

Prospect High School

Summer Athletic and Activity Camps 2009

BOYS' CAMPS

BOYS' 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>
09020011	4-8	6/15-6/25	M-T-W-Th	9:30-11:00 am	\$82	R. Giusti	V. Baseball Field
Camp emphasis will be on fundamentals and their use in actual games. T-shirt included. Meadows Park is located on Gregory, between Waterman and Dale Streets. Please bring your own water bottle.							
09020012	9	6/15-6/25	M-T-W-Th	1:30-3:00 pm	\$82	M. Menich	V. Baseball Field
Camp emphasis will be on fundamentals and their use in actual games. T-shirt included.							
09020023	10	6/15-7/23	M-T-W-Th	4:00-7:00 pm	\$198	T. Stocking	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.							
09020024	11-12	6/15-7/24	M-T-W-Th-F	4:00-7:00 pm	\$198	R. Giusti	V Baseball Field
Varsity Summer League. Must have coach's recommendation to register. Games all week. Summer league jersey not included.							
09020013	5-8 Pitching	6/15-6/19	M-T-W-Th-F	11:30-12:30 pm	\$76	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.							
09020014	5-8 Catching	6/22-6/26	M-T-W-Th-F	11:30-12:30 pm	\$76	M. Menich	V. Baseball Field
This camp will focus on developing the players catching skills, including, proper stance, receiving, blocking, and throwing. In addition, players will learn the proper skills to effectively 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>
09021011	5-8	6/15-7/2	M-T-W-Th	1:30-3:30 pm	\$107	J. Camardella	Forest View Center
09021012	9-12	6/15-7/2	M-T-W-Th	11:30-1:30 pm	\$116	J. Camardella	Forest View Center
Emphasizes the fundamentals of the game. T-shirt included. All camps include a fee to cover summer league costs. All basketball camps will be held at Forest View Education Center, 2121 S. Goebbert Road, Arlington Heights.							

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>
09021521	9-10	7/6-7/31	M-T-W-Th-F	TBD*	\$93	M. Stokes/Wintermute	Evergreen Park
09021522	11-12	7/6-7/31	M-T-W-Th-F	TBD*	\$93	M. Stokes/Wintermute	Evergreen Park
*All levels will meet at 8:00 a.m. on 7/05 at Evergreen Park. PM Running TBA							
09021523	7-8	6/24-7/15	M-W F	8:00-10:00 am 8:00 am - TBA	\$67	M. Stokes/Wintermute	Evergreen Park
Must be 12 years old by September 1. Build up endurance and learn proper training techniques. Evergreen Park is located in Arlington Heights at Grove and Forrest Streets.							

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>	
09022021	Varsity Camp	7/13-7/31	M-T-W-Th-F	11:15-3:00 pm	\$148	B. Pearlman	Football Field
Mini camp includes championship camp at Rantoul--a separate fee will be assessed. Camp times will vary.							
09022022	Soph. Camp	7/13-7/31	M-T-W-Th F	8:45-12:30 pm 11:15-1:30 pm	\$148	B. Pearlman	Football Field
(Camp times will vary within window.)							
09022013	Freshman 1	6/15-7/3	M-T-W-Th-F	8:30-10:45 am	\$68	B. Pearlman	Football Field
09022023	Freshmen 2	7/13-7/31	M-T-W-Th-F	8:30-10:45 am	\$68	B. Pearlman	Football Field
*Students enrolled in summer school will be excused to attend their academic classes.							

The Mount Prospect Park District sponsors youth football camps for grades 3-5 and grades 6-8. For more information please contact the Park District at (847) 640-1000.

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BOYS' GYMNASTICS

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
09023011	6-9	6/15-6/25	M-T-W-Th	11:00-12:30 pm	\$70	J. Basler	PHS
09023012	10-12	6/15-6/25	M-T-W-Th	8:30-11:30 am	\$114	J. Basler	PHS

Participants will meet in the Gymnastics Room for all sessions.

BOYS' SOCCER

Code	Grades	Dates	Days	Time	Fee	Head Coach	Location
09024021	9-12	7/13-7/24	M-T-W-Th-F	7:00-10:00 am	\$114	Trenkle/Cohen	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.							
09024022	5-8	7/13-7/24	M-T-W-Th-F	8:00-10:00 am	\$84	Trenkle/Cohen	PHS Soccer Field
Camp will teach soccer fundamentals and an appreciation for the game. Using small-sided games and individual ball skill and we will develop the complete player. Includes T-shirt.							

BOYS' TRACK & FIELD (All Events)

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
09029611	9-10	6/22-7/10	M-T-W-Th-F	TBD*	\$88	M. Stokes/Wintermute	Evergreen Park
09029612	11-12	6/22-7/10	M-T-W-Th-F	TBD*	\$88	M. Stokes/Wintermute	Evergreen Park
09029613	6-8 **	6/16-7/2	T-Th	5:00-7:00 pm	\$51	K. Barcal/P. Paynter	Evergreen Park

*Days and times will vary depending upon grade level. From 6/22-26, please meet at 8:00 am on the PHS Track. The rest of the time is TBD. Distance will meet at Evergreen Park at 8:00 a.m. on 6/29 on M-W-F, at PHS on T-Th. Evergreen Park is located in Arlington Heights at Grove and Forrest Streets. **Camp participants must be 11 years old by September 1.

BOYS' WEIGHTLIFTING, SPEED DEVELOPMENT, AND CONDITIONING

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
Sophomores							
09029511	Weight/Speed	6/15-7/3	M-W-F	7:00-9:30 am	\$92	B. Pearlman	Cafeteria
	Conditioning	6/15-7/3	T-Th	9:00-10:30 am			
Varsity							
09029512	Weight/Speed	6/15-7/3	M-W-F	8:00-11:00 am	\$92	B. Pearlman	Cafeteria
	Conditioning	6/15-7/3	T-Th	2:00-4:00 pm			

GIRLS' CAMPS

GIRLS' BASKETBALL

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
09021111	5-6	6/15-7/2	M-T-W-Th	9:30-11:30 am	\$106	M. Kelly	Forest View
09021112	7-8	6/15-7/2	M-T-W-Th	9:30-11:30 am	\$136	M. Kelly	Forest View
09021113	9-12	6/15-7/2	M-T-W-Th	7:30-9:30 am	\$156	M. Kelly	Forest View
Skills emphasized as well as team concepts. Jersey and summer league fees included for 9-12 grades. All basketball camps will be held at Forest View Education Center, 2121 S. Goebbert Road, Arlington Heights.							
09029513	9-12 Wt./Cond.	6/15-7/2	M-T-W-Th	9:30-10:30 am	\$60	M. Kelly	Forest View

GIRLS' BOWLING

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Meet at
09021321	7-9	6/17-7/29	W	11:00-12:30 pm	\$84	G. Troyer/Carpenter	Beverly Lanes
09021322	10-12	6/17-7/29	W	1:00-2:30 pm	\$84	G. Troyer/Carpenter	Beverly Lanes

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

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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>Meet at</u>
09021611	10-12	6/15-7/3	M-T-Th-F	8:00-10:15 am	\$103	D. Wurster	PHS Track
09021622	9-12 beginner	7/6-7/31	M-T-Th-F	8:00-9:45 am	\$106	D. Wurster	PHS Track
Camp emphasis will be on developing endurance for the fall high school season. T-shirt included.							
09021623	6-8	7/6-7/23	M-T-Th	8:00-9:15 am	\$63	D. Wurster	PHS Track
Learn some effective techniques, and use them for distance running. Running will be progressive. T-shirt included.							

GIRLS' GOLF

<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>
09022611	4-6 Fundamentals	6/15-6/24	M-T-W	12:00-1:30 pm	\$82	J. Hamann	M.P. Golf Club
09022612	7-8	6/15-6/24	M-T-W	1:30-3:00 pm	\$82	J. Hamann	M.P. Golf Club
09022621	9-12	6/15-7/24	TBD	3:00-6:00 pm	\$156	J. Hamann	M.P. Golf Club

All camps will focus on the importance of 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 p.m. 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 camp will receive a schedule for the summer with dates, times, and locations. Camp costs include t-shirt and all range fees. Green fees **not** included.

09022622	7-8 League	7/2 – 7/23	Th	8:00 – 11:30 am	\$121	J. Hamann	Des Plaines Golf Center
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This camp will consist of a one hour practice at the short game area at the Des Plaines Golf Center followed by playing nine holes of golf on the Par 3 course the first four Thursdays in July. The golfers will be introduced to many types of shots. The girls will also have an opportunity to play alongside selected members of Prospect's Varsity Girls Golf Team and/or Alumni. Price includes all practice fees, green fees, and a polo golf shirt.

GIRLS' GYMNASTICS

<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>
09023111	6-9	6/15-6/25	M-T-W-Th	11-12:30 pm	\$70	J. Basler	PHS
09023112	10-12	6/15-6/25	M-T-W-Th	8:30-11:30 am	\$106	J. Basler	PHS

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

GIRLS' SOCCER

<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>
09024121	5-8	7/20-7/31	M-T-W-Th-F	12:00-2:00 pm	\$99	T. Froats	PHS Soccer Field
09024122	9-12	7/20-7/31	M-T-W-Th-F	9:00-11:30 am	\$114	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.

GIRLS' SOFTBALL

<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>
09025021	4-8	7/13-7/23	M-T-W-Th	8:00-9:30 am	\$61	B. Martin	V Softball Field
09025022	9-12	7/13-7/30	M-T-W-Th	9:30-12:00 pm	\$114	J. Kyp-Johnson	V Softball Field

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

GIRLS' SOFTBALL- PITCHING AND CATCHER CAMP

<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>
09025023	4-9	7/13-7/23	M-T-W-Th	10:00-11:00 am	\$49	J. Kyp-Johnson	V Softball Field

GIRLS' SPEED DEVELOPMENT

<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>
09029514	10-12	6/15-7/3	M-W-F	9:30-11:45 am	\$83	D. Wurster	PHS Track

This camp is for any female high school athlete interested in becoming faster. Includes shirt.

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GIRLS' POLE VAULT

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
09029715	7-12 beginner	6/17-7/1	W	11:30-1:00 pm	\$38	D. Wurster	PHS Track
09029716	10-12 adv	6/17-7/1	W	11:30-1:00 pm	\$43	D. Wurster	PHS Track

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

GIRLS' TRACK & FIELD

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
09029721	10-12	7/6-7/31	M-W-F	9:15-11:45 am	\$94	D. Wurster	PHS Track
09029722	9	7/7-7/16	T-W-Th	11:30-1:15 pm	\$94	D. Wurster	Hersey Track
		7/20-7/31	M-W-F	9:30-11:45 am			PHS Cafe

Camp will focus on speed development and techniques in all sprinting, jumping and throwing events.

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

09029723	7-8 Intermediate	7/7-7/22	T-W-Th	11:30-1:15 pm	\$66	D. Wurster	Hersey Track
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Camp is for those with 1-3 years experience on an organized team or having completed the beginner camp.

Camp will emphasis sprinting, jumping and hurdling events.

09029714	6-8 beginner	6/16-7/1	T-W-Th	11:30-1:15 pm	\$66	D. Wurster	PHS Track
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Camp is for those with little or no experience on an organized team; emphasis will be on sprinting, jumping and hurdling.

CO-ED CAMPS

CO-ED DANCE

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
09023311	6-8	6/15-6/19	M-T-W-Th-F	9:00-10:30 am	\$47	K. Burlinski	Dance Room
09023312	9-12	6/15-6/19	M-T-W-Th-F	10:30-12:00 pm	\$47	K. Burlinski	Dance Room

Students will be instructed in jazz, modern and hip-hop.

CO-ED DRAMA

Code #	Grades	Dates	Days	Time	Fee	Head Coach	Location
09023211	6-8	6/15-6/26	M-W-F	8:30-10:00 am	\$52	J. Morton	PHS Theater/238

This camp will teach verbal and nonverbal skills to enhance the student performer. The camp will focus on audition techniques, improvisation, and will end with a mini-performance created during the camp.

09023212	9-12	6/15-6/26	M-W-F	10:00-12:00 pm	\$60	J. Morton	PHS Theater/238
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This camp will help students develop audition skills, improve their use of the actor's body and voice, develop improvisational techniques, and will culminate with a small production.

CO-ED SPEECH

Code #	Grades	Dates	Days	Time	Fee	Head Coach	Location
09023411	9-12	6/15-6/26	T-Th	10:00-12:00 pm	\$49	J. Morton	PHS 238

This camp is for new and current members of the speech/drama team. Students will improve their writing, presentation skills, script selection, and scene rehearsals.

CO-ED COMPETITIVE SWIMMING/WATER POLO

High School Competitive Swimming and Water Polo Camps are available. Call (847) 718-5233 for information.

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
09027011	4-10 Novice	6/15-7/2	M-T-W-Th	8:00-9:00 am	\$75	R. Huffman/Casper	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.

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CO-ED TENNIS (continued)

09027012 7-12 Interm. 6/15-7/3 M-T-W-Th 9:00-10:30 am \$104 R. Huffman/Casper PHS Tennis Courts
 F 9:00-11:00 am

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 Friday. Includes shirt.

09027013 7-12 Adv.* 6/15-7/3 M-T-W-Th 10:30-12:00 pm \$114 R. Huffman/Casper PHS Tennis Courts
 F 8:00-10:00 am

* 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 YOUTH TRACK & FIELD - Limit of 20 students per session

<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>
09029811	K-6	6/15-6/25	M-T-W-Th	9:00-10:15 am	\$45	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 VOLLEYBALL

Due to construction projects Prospect High School will not be offering any volleyball camps this summer. For a list of area camps, please contact the Prospect athletic office at (847) 718-5233.