



# Prospect Girls' XCTF Summer Camps 2019



Summer Camps 2019

Camp of Champions



## XC Website

[www.prospectXCTF.com](http://www.prospectXCTF.com)

## TF Website

[www.prospectXCTF.com](http://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 24

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



**Prospect Prance  
K-8<sup>th</sup> grade races  
Supporting  
Rett Syndrome  
Sept. 25 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 Junior Varsity won the MSL Conference for the 3<sup>rd</sup> straight year. The Knights sent 7 events to the IHSA State Meet including all four relays for the first time in a long, long, long time. The Knights look to improve upon last year's success while focusing on each athlete's individual growth.

In 2018, the Prospect Girls XC program completed one of their best seasons with a rejuvenated core of runners. After a summer trip to Colorado Springs and a trip to an Illinois State Park the Knights were primed for a great season and they came together as a group to enjoy a historic season. The Knights were Varsity MSL Conference Champions for the third time in the last four years, in the JV race the Knights were champions with a 1-2-3 finish, and in the Frosh/Soph race the Knights were runner-ups. The Knights earned 20 total All-Conference runners, which was more than any other school in the MSL. The Knights qualified for the IHSA State meet after being Regional and Sectional Champions and at the IHSA State meet the Knights placed 11th!

## 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-8<sup>th</sup>). Please visit [www.prospectXCTF.com](http://www.prospectXCTF.com) and Twitter for more info.

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

- 1) **September 25:** at 5:00, Annual Prospect Prance hosted by Prospect Girls XC for Cammy Can. Three races: ¼mi, ½mi, 1mi for K-8<sup>th</sup> graders and a 100m dash for toddlers. Please visit ProspectXCTF website for more info or visit us at [www.facebook.com/ProspectPrance](https://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 18, 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 7, 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

W: (847) 718 - 5509 Fax: (847) 718 - 5509

Email: [pete.wintermute@d214.org](mailto:pete.wintermute@d214.org)

# 2019 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 1-4).**

## GIRLS' CROSS COUNTRY

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
19021611	10-12-Adv	6/10-6/27	M, T, Th	7:00-9:00 am	\$200	P. Wintermute	PHS Track
		AND 7/8-8/1	M, T, W, Th	7:00-9:00 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.

19021622	9-12 Beginner	6/10-6/27	M, T, Th	7:00-9:00 am	\$200	P. Wintermute	PHS Track
		AND 7/8-8/1	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.

19021623	6-8	6/10-7/25	M, T, Th	8:30-9:45 am	\$106	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
19029721	10-12	6/10-6/27	M, T, Th	9:00-10:30 am	\$122	P. Wintermute	PHS Track
		AND 7/8-7/25	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.

19029722	9	6/10-6/27	M, T, Th	9:00-10:30 am	\$122	P. Wintermute	PHS Track
		AND 7/8-7/25	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.

19029723	6-8 OptionA	6/10-6/27	M, T, Th	10:30-12:15 pm	\$83	P. Wintermute	PHS Track
19029724	6-8 OptionB	7/8-7/25	M, T, Th	10:30-12:15 pm	\$83	P. Wintermute	PHS Track
19029725	6-8 OptionC	6/10-6/27	M, T, Th	10:30-12:15 pm	\$137	P. Wintermute	PHS Track
		AND 7/8-7/25	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
19029716	9-12	6/11-7/30	T	12:00-2:00 pm	\$77	Wintermute/Raub	PHS Track

Pole vault camp is for beginner to advanced level high school athletes interesting in learning and improving their skills and technique. (Ages: athletes entering high school to seniors) Beginners will learn to pole vault safely through a progression of drills and with vary from athlete to athlete. Advanced athletes 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
19029811	K-5	6/10-6/27	M, T, Th	8:45-10:00 am	\$68	Wintermute/Bjankini	PHS Track
19029812	K-5	7/8- 7/25	M, T, Th	8:45-10:00 am	\$68	Wintermute/Bjankini	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.