

# Prospect High School Summer Athletic Camps 2011

## BOYS' CAMPS

### BASEBALL

<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>
11020011	4-8	6/13-6/23	M-T-W-Th	11:00-1:00pm	\$73	Giusti/Stocking/Menich	V Baseball Field
Camp emphasis will be on fundamentals and their use in actual games. T-shirt included. Please bring your own water bottle.							
11020012	9	6/13-6/23	M-T-W-Th	9:00-11:00am	\$73	Giusti/Menich	V Baseball Field
Camp emphasis on fundamentals and their use in actual games. T-shirt included.							
11020023	10	6/13-7/21	M-T-W-Th	4:00-7:00pm	\$190	T. Miller	V Baseball Field
Sophomore Summer League. Must have coach's recommendation to register. All camps include a \$15 fee to cover league and umpire fees.							
11020024	11-12	6/13-7/22	M-T-W-Th	4:00-7:00pm	\$212	R. Giusti	V Baseball Field
Varsity Summer League. Must have coach's recommendation to register. Games all week. Summer league jersey not included.							
11020013	5-8 Pitching	6/13-6/16	M-T-W-Th	1:00-2:00pm	\$44	M. Menich	V Baseball Field
This camp will focus on arm mechanics and technique in order to increase both velocity and accuracy. In addition, campers will learn the art of pick-offs and how to properly field their position.							

### BOYS' BASKETBALL

<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>
11021011	5-8	6/13-6/23	M-T-W-Th	1:30-3:30 pm	\$93	J. Camardella	Field House
11021012	9-12	6/13-6/30	M-T-W-Th	11:30-1:30 pm	\$117	J. Camardella	Field House
Emphasizes the fundamentals of the game. T-shirt included. All camps include a fee to cover summer league costs.							

### BOYS' 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>Meet at</u>
11021521	9-10	7/11-7/28	M-T-W-Th T-Th	TBD* 6:00-8:00 pm	\$79	M. Stokes/Hodges	Evergreen Park
11021522	11-12	7/11-7/28	M-T-W-Th T-Th	TBD* 6:00-8:00 pm	\$79	M. Stokes/Hodges	Evergreen Park
*All levels will meet at 8:00 a.m. on 7/11 at Evergreen Park and schedule will be announced.							
11021523	7-8	6/22-7/13	M-W-Th	8:00-10:00 am	\$94	M. Stokes/Hodges	Evergreen Park

Must be 12 years old by September 1. These Camps are designed to Build up endurance and learn proper training techniques. Some weight room activities may be included. Evergreen Park is located in Arlington Heights at Grove and Forrest Streets. Thursdays may go until 10:30 am and end at PHS.

### BOYS' FOOTBALL

Our high school summer camp is designed to teach football fundamentals. Weightlifting, Conditioning, and Speed Training camps are offered separately (see page two for information).

<u>Code#</u>	<u>Dates</u>	<u>Days</u>	<u>Time</u>	<u>Fee</u>	<u>Head Coach</u>	<u>Location</u>
11022021	Varsity Camp 6/13-6/30	M-T-W-Th	8:00-11:00 am 2:00-4:00 pm	\$196	M. Sebestyen	Football Field
	7/11-7/21	M-T-W-Th	8:00-10:00 am		M. Sebestyen	Football Field
Mini camp includes Championship Camp at Rantoul--a separate fee will be assessed. Camp times will vary.						
11022022	Soph Camp 6/13-6/30	M-T-W-Th	7:00-11:00 am	\$160	M. Sebestyen	Football Field
	7/11-7/28	M-T-W-Th	7:00-11:30 am			
11022013	Fresh Camp 1 6/13-6/30	M-T-W-Th	1:15-3:15 pm	\$97	M. Sebestyen	Football Field
11022023	Fresh Camp 2 7/18/-7/28	M-T-W-Th	1:15-3:15 pm	\$63	M. Sebestyen	Football Field

**The Mount Prospect Park District sponsors youth football camps for grades 2-5 and grades 6-8. For more information please contact the Park District at (847) 640-1000.**

# Prospect High School Summer Athletic Camps 2011

## **BOYS' SOCCER**

<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>
11024021	9-12	7/11-7/26	M-T-W-Th	7:00-10:00am	\$116	Trenkle/Kaminsky	PHS Soccer Field
This camp will prepare players for fall season through cardiovascular, weight, and soccer training. Point of emphasis will be development of team play. Includes T-shirt.							
11024022	5-8	7/11-7/26	M-T-W-Th	8:00-10:00am	\$85	J. Schwarz	PHS Soccer Field
Camp will teach soccer fundamentals and an appreciation for the game. Using small-sided games and individual ball skills, we will develop the complete player. Includes T-shirt.							

## **BOYS' TRACK & FIELD (All Events)**

<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>
11029611	9-10	6/20-7/7	M-T-W-Th T-Th	TBD* 6:00-8:00 pm	\$82	M. Stokes/Hodges	Evergreen Park & PHS Track
11029612	11-12	6/20-7/7	M-T-W-Th T-Th	TBD* 6:00-8:00 pm	\$82	M. Stokes/Hodges	Evergreen Park & PHS Track
11029613	6-8 **	6/20-6/30	M-T-W-Thu	10:00-12:00pm	\$64	M. Stokes/Hodges	PHS Track

\*Days and times will vary depending upon grade level. 6/20-6/23 All meet @ 8:00 am @ PHS Track. The rest of the time is TBD. Distance will meet at Evergreen Park at 8:00 am 6/27 and continue every M-W, meet at PHS on T-Th. Evergreen Park is located in Arlington Heights at Grove and Forrest Streets. These Camps are designed to Build up endurance and learn proper training techniques. Some Weight room activities may be included. \*\*Must be 11 years old by September 1.

## **BOYS' WEIGHTLIFTING, SPEED DEVELOPMENT, AND CONDITIONING**

<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>
11029512	Varsity	7/11-7/25	M-T-W-Th	10:45-12:45 pm 2:00-4:00 pm	\$124	M. Sebestyen	Fitness Center

## **BOYS' WRESTLING**

11029011	9-12	6/13-7/12	M-T-W Th	5:00-7:30 pm 4:00-6:30 pm	\$153	T. Whalen	Wrestling Room
----------	------	-----------	-------------	------------------------------	-------	-----------	----------------

\*\*\*\*\*

## **GIRLS' CAMPS**

### **GIRLS' BASKETBALL**

<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>
11021111	4-6	6/20-6/30	M-T-W-Th	9:30-11:30am	\$83	M. Kelly	Field House
11021112	7-8	6/20-6/30	M-T-W-Th	9:30-11:30am	\$113	M. Kelly	Field House
11021113	10-12	6/13-6/30	M-T-W-Th	7:30-10:15am	\$176	M. Kelly	Field House
	9	6/13-6/16	M-T-W-Th	9:30-11:30am			
		6/20-6/30	M-T-W-Th	7:30-10:15am			

Skills emphasized as well as team concepts. Jersey and summer league fees included for 9-12 grades. The last 45 minutes of practice will consist of strength training & ACL prevention using the Cincinnati Sportsmetrics Program.

### **GIRLS' SHOOTING CAMP**

11021114	8-12	7/11-7/14	M-T-W-Th	9:00-10:30am	\$33	M. Kelly	Gyms 1 & 2
----------	------	-----------	----------	--------------	------	----------	------------

Shooting form, game shots, and learning how to finish will be emphasized.

### **GIRLS' BOWLING**

<b>Code#</b>	<b>Grades</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Fee</b>	<b>Head Coach</b>	<b>Meet at</b>
11021321	7-9	6/14-7/26	T	2:30-4:00pm	\$78	G. Troyer/Carpenter	Beverly Lanes
11021322	10-12	6/14-7/26	T	1:00-2:30pm	\$78	G. Toyer/Carpenter	Beverly Lanes

Fees include \$4.00 per week lane fees. The upper level camp is open to current PHS team members only.

# Prospect High School Summer Athletic Camps 2011

## GIRLS' CROSS COUNTRY

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Meet at
11021611	10-12-Adv	6/13-7/7	M-T-Th	8:00-10:15am	\$98	D.Wurster	PHS Track
11021622	9-12 beginner	7/11-7/28	M-T-Th	8:00-9:45am	\$71	D.Wurster	PHS Track
Camp emphasis on developing endurance to train for the fall high school season. T-shirt included.							
11021623	6-8	7/5-7/21	M-T-Th	8:00-9:30am	\$59	D. Wurster	PHS Track
Learn some effective techniques, and participate in them for distance running. Running will be progressive. T-shirt included.							

## GIRLS' GOLF

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
11022613	4-6 Fundamentals	6/13-6/22	M-T-W	12:00-1:30 pm	\$105	J. Hamann	M.P. Golf Club
11022611	7-8	6/13-6/22	M-T-W	1:30-3:00 pm	\$105	J. Hamann	M.P. Golf Club
11022612	9-12	6/14-7/22	TBA	3:00-6:00 pm	\$127	J. Hamann	Des Plaines Golf Center

All camps will focus on the short game. Girls in the 4-6 and 7-8 camps will play some holes on the golf course on the last day of camp (please report to camp at 5:30 pm on the last day of camp). The girls in the 9-12 camp will have the opportunity to play consistently along with learning team concepts and drills. Girls in the 9-12 will receive a schedule for the summer with dates, times and locations. Camp costs include t-shirt and all range fees.

11022621	5-8	7/12-7/14	T-W-Th	8:00-12:00 pm	\$111	J. Hamann	Des Plaines Golf Center
----------	-----	-----------	--------	---------------	-------	-----------	-------------------------

Golfers will learn many types of shots that are within 50 yards from the pin. Each meeting will consist of 1 hour of instruction in the short game area and 1 hour of instruction with the full swing. At 10:00 am each player will go play 9 holes with members of the Varsity Girls Golf Team and/or alumni players and coaches. Fees include all practice fees, green fees and team golf shirt.

### Summer Trip 2011

11022622	9-12	6/23-6/26	Th-F-Sat-Sun	All Day	\$385	J. Hamann	Decatur
----------	------	-----------	--------------	---------	-------	-----------	---------

Players will receive at least 2 hours of instruction on short game and full swing every day. They also will learn team philosophies and drills. Players will also receive on-course instruction. Another goal of the Summer Trip is developing a solid feel and game plan for the IHSA State Finals' Golf Course in Decatur (Hickory Point). This is an all-inclusive fee. Must have coach's approval to register for this camp. Contact coach Hamann with questions.

### Day Trips

11022623	9-12	TBA	3 Day Trips		\$158	J. Hamann	TBA
----------	------	-----	-------------	--	-------	-----------	-----

Players will receive at least 2.5 hours of instruction on short game and full swing every Day Trip. Players also learn team philosophies and drills. Golfers will also receive on-course instruction at a variety of Illinois' best golf courses and practice centers. Players may be refunded accordingly if they are unable to attend a day trip. The dates and times of the Day Trips will be sent out asap. Must have coach's approval to register for this camp. Contact coach Hamann with questions.

## GIRLS' SOCCER

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
11024121	5-8	7/18-7/28	M-T-W-Th	12:00-2:00pm	\$88	T. Froats	PHS Soccer Field
11024122	9-12	7/18-7/28	M-T-W-Th	9:00-11:30am	\$100	T. Froats	PHS Soccer Field

This camp will teach individual soccer skills, soccer fundamentals in tactics and team play using small-sided games. Camp will include training in lateral speed and agility along with speed development. Campers will receive T-shirt.

## GIRLS' SOFTBALL

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
11025021	4-6	6/13-6/23	M-T-W-Th	8:00-9:30 am	\$62	J. Adair	V Softball Field
11025022	7-9	6/13-6/23	M-T-W-Th	9:30-11:00 am	\$62	J. Adair	V Softball Field

Camp covers fundamentals of playing, throwing, catching, base running, hitting and strength/conditioning. Includes T-shirt.

## SUMMER SOFTBALL FOR VARSITY PLAYERS

10025024	9-12	6/13-7/15	M-W	TBA	\$251	J. Adair	TBA
----------	------	-----------	-----	-----	-------	----------	-----

This is a Varsity-level summer team that will be playing against local high schools and in a summer high school league. Double-headers starting at 4:15 and 6:15 will be played at Stevenson High School on Mondays and Wednesdays. This is an **invitation-only** camp designed for players hoping to make the Varsity Softball Team in 2011-2012. Coach Adair will contact with these athletes.

## GIRLS' SOFTBALL- PITCHING & CATCHING CAMP

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
11025023	4-6	6/13-6/23	M-T-W-Th	9:00-10:00am	\$49	J. Adair/K. Lythberg	V Softball Field

# Prospect High School Summer Athletic Camps 2011

## GIRLS' SPEED DEVELOPMENT

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
11029514	10-12	6/13-6/30	M-W-Th	9:30-11:45 am	\$84	D. Wurster	PHS Track

For any high school girl athlete interested in getting faster. Includes shirt.

## GIRLS' POLE VAULT

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
11029715	7-12 beginner	6/15-7/27	W	11:30-1:00pm	\$57	D. Wurster	PHS Track
11029716	10-12 adv	6/15-7/27	W	11:30-1:00pm	\$57	D. Wurster	PHS Track

Beginners will learn to pole vault safely through a progression of drills. Includes t-shirt.

## GIRLS' TRACK & FIELD

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
11029721	10-12	7/5-7/28	M-W-Th	9:30-11:45am	\$98	D. Wurster	PHS Track
11029722	9	6/14-6/30	T-W-Th	11:30-1:15pm	\$132	D. Wurster	PHS Track
		7/6-7/28	M-W-Th	9:30-11:30 am			

Emphasis will be on speed development and techniques in all sprinting, jumping and throwing events. Includes t-shirt.

11029723 7-8 intermediate 6/14-6/30 T-W-Th 11:30-1:15pm \$73 D. Wurster PHS Track

For those with 1-3 years experience on an organized team, or having completed the beginner camp. Emphasis on sprinting, jumping and hurdling events. Includes t-shirt.

11029714 6-8 beginner 7/5-7/21 T-W-Th 11:30-1:15pm \$73 D. Wurster PHS Track

Camp is for those with little or no experience on an organized team; emphasis on sprinting, jumping and hurdling. Includes t-shirt.

11029724 K-6 7/5-7/21 T-W-Th 9:00-10:15 \$49 D. Wurster PHS Track

Camp is for girls with no experience, with an emphasis on the events in track & field.

## CO-ED CAMPS

### CO-ED GYMNASTICS

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
11023012	9-12	7/11-7/21	M-T-W-Th	9:00-12:00 pm	\$97	L. Tutt	PHS Gymnastics Gym

Prospect's summer gymnastics is for the very beginner to the advance. Our coaching staff will coach according to your daughter's/son's ability level. The gymnasts will work vault, bars, beam and floor along with strength and flexibility.

### CO-ED TENNIS

If weather is questionable, check in at courts. If conditions are unplayable, class is canceled.

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
11027011	4-10 Novice	6/13-7/7	M-T-W-Th	8-9 am	\$85	Huffman/ Trinh	PHS Tennis Courts
							Novice Class is for beginners through advanced beginners who are still working to master the fundamentals. The student-to-instructor ratio will not be greater than five to one, so everyone will get plenty of individual attention. Includes shirt.
11027012	7-12 Interm.	6/13-7/7	M-T-W-Th	9:00-10:30 am	\$106	Huffman/Trinh	PHS Tennis Courts
							Intermediate Class is a combination of drill and instruction and is great for everyone looking for competitive experience. The goal of this class is to prepare players for high school and/or tournament experience. Parents are encouraged to come and cheer during matches each Thursday. Includes shirt.
11027013	7-12 Adv.*	6/13-7/7	M-T-W-Th	10:30-12 pm	\$117	Huffman /Trinh	PHS Tennis Courts

\* With instructor approval. Advanced Class is for experienced high school and/or tournament players. It is predominantly drills that mirror playing situations and includes match play against teams from the area. Includes shirt.

### CO-ED VOLLEYBALL

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
11028021	5-8	7/11-7/21	M-T-W-Th	9:00-11:00 am	\$72	M. Riedy/D. Schaffeld	Field House
11028121	9	7/11-7/28	M-T-W-Th	11:30-1:30pm	\$96	M. Riedy/D. Schaffeld	Field House
11028122	10-12	7/11-7/28	M-T-W-Th	1:30-3:30pm	\$96	M. Riedy/D. Schaffeld	Field House

All camps include a T-shirt.

# Prospect High School Summer Athletic Camps 2011

## **CO-ED YOUTH TRACK & FIELD - Limit of 20 students**

<b><u>Code#</u></b>	<b><u>Grades</u></b>	<b><u>Dates</u></b>	<b><u>Days</u></b>	<b><u>Time</u></b>	<b><u>Fee</u></b>	<b><u>Head Coach</u></b>	<b><u>Location</u></b>
11029811	K-6	6/14-6/30	T-W-Th	9:00-10:15 am	\$49	M. Burnett	PHS Track

Students will learn the events in track and field. Proper technique and training will be demonstrated daily. Please bring your own water bottle.

## **CO-ED WATER POLO/COMPETITIVE SWIMMERS**

Following camps are open to all 214 Residents Grades 8-12. Others by tryout.

### **Swimming**

<b><u>Code#</u></b>	<b><u>Grades</u></b>	<b><u>Dates</u></b>	<b><u>Days</u></b>	<b><u>Time</u></b>	<b><u>Fee</u></b>	<b><u>Head Coach</u></b>	<b><u>Location</u></b>
11096011	8-12	6/13-7/7	M-T-W-Th	6:00-8:00 am	\$156	see below	Buffalo Gr HS Pool
11096021	8-12	7/11-7/28	M-T-W-Th	6:00-8:00 am	\$126	see below	Buffalo Gr HS Pool

Coaches: T. Mroz, D. Mortensen, and other 214 coaches.

WHAM Age Group Swim Team Grades 1-12 information online at:

[http://hyperion.d214.org/ce/swim.lasso?crs\\_type=1&rp=-32210](http://hyperion.d214.org/ce/swim.lasso?crs_type=1&rp=-32210)

Following camps are open to all 214 Residents Grades 5<sup>th</sup>-9<sup>th</sup> grade.

### **Water Polo**

<b><u>Code#</u></b>	<b><u>Grades</u></b>	<b><u>Dates</u></b>	<b><u>Days</u></b>	<b><u>Time</u></b>	<b><u>Fee</u></b>	<b><u>Head Coach</u></b>	<b><u>Location</u></b>
11096211	5-9 Introduction	6/13-7/7	M-T-W-Th	10:00-12:00 pm	\$132	see below	Elk Grove HS Pool
11096221	5-9 Introduction	7/11-7/28	M-T-W-Th	10:00-12:00 pm	\$107	see below	Elk Grove HS Pool

Coaches: D. Mortensen and other 214 coaches.

Following camps are open to all 214 Residents Grades 8<sup>th</sup>-12<sup>th</sup> grade.

11096212	8-12 Experienced	6/13-7/7	M-T-W-Th	6:00-8:00 pm	\$176	see below	Elk Grove HS Pool
11096222	8-12 Experienced	7/11-7/28	M-T-W-Th	6:00-8:00 pm	\$141	see below	Elk Grove HS Pool

Coaches: B. Savitt, M. Brownley, J. Means, and other 214 coaches.