for the IHSA State meet and placed 18th in the entire State! This is a stepping stone for building into next year's successes.

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 to1600m and long jump and high jump (ages K-8th). Please visit <u>www.prospectXCTF.com</u> and Twitter for more info.

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

- 1) **September 26**: at 5:00, 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/ early Sept: at 3:50pm, Prospect Junior High/Middle School Invitational hosted at Prospect High School. All races 1.0-1.5miles.

SUMMER ROAD RACING FOR ALL AGES

- 1) **Got2Run** (Saturday, May 19, 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) **Stampede Run** (Sunday, July 1, at 7:30am): The Frontier Days Stampede Run has become an annual event for locals. http://www.frontierdays.org/stampede.htm

<u>RUN, FIGHT, WIN, KNIGHTS!!</u>

Pete Wintermute
Head Coach Prospect Girls' XC and T&F
W: (847) 718 – 5509 Fax: (847) 718 – 5509
Email: pete.wintermute@d214.org

2018 PROSPECT GIRLS' XCTF SUMMER CAMP OPTIONS

COMPLETE CAMP INFO AND REGISTRATION AT: https://www.d214.org/summercampreg/ NOTE: There are no PHS XCTF summer camps the week of the Fourth of July (July 2-5).

GIRLS' CROSS COUNTRY

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location	
18021611	10-12-Adv	6/11-7/26	M,T,W,Th	7:00-9:00 am	\$192	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.								

18021622 9-12 Beginner 6/11-6/28 M, T, Th 7:00-9:00 am \$171 P. Wintermute PHS Track AND 7/9-7/26 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.

18021623 6-8 6/11-7/26 M, T, Th 8:30-9:45 am \$105 P. Wintermute PHS Track Camp is designed to build endurance and teach effective training principles. Running is progressive. T-shirt included.

GIRLS' TRACK & FIELD

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
1802972	1 10-12	6/11-6/28	M, T, Th	9:00-10:30 am	\$105	P. Wintermute	PHS Track
		AND 7/9-7/19	M. T. Th	9:00-10:30 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.

18029722 9 6/11-6/28 M, T, Th 9:00-10:30 am \$105 P. Wintermute PHS Track AND 7/9-7/19 M, T, Th 9:00-10:30 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.

18029723 6	6-8 OptionA	6/11-6/28	M, T, Th	10:30-12:15 pm \$82	P. Wintermute	PHS Track
18029724 6	6-8 OptionB	7/9-7/19	M, T, Th	10:30-12:15 pm \$65	P. Wintermute	PHS Track
18029725 6	6-8 OptionC	6/11-6/28	M, T, Th	10:30-12:15 pm \$118	P. Wintermute	PHS Track
	AND	7/9-7/19	M, T, Th	10:30-12:15 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

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location		
18029715	7-12 beginner	6/12-7/24	Т	11:30-1:00 pm	\$65	Wintermute/Raub	PHS Track		
18029716	10-12 advance	6/12-7/24	T	1:00-2:30 pm	\$65	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

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
18029811	K-5	6/11-6/28	M, T, Th	8:45-10:00 am	\$67	Wintermute/C. Beaty	PHS Track
18029812	K-5	7/9-7/26	M. T. Th	8:45-10:00 am	\$67	Wintermute/Selep	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.