

Prospect High School Summer Athletic Camps 2021

TOWNSHIP HIGH SCHOOL DISTRICT 214

Registration opens on Monday, May 3 at 10am. All participants must complete two steps:

1. [Click here for online camp registration](#)
2. [Click here to complete the required COVID waiver](#)

Participant Eligibility

Only Prospect High School students may participate in the Summer Athletic Program (SAP). Grade/age level is often designated in the title or description of each camp/class. **Grade level is defined**, as the grade the student **will enter in the Fall of 2021**

Registration

Students register for summer camps online. If you do not have internet access, a computer will be available in the Student Activities Office. Master Card, Visa and Debit Cards can be used to pay for Summer Athletic Camps online only. Any registration paid with cash, check, or money order must be completed in the Student Activities Office. All cash or check payments are by appointment only with Vicki Poulos at vicki.poulos@d214.org or 847-718-5219. Appointments are M-Th 7:30-1pm.

*Registration **Begins***

May 3, 2021

*Registration **Ends***

June 4, 2021

Late fee of \$10 applies after the end date and fees are not prorated for late registrations)

SCHOOL IS CLOSED ON FRIDAYS DURING SUMMER

Fees

Registration Fee

*\$22.00 per camp -**INCLUDED IN THE CAMP FEE** (Non-refundable)*

Late Fee (After June 4th)

\$10.00 per registrant (Nonrefundable)

A T-shirt (if applicable) is not guaranteed if registering late.

Camp Tuition

Differs by camp based on contact hours

Free Lunch Waiver

Only students who take part in the District 214 free/reduced lunch program in 2021-22 are eligible for the waiver of SAP tuition. All students who receive free lunch must still pay the \$22.00 registration fee, T-shirt fee, league fees, admin fees, etc. Fee waiver documentation must be on file with the school administration **prior** to registering for a camp. All participants must make an appointment with Vicki Poulos at vicki.poulos@d214.org or 847-718-5219 to make this payment. Appointments are M-Th 7:30-1pm.

Refunds: No refunds unless the camper is medically unable to participate. Must have a doctor's note. NO Pro-rating of fees if missing camp. *Full refund of all fees if camp is canceled. Other refunds (excluding Registration fee) with signed doctor's note are prorated by day based upon date of refund. There are no refunds after half (1/2) of the days of camp or for sessions canceled due to inclement weather.*

Insurance

Students are responsible for their own insurance coverage. If a participating student is injured, the incident should be reported as if the student is a visitor on school premises. All injuries must be reported to the head coach/sponsor and trainer (if on duty). The head coach/sponsor must complete an accident report.

Cancellation

The District 214 guidelines of heat/humidity and lightning will be strictly followed. Sessions canceled due to bad weather will not be rescheduled. Programs will directly communicate these cancellations notices.

Transportation

Students are responsible for their own transportation. There is no bus service.

Questions?? - 847/718-5233

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BOYS CAMPS

BASEBALL

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
21020013	9-10	7/05-7/15	M/T/W/Th	8:00-9:20am	\$75	R. Giusti	V Baseball Field
21020014	11-12	7/05-7/15	M/T/W/Th	2:00-3:30pm	\$75	R. Giusti	V Baseball Field

Camp emphasis will be on fundamentals and their use in actual games. Grades 11-12 may have an additional IHSBCA Summer Tournament added. The times and dates are still waiting to be announced.

BOYS BASKETBALL

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
21021014	9-10	06/21-07/01	M/T/W/Th	7:00-8:30am	\$75	B. Rathe	Forest View Door 33
21021012	11-12	06/21-07/01	M/T/W/Th	8:00-9:30am	\$115	B. Rathe	Forest View Door 33

Emphasizes the fundamentals of the game.

BOYS CROSS COUNTRY

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Meet at
21021522	9-12	06/28-07/29	M/T/W/Th	8:00-9:45am	\$157	J. Renaud	PHS Track

This camp is designed to build endurance and learn proper training techniques. Runs will consist of a speed/interval day, tempo runs, recovery runs and long runs. Athletes will be taught the purpose of these training components and how it will help them become better runners. Bring a water bottle. **Need to be able to run 1 mile without stopping.** The amount of running an athlete will do depends on running experience.

BOYS FOOTBALL

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
21022021	9-12	06/21-06/24	M/Tu/W/Th	10:00-1:00pm	\$65	D. DeBoeuf	Football Fields
21022022	9-12	06/28-07/29	M/Tu/W/Th	10:00-1:00pm	\$246	D. DeBoeuf	Football Fields

High school football summer camp includes practice/camp time, film study, culture school regarding our program, and a strength and conditioning program. Participants will receive a camp shirt and all necessary equipment. Coaches of the program will provide a safe learning environment in which players learn important life skills such as work ethic, teamwork, and leadership skills.

BOYS GOLF

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
21028231	9-12	6/21-7/15	Th	7:30-11:30am	\$373	J. Hamann	Course will vary

This program is designed for boys interested in improving their skills and intending to play for the Prospect High School Boys Golf Team. We will travel to golf courses around the area that the boys will play during the fall season. We will practice for 1.5 hours and then play 18 holes. The fees include all practice fees, instruction, greens fees with cart, lunch, and a shirt. Dates and times will be announced soon. Please contact Jim Hamann at james.hamann@d214.org if you have any questions.

BOYS GYMNASTICS

No Gymnastics camps this summer

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BOYS LACROSSE

Code	Grades	Dates	Days	Time	Fee	Head Coach	Location
21023621	9-12	07/19-07/29	M/T/W/Th	4:00-6:00pm	\$89	J. Battaglia	PHS Stadium

Emphasizes the fundamentals of the game.

BOYS SOCCER

Code	Grades	Dates	Days	Time	Fee	Head Coach	Location
21024021	9-12	7/05-7/22	M/T/W/Th	7:00-10:00am	\$160	M. Andrews	Grass Soccer Field

This camp will prepare players through cardiovascular, core strengthening, and soccer training. Point of emphasis will be the development of individual skills. Social distancing expectations will be communicated to parents via email prior to the start of camp. Players will be required to bring their own water, and their own soccer ball (We can provide one if needed).

BOYS TRACK & FIELD (Speed Camp)

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
21029611	9-12	7/12-7/29	M/T/W/Th	7:30-9:00am	\$96	J. Renaud	PHS Track

This camp is designed to develop speed and power for all sports. Two of our main workouts during the week will be timed all-out maximum velocity 10 meter and 30 meter flies in addition to the 40 yard dash using our Freelap machine, which will provide an automated time to the hundredth of a second for each athlete. We will track progress throughout the course of the camp. Athletes will be taught the purpose of different training components and how it will help them become faster, better athletes for all sports. Some weight room or outdoor strength activities may be included.

BOYS VOLLEYBALL

No boys' volleyball camps this summer

WRESTLING

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
21029011	9-12	06/22-06/24	Tu/Th	2:00-3:30pm	\$45	T. Whalen	PHS Wrestling Room

Camp is designed to build individual skills through a variety of instructional strategies and conditioning.

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Prospect High School Summer Athletic Camps 2021

GIRLS CAMPS

GIRLS BADMINTON

<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>
21022512	9-12	06/21-07/01	M/T/W/Th	4:30-6:00pm	\$75	L. Gibbel	PHS Gyms 1&2

This camp is tailored to meet every level of badminton player. Through a combination of drills, instructions, and match play, the goal of this camp is to prepare and further the career of future and existing badminton players. Coaching will be according to the players ability level, and campers will compete in both singles and double play. Badminton rackets will be provided.

GIRLS 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>
21021114	9-10	06/21-07/01	M/T/W/Th	8:30-10:30am	\$129	M. Weber	Forest View-Door 33
21021113	11-12	06/21-07/01	M/T/W/Th	8:30-10:30am	\$129	M. Weber	Forest View-Door 33

Individual skills and team concepts emphasized. Fee includes a t- shirt, practice jersey, and league fees.

GIRLS BOWLING

<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>
21023021	9-12	6/22-7/01	T/Th	3:30-5:00pm	\$53	A. Mahanna	Beverly Lanes
21023022	9-12	7/20-7/29	T/Th	3:30-5:00pm	\$53	A. Mahanna	Beverly Lanes

The camp is designed for beginners looking to learn the basic fundamentals of the game as well as developed athletes looking to improve their current skills. Campers will learn the approach process, scoring, etiquette, and skills necessary for an effective release. The camp will be held at Beverly Lanes in Arlington Heights. All campers will receive a camp T-shirt.

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>
21021622	9-12	6/28-7/29	M/T/W/Th	7:00-9:00am	\$174	P. Wintermute	PHS Track

Camp is designed to build endurance and teach effective training principles in preparation for the fall season. Running is progressive and the amount of running depends on each athlete's level of experience. Runs consist of interval running, tempo running, long runs, maintenance runs, and speed development. Some weight room activities may be included. Bring a water bottle. T-shirt included.

GIRLS DANCE TEAM

<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>
21023001	Competitive Dance Team	7/06-7/08	T/Th W	8:00-12:00pm 2:00-6:00pm	\$80	K. Frericks	PHS Gyms 1&2
21023002	Dance Skills	7/12	M	8:00-12:00pm	\$56	K. Frericks	PHS Gyms 1&2

Competitive Dance Team camp will focus on competitive choreography and skills.
Dance Skills Camp will focus on sport-specific skills of jumps, leaps, turns, conditioning and teambuilding. Dancers will receive instruction from PHS coaching staff.**Please note that both dance camps are ONLY open to athletes who have made the 2021-2022 dance program.

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>
21028221	9-12	6/21-7/29	M/T/W/Th	8:00-12:00pm	\$305	B. Rathe	Course will vary

This program is designed for girls interested in improving their skills and intending to play for the Prospect High School Girls Golf Team. The fee includes all range and practice fees, 2 vouchers for 9 hole greens fees, prizes, t-shirt, and approximately 12.5 hours of golf instruction from Prospect High School golf coaches, Top PGA teaching professional Eric Pick, and Alumni. All areas of the game will be covered and the players will learn team philosophies and drills. Beginners are welcome and encouraged to participate. No make-ups for days canceled due to weather. Campers will receive a free 18-hole greens fee for any cancelled days.

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GIRLS GYMNASTICS

No Gymnastics camps this summer

GIRLS LACROSSE

Code	Grades	Dates	Days	Time	Fee	Head Coach	Location
21023631	9-12	07/26-07/29	M/T/W/Th	6:00-7:30pm	\$53	T. Ringo	PHS Stadium

Emphasizes the fundamentals of the game. T-Shirt included in fee.

GIRLS SOCCER

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
21024122	9-12	7/12-7/15	M/Tu/W/Th	10:30pm-12:30pm	\$75	T. Froats	Grass Soccer Field

This camp will teach individual soccer skills and fundamentals. Players will be required to bring their own water, and their own soccer ball (if a ball is needed one can be provided to the player for the duration of the camp please just let Coach Froats know and we will provide one to you) There will be no congregating by participants before or after camps. Coaches will demonstrate, observe and instruct at social distances. If players do not adhere to camp structure and expectations they may be asked to leave camp and not return.

GIRLS SOFTBALL

No Softball camps this summer

GIRLS TRACK & FIELD

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
21029721	9-12	06/21-07/21	M/W	9:00-10:30am	\$85	P. Wintermute	PHS Track

Camp will focus on improving technique with a focus on speed development using the Freelap electronic timing system. The Freelap timing system provides an automated time to the hundredth of a second for each athlete. This information will be used to assess the growth of each athlete and to help each athlete. Some weight room activities will be included and outdoor strength activities. Bring a water bottle. T-shirt included.

GIRLS POLE VAULT

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
21029716	9-12	06/21-07/21	M/W	10:30-11:30am	\$68	P. Wintermute/Raub	PHS Track

Pole vault camp is for high school athletes interested in improving their skills and technique. Athletes will continue their progression in pole vaulting through live vaulting and drill work. T-shirt included. Pole vaults will be provided. Bring a water bottle.

GIRLS VOLLEYBALL

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
21028120	10-12	07/19-07/29	M/Tu/W/Th	8:00am-11:00am	\$122	L.Gerber	PHS
21028121	9	07/19-07/29	M/Tu/W/Th	8:00am-11:00am	\$122	L.Gerber	PHS

Camp will prepare the players for the fall season through a combination of drills, instruction and match play. Includes t-shirt.

GIRLS WATER POLO

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
21028821	9-12	06/21-07/15	M/Tu/W/Th	7:00-9:00am	\$176	M. Dix	Prospect Pool-Door 13

Camp is designed to build individual skills through a variety of instructional strategies and conditioning.

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CO-ED CAMPS

CHEERLEADING

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
21026004	9-12	07/26-07/27	M/T	8:00-5:00pm	\$126	K. Norwell	PHS Stadium
21026005	9-12	06/21-06/24	M/T/W/Th	9:00-11:00am	\$50	K. Norwell	PHS Stadium

Cheerleading camp focuses on sport-specific skills of motions, jumps, stunting, sideline cheers, and conditioning.

***Please note that Cheer Skills Camp is only open to athletes who have made the cheerleading program.

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
21027013	9-12	06/21-07/01	M/T/W/Th	8:00-10:00 am	\$89	T. Kujawa	Wheeling HS Courts

Camp is designed for all high school and/or tournament players. It is predominantly drills that mirror playing situations and may include match play against teams from the area.