



Summer Camps 2018

Prospect Girls' XCTF Summer Camps 2018



Camp of Champions



XC Website

www.prospectXCTF.com

TF Website

www.prospectXCTF.com

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 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) **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>

RUN, FIGHT, WIN, KNIGHTS!!

Pete Wintermute

Head Coach Prospect Girls' XC and T&F

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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.