

Prospect High School

Summer Athletic Programs

2025

Camp Registration Opens April 1 at 8 a.m.



Township High School District 214

NO proration of fees due to missed camps/vacation, etc.

****Please use a computer to register****

Participant Eligibility

- High school students who currently attend or will attend Prospect High School in the Fall of 2025
- Students in grade levels* K-8th who reside in Prospect High School boundaries.

**Grade level is defined as the grade the student will enter in the Fall of 2025 and is designated in the title or description of each camp.*

Camp Dates

- Session 1: June 9-26, 2025 (**No camp on Thursday, June 19th in observation of National Freedom Day**)
- Session 2: July 7- July 31, 2025 (please look at your camp dates closely, camps may be 3 or 4 weeks)
- NO Camp the week of June 30-July 4

Tuition & Fees

- Registration fee per camp (**nonrefundable**): \$25.00
- Administration fee: \$3.00
- Camp Tuition
- Additional fees may be charged based on the camp needs (eg. t-shirt fee, league fee etc.).
- NO proration of fees due to missed camps/vacation, etc.

Please note a t-shirt (if applicable) is not guaranteed if registering late.

Registration Link: [Registration Link - Click Here](#) **Camp Registration Opens April 1 at 8 a.m.**

- Opens **Tuesday, April 1, 2025**
- Parents/Students can register online with a credit card. Credit cards that are accepted are Visa, Mastercard, and Discover.
- Parents/Students who choose to register in person must do so in the **Activities Office, contact Kirsty Anzalone at 847-718-5219**.

Fee Exemption

Only students who participate in the D214 free and reduced lunch program are eligible for waiver of camp tuition. **Fee Exemption students may now register online and fees will be calculated accordingly.**

Refunds

If payment was made with a credit card the refund will be put immediately back onto the card that was used for payment. If payment was made with a cash or check the participant will receive a refund via check. *Please note that check refunds could take up to 30 days to receive.*

Reasons for refunds are as follows;

- If camp is canceled by District 214 all tuition and fees are refunded.
- If a participant is medically unable to participate a refund will be issued upon presentation of a signed doctor's note. The refund is prorated (by contact hour) based upon the date of the doctor's note.
- No refund after the passage of half of the scheduled camp time.
- No refund for sessions canceled or time lost due to inclement weather.

Insurance

Students are responsible for their own insurance coverage. If a participating student is injured, the incident should be reported to the head coach/sponsor and trainer (if applicable).

Cancellations due to Weather

- The District 214 heat/humidity and lightening guidelines will be strictly enforced and followed. Sessions canceled due to inclement weather will not be rescheduled. Programs will directly communicate these cancellation notices.

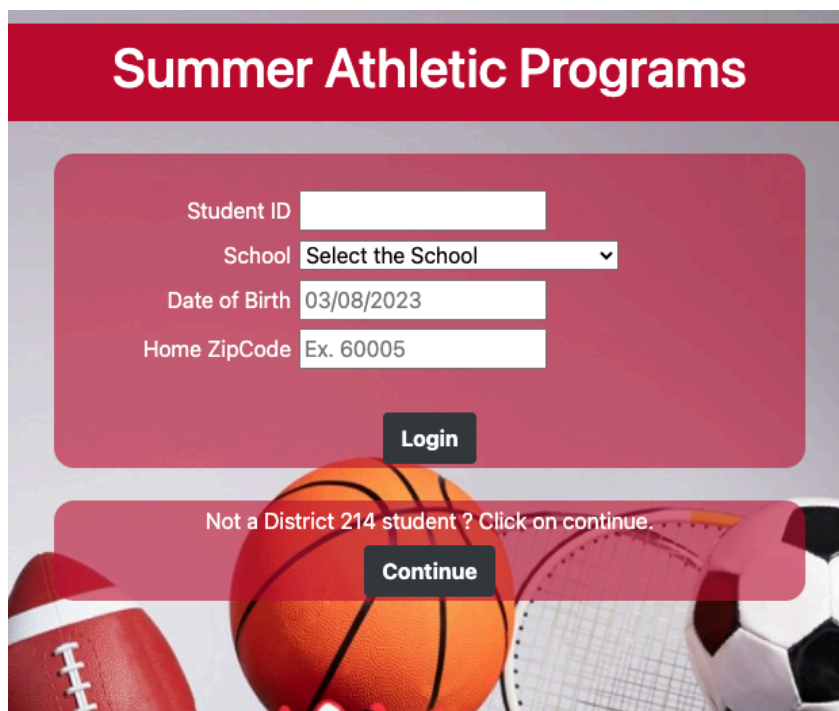
Transportation

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

For More Information Contact

Amy Nickel at 847-718-5233 or email amy.nickel@d214.org.

NOTE - if registering for a YOUTH camp - please select "continue" - you do not need a Student ID for youth camps.

The image shows a registration form titled "Summer Athletic Programs" in a red header. The form has a light pink background and contains the following fields: "Student ID" with a text input box, "School" with a dropdown menu labeled "Select the School", "Date of Birth" with a text input box showing "03/08/2023", and "Home ZipCode" with a text input box showing "Ex. 60005". Below these fields is a dark grey "Login" button. At the bottom of the form is a red banner with the text "Not a District 214 student ? Click on continue." and a dark grey "Continue" button. The background of the form features images of a football, a basketball, and a soccer ball.

****Please use a computer to register****

****At this time, camps will not be limited in size. Please register ONLY for those camps you can attend - NO refunds****

BOYS CAMPS

No camp on Thursday, June 19th in observation of National Freedom Day

BASEBALL

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
25020011	3-8	7/7-7/17	M/T/W/Th	8:00-9:30 am	\$108	TBA	V Baseball Field
25020012	9-10	6/16-6/25	M/T/W	2-3:30 pm	\$100	TBA	V Baseball Field
25020013	11-12	6/16-6/25	M/T/W	2-3:30 pm	\$100	TBA	V Baseball Field

**Varsity camp by invitation only. Times may vary based on scheduling.

BOYS BASKETBALL

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
25021011	5-8	6/18-6/26	M/T/W/Th	12- 2 pm	\$108	B. Rathe	FH/Gyms
<i>Please note - youth camp will run on Wednesday the 18th of June, (Juneteenth is off), then the following week M - Th</i>							
25021014	9-12	6/9-6/26	M/T/W/Th	12-2 pm	\$230	B. Rathe	FH/Gyms

High school camp is 12-2 from 6/9 to 6/16. From 6/17 to 6/26 camp will be from 10-12 noon.

Emphasizes the fundamentals of the game. All levels will be in various tournaments/leagues as part of this camp. Games will be in the evenings and weekends.

BOYS CROSS COUNTRY

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
25021522	5-8	6/9-6/26	M/T/W/Th	7:30-9 am	\$149	J. Renaud	PHS Track
Dist 25 Families Only							
25021519	5-8	6/11-6/26	M/T/W/Th	7:30-9 am	\$122	J. Renaud	PHS Track
25021523	5-8	7/7-7/24	M/T/W/Th	7:30-9 am	\$162	J. Renaud	PHS Track

This camp is designed to build endurance and learn proper training techniques. Runs will consist of tempo runs, intervals, recovery runs and long runs. Athletes will be taught the purpose of these training components and how it will help them become better runners. Fun team building activities include trail runs, Slurpee runs, softball, and ultimate frisbee. Some weight room or outdoor strength activities may be included. Bring a water bottle. You need to be able to run 1 mile without stopping. The amount of running an athlete will do depends on running experience.

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
25021521	9-12	6/9-6/26	M/T/W/Th	7:30-10 am	\$193	J. Renaud	PHS Track

This camp is designed to build endurance and learn proper training techniques. Runs will consist of interval days, 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. Fun team building activities include trail runs, Slurpee runs, softball, and ultimate frisbee. Some weight room or outdoor strength activities may be included. 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 Track (Distance)

<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>
25029619	9-12	7/7-7/31	M/T/W/Th	7:30-10 am	\$240	J. Renaud	PHS Track

This track and field distance camp is a continuation of the June cross country camp. This camp is designed to build endurance and learn proper training techniques. Runs will consist of tempo runs, intervals, recovery runs and long runs. Athletes will be taught the purpose of these training components and how it will help them become better runners. Fun team building activities include trail runs, Slurpee runs, softball, and ultimate frisbee. Some weight room or outdoor strength activities may be included. Bring a water bottle. You need to be able to run 1 mile without stopping. The amount of running an athlete will do depends on running experience.

BOYS FOOTBALL

YOUTH

<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>
25022023	5-8	6/23-06/26	M/T/W/Th	10:30-12:00 pm	\$90	D. DeBoeuf	Football Fields

Youth football camp at Prospect high school will provide an opportunity for participants to learn the fundamentals of football. Participants will be coached by both High School coaches as well as High School players. This camp is a great opportunity for young players to learn about the game in a safe and comfortable environment. Participants will also be given speed/agility training during the camp. Participants will receive a camp shirt as well as all necessary equipment. Any questions regarding camp can be directed towards Coach DeBoeuf at daniel.deboeuf@d214.org.

JUNE 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>
25022011	9-12	6/9-6/26	M/T/W/Th	6:30 am-10 am	\$193	D. DeBoeuf	Football Fields

JULY 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>
25022021	9-12	7/7-7/30	M/T/W/Th	6:30 am-10 am	\$210	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 - MPGC

<u>Code#</u>	<u>Grades</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>	<u>Head Coach</u>	<u>Location</u>
Sign up at MPGC	9-12	6/9-6/12	12-2:15 pm		Hamann	Mt. Prospect Golf Club

Prospect Boys Golf Camp. This program is designed for boys interested in improving their skills and intending to try out for the Prospect High School Boys Golf Team. The fee includes all range and practice fees, 2 vouchers for 9 hole greens fees, prizes, t-shirt, and approximately 9 hours of golf instruction from Prospect High School golf coaches, top PGA teaching professionals, 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 canceled days.

BOYS LACROSSE

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
25023521	9-12	7/8-7/24	M/ T/W/Th	12-2 pm	\$168	Riesing	PHS Stadium
Emphasizes the fundamentals of the game. Participants will receive a t-shirt and all athletes are welcome. Please wear cleats and bring a lacrosse stick. All other protective equipment will be available to use during camp.							

BOYS SOCCER

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
25024021	9-12	07/14-7/31	M/T/W/Th	9-11:00 am	\$168	TBD	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. Please wear cleats, shin guards, and bring water.							

BOYS SWIMMING/Core Aquatics

Swim camps will be provided by Core Aquatics this summer. Camps will be finalized mid-late April. Here's the link for the camps:

[District 214 Community Education](#)

BOYS TRACK & FIELD (Sprints/Jumps)

JUNE

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
25029612	5-8	6/9-6/26	M/T/W/Th	8:30-10:00 am	\$149	Collier	PHS Track
Dist 25 Families Only							
25029617	5-8	6/11-6/26	M/T/W/Th	8:30-10:00 am	\$122	Collier	PHS Track
25029610	9-12	6/16-6/26	M/T/W/Th	10-11:30 am	\$140	Collier	PHS Track

This camp is designed to teach athletes proper technique and mechanics for sprinting and jumping with an emphasis being placed on developing speed and power. All of the training that will occur is applicable to improving an athlete's overall sprinting and jumping abilities which is applicable to all sports. We will track progress throughout the course of the camp and will make the information available to all athletes so that both the coach and athlete can effectively track their progress. Some weight room or outdoor strength activities will be included. Please bring a water bottle to each session.

BOYS TRACK & FIELD (Sprints/Jumps)

JULY

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
25029613	5-8	7/7-7/24	M/T/W/Th	8:30-10 am	\$162	Collier	PHS Track
25029611	9-12	7/7-7/24	M/T/W/Th	10-11:30 am	\$126	Collier	PHS Track

This camp is designed to teach athletes proper technique and mechanics for sprinting and jumping with an emphasis being placed on developing speed and power. All of the training that will occur is applicable to improving an athlete's overall sprinting and jumping abilities which is applicable to all sports. We will track progress throughout the course of the camp and will make the information available to all athletes so that both the coach and athlete can effectively track their progress. Some weight room or outdoor strength activities will be included. Please bring a water bottle to each session.

BOYS VOLLEYBALL

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
25028021	9-12	7/7-7/17	M/T/W/Th	9-11 am	\$128	King	Field House

BOYS WATER POLO/Core Aquatics

[District 214 Community Education](#)

WEIGHTLIFTING

Please scroll to “co ed” on last page

WRESTLING - see co-ed wrestling below

GIRLS CAMPS

****Please use a computer to register****

No camp on Thursday, June 19th in observation of National Freedom Day

GIRLS BADMINTON

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
25022511	9-12	6/9-6/18	M/T/W/Th	5-6:30 pm	\$105	Tantillo	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

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
25021111	5-8	6/9-6/17	M/T/W/Th	10-12 noon	\$126	M. Weber	FH/Gyms
DIST 25 families only- camp ends on 6/17							
25021113	5-8	6/11-6/17	M/T/W/Th	10-12 noon	\$90	M. Weber	FH/Gyms
25021112	9-12	6/9-6/26	M/T/W/Th	8-10 a.m.	\$220	M. Weber	FH/Gyms

The camp emphasizes the fundamentals of the game as well as developing individual skills and team concepts. Fee includes a t-shirt, practice jersey, and league fees. The high school camps will be in various leagues during this time. Additional details provided at the start of camp.

GIRLS CROSS COUNTRY

MIDDLE SCHOOL

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
25021623	6-8	6/9-6/26	M/W/Th	6:45-8:30 am	\$126	P. Wintermute	Track
Dist 25 Families Only							
25021617	6-8	6/11-6/26	M/W/Th	6:45-8:30 am	\$126	P. Wintermute	Track
25021627	6-8	7/7-7/31	M/W/Th	6:45-8:30 am	\$189	P. Wintermute	Track

HIGH SCHOOL

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
25021622	9-12	7/7-7/31	M/T/W/Th	6:45-9 am	\$216	P. Wintermute	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.

DANCE TEAM-Winter

****Please note that this dance camp is ONLY open to athletes who have made the 2025-6 Dance Program****

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
25023001	9-12	6/23-6/26	M/T/W/Th	9-12 noon	\$240	TBA	TBD

Dance Team: focuses on sport-specific skills of jumps, leaps, turns, conditioning, choreography, and teambuilding. Dancers will receive instruction from PHS Coaching staff and outside choreographers.

GIRLS FLAG FOOTBALL

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
25022421	9-12	6/9-6/26	M/T/W/Th	10 -12 pm	\$154	Bosco	Stadium

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
25022422	9-12	7/14-7/31	M/T/W/Th	9:30-12 pm	\$180	Bosco	Stadium
25022423	6-8	7/7-7/10	M/T/W/Th	10 am-12 pm	\$104	Bosco	Stadium

Camp at Prospect high school will provide an opportunity for girls to learn the fundamentals of girls flag football. Participants will be coached by all High School coaches. This camp is a great opportunity for players to learn about the game in a safe and comfortable environment before trying out in the fall. Participants will also be given speed/agility training during the camp. Participants will receive a camp shirt as well. Athletes need their own mouthguard and cleats (non-medal). Any questions regarding camp can be directed towards Coach Bosco at michael.bosco@d214.org

GIRLS GOLF

Sign up at MPGC 6-12 July 7-10 12-2:15 pm Rathe Mt. Prospect Golf Club

Prospect Girls Camp. This program is designed for girls interested in improving their skills and intending to try out for the Prospect High School Girls Golf Team. The fee includes all range and practice fees, 2 vouchers for 9 hole greens fees, and approximately 9 hours of golf instruction from Prospect High School golf coaches. 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 canceled days.

GIRLS LACROSSE

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
25023622	5-8	6/9-6/26	M/T/W,Th	2-3 pm	\$99	Werntz	PHS Stadium
Dist 25 Families Only							
25023614	5-8	6/11-6/26	M/T/W,Th	2-3 pm	\$81	Werntz	PHS Stadium

25023621 9-12 6/9-6/26 M/T/W,Th 12-2 pm \$154 Werntz PHS Stadium
 Our 3-week Lacrosse camp offers wide skill development led by experienced coaches, strategic understanding through game tactics and situational awareness, fitness and injury prevention, meaningful game experience with regular scrimmages, and team building emphasizing culture and sportsmanship. T-Shirt included.

GIRLS SOCCER

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
25024121	5-8	7/14-7/24	M/T/W/Th	7:30-9:30 am	\$144	Andrews	Grass Soccer Field
25024122	9-12	7/14-7/24	M/T/W/Th	7-9 am	\$128	Andrews	Grass 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
25025021	4-8	6/9-6/18	M/T/W/Th	8:00-9:30 am	\$110	K. Mackowiak	Softball Field
Dist 25 Families only							
25025025	4-8	6/11-6/18	M/T/W/Th	8:00-9:30 am	\$85	K. Mackowiak	Softball Field

25025023 9 6/9-6/18 M/T/W/Th 10:30-12:00 pm \$105 K. Mackowiak Softball Field
 These camps are taught by 3 of Prospect's former players under the supervision of the Head Coach. We want all of our campers to have a great amount of fun while improving their softball skills! The camp fee includes a t-shirt. (If you are enrolled in one of the other softball camps, you only get the one t-shirt).

GIRLS SOFTBALL- PITCHING & CATCHING CAMP

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
25025022	6-8	6/9-6/18	M/T/W/Th	9:30-10:30 am	\$73	K. Mackowiak	Softball Field
Dist 25 Families Only							
25025024	6-8	6/11-6/18	M/T/W/Th	9:30-10:30 am	\$66	K. Mackowiak	Softball Field

This camp is open to pitchers and catchers of all skill levels and is taught by 1 or 2 of Prospect's former players under the supervision of the head coach. We work closely with each girl to improve their pitching/catching technique and skills. The camp fee includes a tshirt. (If you are enrolled in one of the other softball camps, you only get the one tshirt).

GIRLS TRACK & FIELD

HIGH SCHOOL

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
25029720	9-12	6/9-6/26	M/T/W/Th	8:00-10:00 am	\$154	P. Wintermute	PHS Track
25029721	9-12	7/8-7/24	M/T//W/Th	8:00-10:00 am	\$168	P. Wintermute	PHS Track

MID DISTANCE AND DISTANCE TRACK

25029719	9-12	6/9-6/26	M/T/W/Th	6:45-9:00 am	\$158	P. Wintermute	PHS Track
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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.

MIDDLE SCHOOL

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
Dist 25 Families Only							
25028713	6-8	6/11-6/26	M/T/W/Th	8-9:45 am	\$122	P. Wintermute	PHS Track
25028711	6-8	6/9-6/26	M/T/W/Th	8-9:45 am	\$149	P. Wintermute	PHS Track
25029724	6-8	7/7-7/24	M/T/W/Th	8-9:45 am	\$162	P. Wintermute	PHS Track

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
25029726	9-12	6/9-6/25	M/W	10:30-11:30 am	\$72	P. Wintermute/Raub	PHS Track
25029723	9-12	7/7-7/23	M/W	10:30-11:30 am	\$72	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 SWIMMING/Core Aquatics

[District 214 Community Education](#)

GIRLS VOLLEYBALL

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
25028120	9-12	7/7-7/24	M/T/W/Th	10:15-12:15 pm	\$168	TBA	PHS Gyms

GIRLS WATER POLO/Core Aquatics

Water Polo camps will be provided by Core Aquatics this summer. Camps will be finalized mid-late April. Here's the link for the camps:

[District 214 Community Education](#)

WEIGHTLIFTING

Please scroll to “co ed” on last page

WRESTLING - see co-ed wrestling below

CO-ED CAMPS

No camp on Thursday, June 19th in observation of National Freedom Day

CO-ED CHEERLEADING

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
25021822	9-12	6/9-6/12	M/T/W/Th	10 am-12 noon	\$88	S. Rosin	PHS Stadium
Cheerleading Program Camp is closed to only members of the cheerleading program and you must have attended a cheerleading tryout to attend.							
25021821	9-12	6/16-6/17	M/T	8 am-5 pm	\$240	S. Rosin	Gymnastics Room/Gyms
Cheerleading Program camp for 9-12 graders. Athletes will receive instruction from Prospect coaches and outside choreographers. This camp is closed to those on the cheerleading program. If you are interested in joining the program, please email shelby.rosin@d21.org before registering for camp.							
25021823	9-12	7/21-7/24	M,T,W,Th	10 am-12 noon	\$80	S. Rosin	PHS Stadium
Cheerleading Program Camp is closed to only members of the cheerleading program and you must have attended a cheerleading tryout to attend.							

****Please use a computer to register****

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
25027012	4-8	7/7-7/17	M/T/W/Th	8-9:30 am	\$108	Weber/Brill	PHS Tennis Courts
Interm/N Intermediate/Novice Class is a combination of drill and instruction. Campers will participate in match play with others at their level. The goal of this class is to prepare players for high school and/or tournament experience. Includes t-shirt.							
25027013	9-12	7/7-7/24	M/T/W/Th	9:30-11:00 am	\$144	Weber/Brill	PHS Tennis Courts
Advanced 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. Includes t-shirt.							

CO-ED TRACK & FIELD-GRADES K-5

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
Dist 25 Families Only							
25029819	K-5	6/11-6/26	M/W/Th	9:00-10:30 am	\$105	Wintermute	PHS Track
25029728	K-5	6/9-6/26	M/W/Th	9:00-10:30 am	\$108	Wintermute	PHS Track
25029727	K-5	7/7-7/24	M/W/Th	9:00-10:30 am	\$108	Wintermute	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. Includes games and activities to promote speed development, agility, and athleticism. Bring a water bottle. T-shirt included.

CO-ED THROWS

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
25029614	9-12	6/9-6/26	T/W	10:30-12:00 pm	\$90	Beishir	Prospect Track

Prospect High School is hosting a summer shot put and discus camp for 9-12th grade students. The camp will focus on teaching the fundamentals of the sport and will provide personalized practice plans for athletes of all skill and experience levels (From no experience to State Medalist). The camp will provide an opportunity for participants to improve their technique and overall performance in the shot put and discus events.

The camp is open to male and female athletes and will create a fun and enjoyable environment for all participants. The camp will feature a variety of activities and games that are designed to make the learning process fun and engaging. Athletes will have the opportunity to work with experienced coaches in a supportive and encouraging atmosphere, while also bonding with their peers who share a passion for the sport. This will be a great opportunity for students to develop their skills and enjoy the summer while doing it.

CO-ED VOLLEYBALL

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
25028123	5-8	7/7-7/17	M/T/W/Th	8-10 am	\$144	TBA	Field House/Gyms

Camp is great for anyone looking to improve their volleyball skills. Campers will participate in drills and match play with others at their level. Includes t-shirt.

SPORTS PERFORMANCE

JUNE

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
25027511	9-12	6/9-6/26	M/T/W/Th	12 - 1 pm	\$110	Jenisch	Weight Room
25027514	7-8	6/10-6/26	T/Th	1-2 pm	\$70	Jenisch	Weight Room
25027512	7-8	6/11-6/26	M/W	1 - 2pm	\$70	Jenisch	Weight Room

(This camp starts on 6/11 and every week thereafter is M/W)

JULY

25027521	9-12	7/7-7/24	M/T/W/Th	12 - 1 pm	\$120	Jenisch	Weight Room
25027524	7-8	7/7-7/24	M/W	1 - 2pm	\$78	Jenisch	Weight Room
25027525	7-8	7/8-7/24	T/Th	1 - 2pm	\$78	Jenisch	Weight Room

The Prospect High School Sports Performance Summer Training Camp is designed for all of our students to have access to learning and engaging in strength and speed training in a safe and engaging environment. All athletes will learn various movements, receive coaching on their technique and execution, and be challenged on a daily basis.

Please contact Coach Jenisch at bradley.jenisch@d214.org with any questions.

CO-ED WRESTLING

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
25029011	9-12	6/9-06/18	M/T/W/Th	2-4 pm	\$126	A. Brown	PHS Wrestling Room

Camp is designed to build individual skills through a variety of instructional strategies and conditioning. To be determined Tuesday night league instead of daytime hours. TBD three dates in July on Tuesday evenings. Incoming Freshman - Senior may participate in the leagues.

Code#	Grades	Dates	Days	Time	Fee	Head Coach	Location
25029012	3-8	7/7-7/17	M/W/Th	2-4 pm	\$108	A. Brown	PHS Wrestling Room

Camp is designed to build individual skills through a variety of instructional strategies and conditioning. **No camp on Tuesdays.**

[Click here for online camp registration](#)

****Please use a computer to register****

Questions?? - email Amy at amy.nickel@d214.org or 847-718-5233